

# Starting Reception



## Case study: Supporting School Readiness in Brent through the Infant to School Programme

Brent is a large and highly diverse London borough with a significant population of families with young children. The Infant to School (I2S) Programme supports families across the borough from early infancy through to school entry, working in collaboration with Health Visitors, Community Nursery Nurses and early years settings.

Families in Brent face a range of school readiness challenges, particularly around speech, language and communication, social and emotional development, behaviour, routines and self-regulation. These challenges are often compounded by wider pressures such as housing instability, overcrowding, financial hardship, parental mental health needs and language barriers.

Through an individualised, family-centred approach, the I2S Programme focusses on collaborative goal setting, early intervention and coordinated multi-agency working. This approach helps build parental confidence, strengthens outcomes for children and supports families to prepare their children more effectively for the transition into education.

### Why Starting Reception?

The team was interested in Starting Reception as a practical way to strengthen support for families preparing for school. Many of the families supported experience anxiety around the transition into Reception, particularly where children have emerging needs or limited nursery experience. The resources offered a clearer, more joined-up approach between families and early years settings.

Starting Reception also helps address common challenges around speech, language and communication, as well as independence skills such as screen time management, toileting and routines. Importantly, it supports parents' understanding of school readiness beyond academic skills and helps build confidence in supporting their child at home, with the added benefit of being available in multiple languages.

# Starting Reception

## How Starting Reception is Being Used

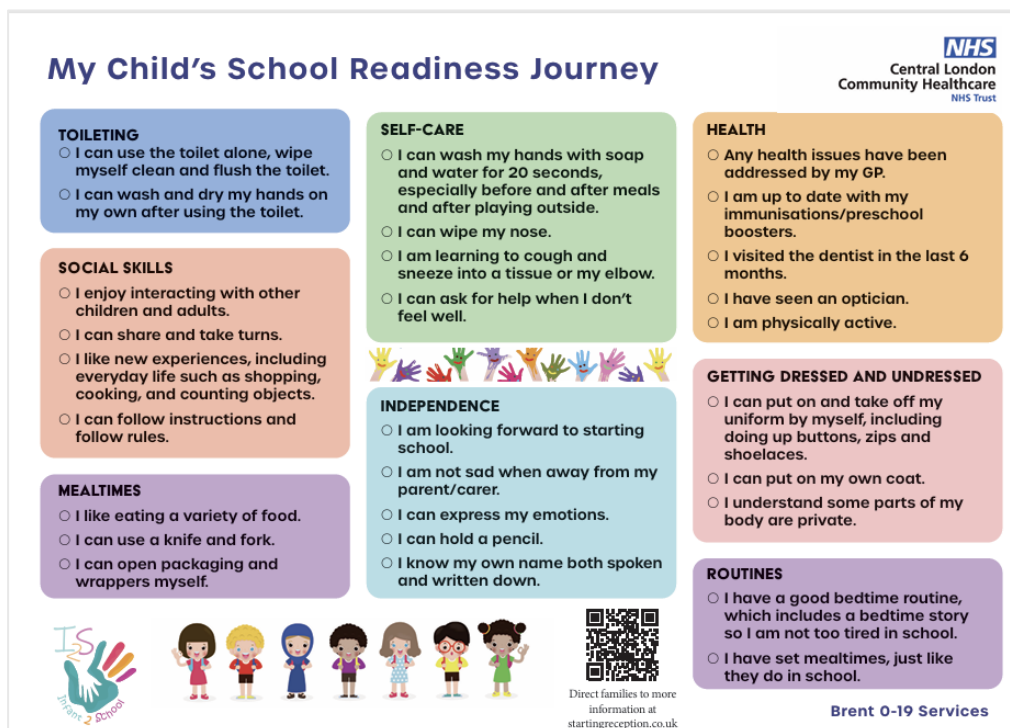
The I2S team developed a school readiness poster incorporating the Starting Reception QR code. This is shared with families during visits, encouraging them to access the resources in their own time. Practitioners also talk through the poster with families, reinforcing key messages and supporting engagement.

## Challenges

Some families experienced difficulties accessing the QR code due to limited use of digital devices. This highlighted the importance of combining the poster with face-to-face conversations and practical support during I2S visits.

## Early Impact and Benefits

Although still in the early stages, initial feedback has been positive. Families have reported that the screen management and toilet training resources are clear, easy to understand and simple to put into practice. Over time, the team hopes this will lead to increased parental confidence, stronger routines at home and improved readiness for the transition into school.



**My Child's School Readiness Journey**

**NHS**  
Central London  
Community Healthcare  
NHS Trust

**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.

**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 food.
- I can use a knife and fork.
- I can open packaging and wrappers myself.

**SELF-CARE**

- I can wash my hands with soap and water for 20 seconds, especially before and after meals and after playing outside.
- I can wipe my nose.
- I am learning to cough and sneeze into a tissue or 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.

**HEALTH**

- Any health issues have been addressed by my GP.
- I am up to date with my immunisations/preschool boosters.
- I visited the dentist in the last 6 months.
- I have seen an optician.
- I am physically active.


**GETTING DRESSED AND UNDERESSED**

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

**ROUTINES**

- I have a good bedtime routine, which includes a bedtime story so I am not too tired in school.
- I have set mealtimes, just like they do in school.

**I2S**  
Involvement  
& Support



Direct families to more information at [startingreception.co.uk](http://startingreception.co.uk)

**Brent 0-19 Services**

Copy of school readiness poster