Tick off as you go.

Checklist:

Is your child ready to start reception class in September?

NHS
Berkshire Healthcare
Children, Young People and Families services

Toileting

- I can use the toilet alone, wipe myself clean and flush the toilet.
- I can wash and dry my hands on my own after using the toilet.

Self-Care

- I can wash my hands with soap and water for 20 seconds, especially before and after meals.
- I brush my teeth twice a day.
- I can wipe my nose.
- I am learning to cough and sneeze into a tissue or into my elbow.
- I can ask for help when I don't feel well.

Independence

- I am looking forward to starting school.
- I am not sad when away from my parent/carer.
- I can express my emotions.
- I can hold a pencil.
- I know my own name both spoken and written down.

Routines

- I have a good bedtime routine which includes a bedtime story.
- I have set mealtimes, just like they do in school.

Social Skills

- I enjoy interacting with other children and adults.
- I can share and take turns.
- I like new experiences, including everyday life such as shopping, cooking, and counting objects.
- I can follow instructions and follow rules.

Mealtimes

- I like eating a variety of healthy food.
- I can use a knife and fork.
- I can open packaging and wrappers by myself.

Health

- Any health issues have been addressed by my GP.
- I am up to date with my immunisations/preschool boosters.
- I am registered with an optician and a dentist.
- I am physically active.

Getting dressed and undressed.

- I can put on and take off my uniform by myself, including doing buttons and zips.
- I can put my shoes on
- I can put on my own coat.
- I understand some parts of my body are private.

Just send a text message to:

07312 263283

For ChatHealth Health Visiting Support

Berkshire Healthcare

Health Visiting and School Nursing teams

Just send a text message to:

07312 263194

For ChatHealth School Nursing Support