[Starting Reception guidance](https://startingreception.co.uk/) **for parents and early education providers**

We want to emphasise that the ‘Starting Reception’ national guidance on children’s early skills is best used to support parents in understanding the kinds of abilities that help children engage with reception learning and development. Many children entering reception (aged 4 to 5, born between 1st September and 31st August) are able to demonstrate these skills independently or with support.

Helping children to develop these skills supports their autonomy and ensures they get the most from their reception year. However, we do not recommend using the ‘reception readiness’ guide as a checklist of skills children must have before starting school. Parents have told us they appreciate guidance but find it overwhelming when presented as a list of expectations.

We hope that in Solihull, parents, schools, and children can work together to understand the unique environment of each reception class and what preparation might look like. The reception class ratio is typically a teacher with 30 young children for much of the day, so children will benefit from being as independent as they can be.  Parents bring valuable insight into their child’s needs and can work alongside schools to explore how best to support them. This may include talking about ‘readiness’ areas that need to be supported in a personalised way, depending on each child’s circumstances.

The guide also allows us to share national research and expectations in areas such as language development, screen time, toilet training, and oral health. We should not wait for children to be ‘ready’—rather, we should foster readiness through a range of supportive approaches.

Technology support: [Summer of Connections- a screen free summer for babies and preschoolers. - Health Professionals For Safer Screens](https://healthprofessionalsforsaferscreens.org/blog/summer-of-connections-a-screen-free-summer-for-babies-and-preschoolers/)

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