



Starting Foundation

AHMAT

2025

Ashley
Hill Multi
Academy
Trust

Encourage one another AND BUILD
EACH OTHER UP 1 Thessalonians 5:11

Your child's journey to school starts at home and in this safe environment you can help them by getting them ready for Foundation.

Your child will have lots of new activities and routines to get used to when they start school. They will be in a class full of other children. It will make starting school much easier and happier if they are independent and can do many things for themselves.

Below are some key skills that will help your child as they start Foundation that you can support the development of at home.

What your child should be able to do when they start Foundation?

Taking Care of themselves

- ☐ Putting on/taking off their coat and shoes
- ☐ Getting dressed with little help, e.g. after using the toilet or role play
- ☐ Use the toilet independently, washing their hands and ask to go there
- ☐ Using cutlery(e.g. fork and spoon), being able to feed themselves and drinking from an open cup
- ☐ Tidy up after themselves following an activity

Play, creativity and curiosity

- ☐ Taking part in imaginative play (e.g. role play)
- ☐ Use a pencil with some control with a tripod grip
- ☐ Drawing, painting, colouring and sticking
- ☐ Sharing story books, looking at pictures and talking about the characters
- ☐ Exploring the world around them (e.g. looking closely at the natural world, playing safely with objects at home)
- ☐ Share toys and equipment with others

Being with others

- ☐ Practising sharing and taking turns with toys
- ☐ Talking to them about how they are feeling and why
- ☐ Looking at story books together and speaking about what characters are feeling is a good way to do this

- ☐ Beginning to recognise what others are feeling, e.g. understanding if a friend is sad
- ☐ Encouraging them to set boundaries for themselves and others (e.g. knowing how to say 'no')

Communication and language

- ☐ Singing along with songs and nursery rhymes
- ☐ Talking happily to others about activities, experiences and the world around them
- ☐ Showing they need help by speaking clearly (in basic English or sign language)
- ☐ Recognising the pattern of their name (so they can find it on their coat, jacket, locker)

Listening and engaging

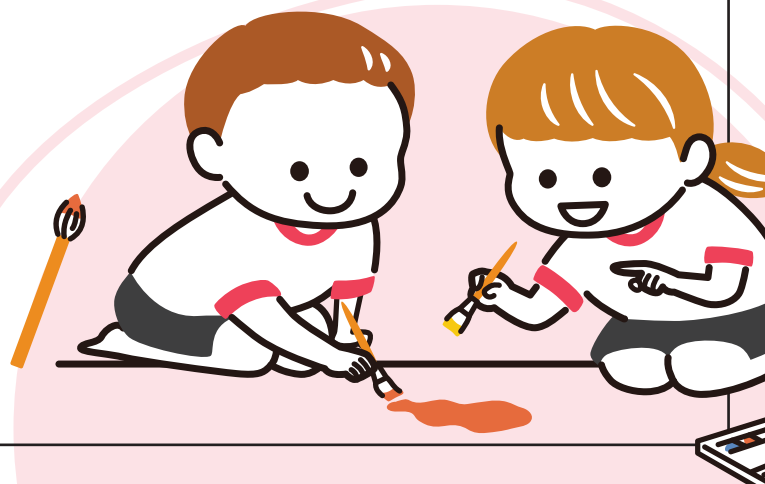
- ☐ Paying attention for short periods of time
- ☐ Listening to and following simple instructions
- ☐ Carrying on with a task even when it's difficult and bouncing back when things go wrong

Getting moving for at least three hours a day

- ☐ Walking up and down steps (one foot at a time, using the wall for support)
- ☐ Climbing, running, jumping and playing
- ☐ Catching a large ball (most of the time)
- ☐ Doing simple puzzles and craft activities, strengthening their grip with cutting and sticking

Healthy routines

- ☐ Going to bed around the same time each night, waking up in time to get ready for school
- ☐ Limiting screen time to the recommended daily amounts (see advice)
- ☐ Eating a healthy diet and trying new foods
- ☐ Brushing their teeth with fluoride toothpaste twice a day (you'll need to supervise this until they are at least 7)





To help your child acquire these skills of independence

- Keep to a routine, so set regular times for bed, getting up, meals and family time.
- Let your children help you at home with the cleaning and shopping. They relish an opportunity to be useful, but remember to be patient when your child is helping!
- Lay your child's clothes out in the morning so they can dress themselves - this really helps for PE!
- Encourage children to be responsible for their own things, so hanging up their coat and putting shoes away.

Behaviour

- Agree clear and realistic rules and stick to them.
- Give your child boundaries so they know what is expected of them.
- Get them used to doing things when asked the first time!

Listening

- Show your child how to be a good listener by listening to them and others in your family.
- Be patient - don't interrupt or finish their sentences for them.
- Give them your full attention when they are speaking, showing them eye contact and good body language.
- Respond to what they are saying by asking questions or ask about their opinions.

Speaking

- Talk to them all the time. Name familiar things and discuss what they see around them and what things are for. Talk about what you see and what you are doing when you are out and about or doing jobs at home.
- Engage in discussions with your child and allow them the time to speak without being interrupted
- Ask for their opinions
- Tell them about your day and ask about theirs.

Reading

- Reading with them every day.
- Read emails, texts and messages from family or friends out aloud.
- Talk about pictures in books and look out for familiar letters and words.
- Sing rhymes and songs, read poems.
- Be a role model. Let your child see you enjoying reading.
- Point out words on the television on packets and tins in the cupboard and labels on clothes.
- Play word games like "I Spy" and "Simon Says..."

Fine Motor Skills to support Writing Development

- Make play dough and encourage them to pinch and squeeze with thumb and forefinger and to use different tools like rolling pins and cutters.
- Threading beads or pasta onto string.
- Picking up small objects using tweezers or pegs on the washing line.
- Use spray toys and bottles in the bath or to water plants in the garden.
- Craft activities using glue sticks, scissors and paint brushes.
- Cooking activities using spoons, whisks and icing cakes.



Writing

- Encourage independent mark making using different pens, pencils, felt tips, crayons and chalks.
- Be a role model – let them see you write notes, shopping lists etc.
- Encourage painting, drawing and colouring
- Make temporary marks with brushes and water outside on a sunny day
- Go on letter hunts looking for a specific letter around your house or in a book
- Let your child see you writing – you can use your first language
- Encourage them to write shopping lists or letters to family
- Use water and a paintbrush on a dry path to write.
- Help them email, text or write to family or friends.
- Help them to put labels on special things – like the door to their room or their toy box.
- Talk about the letters in your child's name and family names

Number Skills

- Count everyday objects and actions, cars in the toy box, steps up to bed, make collections of things to count such as bottle tops.
- Identify numbers around the house, on telephones, remote controls, book pages, recipes.
- Help children put numbers in order such as playing cards.
- Let children help with the cooking, tidying and sorting.
- Play board games with dice and card games.
- Sing number rhymes and encourage them to use their fingers to represent a number.



We look forward to welcoming you and your child to Foundation at our school.

