

Tick off as you go



Checklist: Is your child ready to start reception class in September?



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.



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.



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.

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.



Mealtimes

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



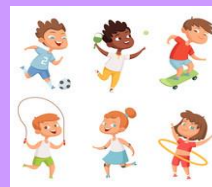
Routines

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



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.



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.

Children and Family Health Surrey School Nursing Team

For further information visit www.childrenshealthsurrey.nhs.uk