

BE SCHOOL READY



**PREPARING
YOUR LITTLE
ONE (AND
YOURSELF)
FOR CHANGE**

**School lingo
explained**

**MAKING
FRIENDS**

**The ultimate
school starter
shopping list**



What parents need to get ready, set, school!



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Parentkind is the UK's largest parent charity

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BE SCHOOL READY

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6 Parents get first day nerves too
Before we focus on your little one, let's get *you* school ready!

8 Preparing your little one for a big step
Build your child's confidence with games, conversations and more

10 School shopping list
Everything to buy before their first day

12 Finance and childcare support
Find out the support you're entitled to

14 Getting to know your school
Handy information about school life

16 The building blocks of learning
Milestones to aim for before school starts

18 Navigating parenthood webinars
Get free support and guidance with our parent webinars

20 The first day
How to prepare and what to expect on their first day

23 Before and after-school routine
Creating a routine that's right for you and your child

24 The first year
Important dates and milestones for the first year in reception

26 Learning at home
Continue your child's education at home

28 Dealing with issues at school
How to raise concerns and what support options are available to you

30 Starting school with SEND
Understand the support available and know what to expect

32 Your PTA and you
Get to know your PTA and the amazing things they do for your school

34 Resources
Further reading on education, support, wellbeing and special educational needs

Be School Ready is published by Parentkind, the largest parent charity in the UK. We work with 14,000 parent groups across the UK, including more than 13,000 PTAs. We estimate that Parentkind members raised over £142 million for schools in 2025. All information contained in this publication is for information only and is, as far as we are aware, correct at the time of going to press. Parentkind cannot accept any responsibility for errors and inaccuracies in such information. You are advised to contact manufacturers and retailers directly in regards to the price of products/services referred to in this publication. Apps and websites mentioned in this publication are not under our control. We are not responsible for their contents or any other changes or updates to them. No part of this publication may be reproduced in any way without prior written permission from Parentkind.

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A message from Kerri Cunningham

When my eldest son was starting school, I was incredibly emotional. I felt so nervous about the changes it would bring, and it just felt so 'grown up.' He didn't feel like a baby anymore. But of course, he was still my baby. Sending your baby off into the world of school can feel scary.

This was many years ago, and I didn't know anyone else with a child starting school, so I felt like I was an anomaly. I felt like I was going to be the only mum shedding a tear at the school gates. Now, I share lots of writing around starting school time and I know from other parents' comments that I was absolutely not alone in those feelings!

It's completely normal to feel a little nervous about this next step. Change can be hard, not just for your child but for you as well. Particularly if your child has additional or different needs, this can be such a challenging time and the transition from a nursery setting where you know they feel comfortable to a new place can be so overwhelming. I know that I felt so nervous for this time with my youngest child, who was diagnosed with autism at the age of three.

School is a big change, but I promise you that it can be such a positive one. You're going to be so proud when you hear about the friends your child has made, the kind things they've done throughout their day, the pictures they've drawn, the new things that they've discovered that make them happy and the new experiences they've had. With your love and support alongside the professionals they will meet on the way, they will find their feet and flourish.

The Be School Ready guide can help you take the first steps of this journey together. With helpful, practical tips and insights from other parents and experts, it offers you the advice you need to make the transition to school easier for both you and your child.

All children are unique and the guide is designed to tailor for all children and parents. Alongside the guide, you can visit the Be School Ready hub online and find resources and tips to help you along the way.



I write a lot about the emotions that new beginnings can bring about for us parents and our children, and I want to echo some words I often say: we're all doing our best. Sending love and luck to you and your child as you set out on your new adventure, may it bring new kinds of happy memories together.



Murphy's Sketches

Follow **Murphy's Sketches** on [Instagram](#)

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Images: Kerri Cunningham

Welcome to your Be School Ready guide!

Hello



The year your child starts school is a big moment for parents – one you'll remember forever. I remember my son, James, starting school for the first time, running into the playground and leaving me watching from the school gates.

From proudly trying on their uniform for the first time, to reading a book all by themselves or coming home buzzing with stories about new friends, this year is filled with unforgettable firsts. It's a time of huge change – for them and for you – and it's completely normal to feel a mix of excitement and uncertainty along the way.

That's why we created Be School Ready. This guide is designed to support you through the practicalities, answer those questions that keep popping into your head, and help you feel confident as your child begins this new chapter. Inside, you'll find guidance, reassurance and real-life advice so you can focus on what really matters: enjoying this special time with your child.

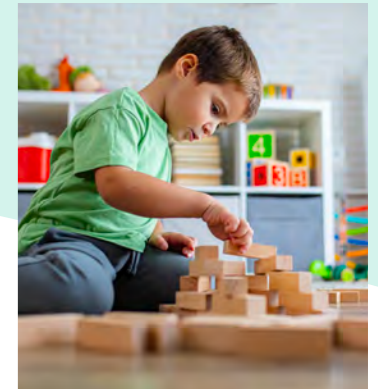
Alongside this magazine, we've also created an online hub packed with helpful resources for parents of school starters. Simply scan the QR code on the front cover to explore everything on offer.

Be School Ready has been created by Parentkind, the UK's largest parent charity. Parentkind works tirelessly to support parents in helping their children thrive throughout their educational journey and beyond – a journey that begins well before they even start school. You can find out more about how we support and collaborate with parents at [parentkind.org](#).

Wishing you and your child a happy, confident and memorable start to school.



Frank Young
Chief Executive, Parentkind



Find out more about the milestones your child should aim for before school starts on [page 16](#)



Confused about what your child might need for school? Head to [page 10](#) for our school shopping list

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Parents get first day nerves too

Welcome to one of the most exciting (and nerve-racking) parts of your parenting journey! While the focus will be on getting your little one ready to start school, don't forget to prepare yourself as well for this transition

How are you feeling?

It's completely normal to have mixed emotions about your child starting school. A survey of 1,000 parents revealed that 69% felt anxious about it, with concerns ranging from making friends and drinking enough water, to misbehaviour and going to the toilet by themselves.

While starting school will be a big change for your family, it needn't be a scary one. Your child will pick up on any anxieties you have, so your first task is to focus on being positive. Challenge any negative thoughts you have by asking yourself if they're being helpful or unhelpful to you. Are your worries helping you to prepare for this change, or are they just making you feel bad?

It's also normal to look forward to your child starting school! Getting some precious time back to do other things may give you some relief.

There's no right or wrong way to feel, just make sure you acknowledge those feelings so they don't get in the way of enjoying this special time.

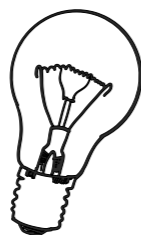
Remember: they'll always need you

Even though your child is becoming more independent, you still play a key part in their school life

Do your homework

Researching your child's school and learning about what to expect during their first few weeks will help to ease your concerns. Reading your Be School Ready guide is a great way to start!

Your imagination will also play an important part in feeling 'ready'. Visualise a before and after-school routine and look at photos of the school and staff to imagine being part of this new environment.



Preparation, preparation, preparation

There is a lot to remember and get your head around, so start getting organised as soon as possible. Reminder apps, lists stuck to the fridge, whiteboards, family calendars – whatever works best for you.

It all adds up

Worried about school expenses? Turn to **page 12** to find out about financial support



You're not alone

Thousands of parents go through first-day-of-school jitters every year, so you're not alone! If you have friends or family who have been through this recently, try and find an opportunity to sit down with them for a cup of tea and a chat. Ask about their experiences and if they have any advice. It might be good for you to talk about your worries too – they do say 'a problem shared is a problem halved' for a reason!

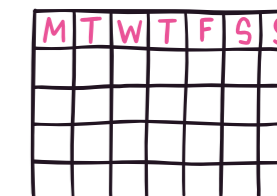


Some of the words schools use can be new or confusing. Scan the QR code to visit our Be School Ready hub and read our glossary, where we explain common school terms in simple, parent-friendly language



Managing your social calendar

Balancing your child's social life with your own may feel a teensy bit hectic at times, especially once school starts. Try doubling up adult and child play dates at parks, soft play areas and cafés. This allows parents to have a chat while the children have something fun to do.



Making new friends

It's not just children who thrive on making new school friends. Check if there's a parent Facebook or WhatsApp group for your school that you can join, or be brave and make some introductions at the school induction days.

Volunteering for your PTA is another great way to meet other parents and get more involved with your school community.

"What I wish I knew..."

We asked parents what they wish they knew before their little one started school. Scan the QR code to see what they said:





Preparing your little one for a big step

Every child is different. Some rush to the school gates from day one, and others take a little while to warm up to a new routine. No matter how they cope with change, you can do lots of things to prepare them for the start of school

Big feelings

Starting primary school is a big change in your child's young life. They'll be leaving nursery or pre-school, saying goodbye to other primary carers, and there are lessons, classrooms and lots of new people to get used to.

Your child might be worried or upset. They might be excited or overstimulated. They also might not react the way you expect them to.

While you can't predict how your child will feel, you can be there for them with comforting conversations, having a strong and stable routine and ramping up the positivity for this exciting new adventure.

There are no 'good' or 'bad' feelings

Emotions are a healthy part of life. By helping your child to describe their feelings rather than labelling them as 'good' or 'bad', they'll develop a better understanding of what they're going through



Boosting confidence

Fear can come from not knowing or understanding something, so familiarising your child with their school in the lead-up to their first day can help boost their confidence.

Your child's school will arrange taster sessions, welcome meetings and tours before they start, but don't stop there. Go along to any events you can, such as the summer fair, and as you walk around talk about what goes on in the playground and classrooms (these events are great for picking up cheap second-hand toys and books too). If you have older children already at school, take your little one along to their open days and school performances.

If you know the name of your child's teacher, talk about them with your child so they become a recognisable figure in their day-to-day life.

Make a game of it

Spark your little one's imagination by reading books about children starting school at bedtime or playing make-believe games about it

Bigging up school

How you and your family talk about school with (or in earshot of) your child will have the biggest influence on how they feel about going. Show lots of enthusiasm for the learning and experiences they will have in the first year of school. Even if your own memories of school aren't happy ones, make sure you talk in a positive way to your child about what school will be like for them.

A perfect opportunity to big up school is when you're driving or walking past the building. You could point it out and start a conversation about how exciting it's going to be, or even cheer and give the building a little wave!

Not the only new kid

Remind your child that their classmates will be new too, and the teachers will be looking after all of them to make sure they settle in – it might comfort them to know they won't be the only one!

Getting to know their future besties

Ask your child to think about the new friends they could make, even if they're joining school with friends from nursery or pre-school.

If you can find out who else will be in their class (induction days are a great time to do this), invite one of those children over to play with your child during the summer holidays. That way your child already has a friend from the start of term. This will put them at ease when they go into class on that first day. If you're not sure which child to invite, choose one whose parents you have met and get on well with. If the children become best friends, you'll be seeing a lot more of them!

Skilling up

Practise listening skills and following simple directions with your child, such as asking them to fetch something or put something away. Talk to them about how they should never be afraid to ask for help or let an adult know if something bad has happened

Kids + routines = 😊

To ease your child into the idea of school and new routines, have as many conversations about them as possible. Get your child to try on their school uniform a few times and tell them how smart they look. Talk about the journey to school and the snacks they'll have when they get home afterwards! You could even have practice runs to and from school in the summer holidays to check your route options.

Identifying your child's potential needs

Starting school can reveal new challenges. If you think your child may need extra support, you're not alone. Our SEND Support Hub offers advice and guidance to help you navigate this journey. Scan the QR code for more.



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School shopping list

Let's get shopping! Make sure to order uniform as early as possible because stock can run out fast. The school will let you know exactly what you'll need, but also check if they have guidelines around hair, nails and jewellery

The essentials could include

- Name labels or wash-proof markers
- Jumpers, cardigans or sweatshirts
- Shirts or polo shirts
- Trousers, shorts, skirts or pinafores
- Socks and tights
- Coat
- Extra underwear (*just in case!*)
- Summer hat
- Tie (*for some schools*)
- Blazer (*for some schools*)
- Fleece (*for some schools*)
- Comfortable school shoes (*slip-proof options may help avoid accidents in the playground and velcro may be quicker and easier than laces*)
- Hat, scarf and gloves
- Waterproofs – shoes and outer layer
- Hair tie (*for long hair*)
- PE kit with plimsolls, sports socks and a gym bag to keep it in
- Swimming kit (*for some schools*)
- Backpack
- Lunch box and drink bottle
- Book bag

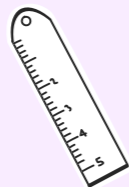
Measuring for school uniform

Grab a measuring tape, pen and paper.

- 1 Height:** Have your child stand barefoot with their back straight against a wall. Measure from the top of their head to the floor
- 2 Collar:** Place the measuring tape around your child's neck, but leave a little growing room
- 3 Chest:** Place the measuring tape under your child's arms around the thickest part of their chest
- 4 Waist:** Wrap the measuring tape around their belly button
- 5 Hips:** Measure around the widest part of their hips and bottom, keeping the tape measure level all the way around
- 6 Inside Leg:** Have your child wear shoes and stand up straight. Place one end of the tape measure at the top of the inseam and measure straight down to around 5cm from the floor

Remember:

If your child is in between sizes, always go bigger!



Measuring for shoes

For children aged five to ten, you should measure their feet every 12 weeks. It's best done in a shop, but you can also do it at home. You'll need a piece of paper and a pen to draw around your child's foot to accurately measure it. Then look for the 'size chart' on the retailer's website. Never go too big or too small for shoes – this can damage their feet.

Label everything!

Losing or mixing up belongings happens a lot in schools, so label everything. This will help avoid confusion and keep the school's lost property box nice and empty

As good as new

Does your PTA run a pre-loved uniform stall? It's cheaper and usually as good as new. Don't forget to donate your own child's uniform once they've grown out of it.

Download our fun, printable school shopping list from the **Be School Ready hub** and let your new starter tick off items as you shop – make them excited for school by helping you to prepare!



Images: Freepik



On the countdown to

September?

We're with you

Discover top tips, playful activities and expert advice to help you and your little one feel ready for Reception. From reassuring reads to gentle support with self-care skills, you'll find plenty to guide you along the way.

Scan below for your free trial with Twinkl Parents to get:

- Teacher-created activities made for parents
- Unlimited printable resources
- Games and apps to support early learning
- Practical and emotional support for your school journey



twinkl.co.uk/readyschool

Everything you need to get ready, set, school!



Financial and childcare support

Juggling home and school life is tough for every parent. If you can't find the support you're looking for on this page, head to our resources on [page 34](#)

Check what financial support you're entitled to

These are some of the benefits parents are able to apply for:

Child Benefit – For parents responsible for a child under 16 (or under 20 if they stay in approved education or training)

Universal Credit – For families on a low income needing extra support to meet their basic living costs

Carer's Allowance – For parents spending at least 35 hours a week caring for a disabled person who is on certain disability benefits and does not work, or works but earns less than £139 a week

Council Tax Reduction – Families on a low income may be entitled to a discount on their council tax bill

Pension Credit – For families on low income, but only if they are over State Pension age

New-Style Jobseeker's Allowance – For parents who have worked and paid sufficient National Insurance contributions in the last two to three years and are unemployed and looking for work, or working 16 hours a week or less and looking for additional work

New-Style Employment and Support Allowance – For parents who have worked and paid sufficient National Insurance contributions in the last two to three years and are unable to work due to ill health or disability

Still not sure if you can claim?

The easiest way to check which benefits you're entitled to is by using the online benefits calculator: gov.uk/benefits-calculators

Transport

Your child can get free transport to and from school if:

- **The school is more than two miles from home**
- **There's no safe walking route between home and school**
- **They cannot walk there because of their special educational needs or disabilities or a mobility problem**

They may also qualify if you have low family income. Check on your local council's website to see if you're eligible.

Wraparound care

Wraparound care is before and after-school childcare, such as breakfast clubs and after-school provision, which runs until 6pm or later. This may be provided through the school itself or a private company. There is often a waiting list, so make sure to book well in advance if you're going to need it. Some schools run separate breakfast clubs where children can get a hot meal to start the day, sometimes for free.



Nap club

Wraparound care is not the same as an after-school club, which is for activities and hobbies. Your school might choose not to run any after-school clubs for the first few months of your child's first term – reception children are usually too exhausted!

Flexible working

All employees in the UK have a legal right to request flexible working. You can request to make changes to your contract from your very first day of employment. You can make two requests within a 12-month period and your employee will need to make a decision within two months. All of the details can be found via the Government's website: gov.uk/flexible-working/applying-for-flexible-working.

Your right to take time off work

Did you know that if you're employed, you have the right to take a reasonable amount of unpaid time off to deal with emergency situations that affect your little one? This is called 'Time off for Dependents' or 'Emergency Family Leave'. You can also request unpaid parental leave for non-emergency situations. Speak to your employer to find out about the policies they have in place for parents. For more information about your rights as a parent, visit the Working Families website: workingfamilies.org.uk.

The most important meal of the day

Studies show that eating a healthy breakfast can positively impact children's physical development, concentration, academic ability and behaviour. So, whether your child has it at home or at a breakfast club, make sure a yummy, filling meal is planned. Looking for healthy grub on a budget? Go to [page 18](#) to find out about our webinar with Jenny Tschiesche



Free school meals

England: In state-funded schools, children in reception, Year 1 and Year 2 get free lunches. In London, all children in state-funded primary schools get free school meals. **Wales:** All children in primary schools get free school meals. **Northern Ireland:** Children get free school meals if they're eligible due to low family income or other benefits.



Did you know?

Our research shows 1 in 10 (10%) parents in poverty choose not to apply for free school meals and 1 in 13 (8%) who have applied for FSM don't take it up for their children. But even if your child doesn't have the free school meals, just by letting your school know, it is more likely your school will be able to access Pupil Premium. Pupil Premium provides extra support at the school like more staff, learning resources and extracurricular activities. Scan the QR code for more information.



What's on the menu?

School lunch policies can vary quite a bit. Some schools provide free meals and don't allow lunchboxes, while others let children bring in food on days when they don't like what's on the menu. There are also schools that allow your child to pick what food they want on the day, some that ask parents to choose in advance, and others that have a set menu for everyone. Be sure to check before wrapping up sandwiches on the first day!

Find out if you're eligible for further support

England: gov.uk/browse/childcare-parenting/financial-help-children
Wales: gov.wales/children-families
Northern Ireland: nidirect.gov.uk/information-and-services/expecting-or-bringing-children/financial-support-parents-and-children
Scotland: www.mygov.scot/browse/benefits

Getting to know your school

Having clear and open communication with the school not only benefits your child, but it'll make your life easier too. Asking questions, getting contact information and building relationships with staff are all things you can do before your child's first day

School Q&A

You're sure to have questions, but luckily other parents will be having similar thoughts, so most of the information you'll need will be on the school's website. Can't find something? Just give them a call.



Questions you might want to ask the school

- ★ What does the curriculum look like for the first term?
- ★ Will my child have homework?
- ★ How do school dinners work?
- ★ Should I provide snacks?
- ★ Are there before or after-school clubs?
- ★ What do I do if my child is ill?
- ★ How do I find out about school updates?
- ★ How can I find out about PTA updates?



Questions the school might want to ask you

- ★ Does your child have any allergies?
- ★ Will different family members or carers be picking up or dropping off your child?
- ★ What's the best phone number to reach you on?

Who's who

Senior Leadership Team (SLT): Responsible to the Governing Body for the leadership and management of the school. Their team may include:

- ★ **Headteacher/Principal**
- ★ **Deputy Head/Vice Principal**
- ★ **Key Stage Leaders**

Pastoral care: Supports the social and emotional health and wellbeing of children at school. Your child's school may blend pastoral care throughout teaching, but there may also be a separate dedicated team.

Family support: Extends pastoral care to parents, offering help with issues you may have in supporting your children at home or in school. Their team may include:

- ★ **Parent Support Advisers**
- ★ **Family Liaison Officers**
- ★ **Education Welfare Officers**

SENCO/ALNCO: The Special Educational Needs Coordinator or Additional Learning Needs Coordinator. SENCOs/ALNCOs work with the families of children with special educational/additional learning needs to make sure they get the support they need.

Support in class

Your child's teacher will likely be supported by a Teaching Assistant (TA), Higher Level Teaching Assistant (HLTA) or Learning Support Assistant (LSA)



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The ABCs of school lingo

ARE: Age related expectations

Circle time: The teacher brings the children together to share news or discuss values – the class sit in a circle on chairs or on the floor

Early Learning Goals (ELGs): Curriculum learning goals set for the end of the Early Years Foundation Stage (end of reception)

Fine motor skills: Skills that involve smaller muscles of the hands, like using a pencil, building with LEGO® and doing up buttons

Free play: Children choose their own play activities (indoors or outdoors) with little adult direction or intervention

Golden time: Children stop work and spend time doing special, enjoyable activities for a period of up to an hour, usually on a Friday – used to promote positive behaviour

Gross motor skills: Skills that involve whole body movement like standing, walking, running and jumping – also includes hand-eye coordination skills like throwing, catching and kicking

Guided reading: A method of teaching that involves reading with children in small groups

INSET day: In-Service Education and Training days for teachers – also known as staff development days. A day off for the children!

Learning objective (LO) or We Are Learning To (WALT): Describes what children are expected to learn or achieve from a task or activity

Phonics: A method for teaching reading and writing by developing the ability to hear, identify and manipulate units of sound

Reception Baseline Assessment (RBA): A short assessment to measure language, communication, literacy and maths skills

Don't be afraid to put up your hand

You've probably said this yourself, but if you don't understand something, ask the teacher! You're not expected to know everything

How your school might get in touch

- ★ Notices on the classroom door
- ★ Forms, letters and reports
- ★ Emails from teachers, headteachers and governors
- ★ Updates on their website (there may be a page for each year group or class)
- ★ Apps and social media groups for the school and/or your child's class

How you can stay in touch

- ★ Write your child's name, class and what's inside on any envelopes sent in with your child
- ★ For a quick chat, try to catch the teacher at the door before or after school. For more in-depth discussions, book an appointment
- ★ Go to any meetings the teacher holds to update parents on what children will be learning (if you can't make it, ask for notes)
- ★ Attend parents' evenings

The building blocks of learning

We understand that all children develop at their own pace, and that we're all learning from birth. When it's time to start school, some children will need more help than others. There are key skills* that schools expect children to be learning before their first day. Practising these will make your child's journey to reception as positive as possible. If your child is already at nursery, in pre-school, or with a childminder, those professionals will work with you and your child to help get them ready. There's lots you can do at home to build your child's confidence and independence, helping them feel emotionally and practically prepared to start school. You can read more on KindredSquared's Starting Reception guidelines at startingreception.co.uk to help you and your child prepare for this exciting change

Growing independence

Taking care of themselves

- Putting on/taking off their coat and shoes
- Using the toilet and washing their hands
- Getting dressed with little help, e.g. after using the toilet or doing PE
- Using cutlery (e.g. fork and spoon) and drinking from an open cup
- Spending time away from you, learning they can be looked after by caring adults

Your child's journey to school starts at home. Scan the QR code for more on KindredSquared's Starting Reception guidance, resources and useful links:



Play, creativity and curiosity

- Taking part in imaginative play (e.g. role play)
- 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)



Building relationships and communicating

At school your child will be meeting lots of new people and making new friendships. Some things to help them get ready include:

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')

*We are calling this the 'Starting Reception' definition. Some people/organisations refer to this as 'school readiness'.

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 peg or jacket)

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 if things go wrong

Physical development

Getting moving for at least three hours a day

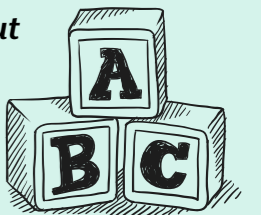
- Walking up and down steps (one foot at a time, using the wall for support)
- Climbing, running, jumping and playing
- Catching a large ball (most of the time)
- Doing simple puzzles and craft activities, strengthening their grip with cutting and sticking

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
- 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're at least seven)



What should I do if I have concerns about my child's development?



- If you're worried about your child's progress, talk to your childminder/nursery/pre-school team, health visitor, local children's centre or family hub
- If your child has developmental delays or SEND (suspected or confirmed), speak to their childminder/nursery/pre-school team well before they start reception
- You can work with your child's early years setting to help your child with self-care, managing emotions, social skills and communication in a way that suits their stage of development
- You might want to share details about their development, needs, what motivates them, what might trigger difficulties, how they learn best and what strategies work well
- Make sure you share important information with everyone supporting your child, including their new reception teacher



Every child is different and progresses at different rates. The teacher will be expecting this and a lot of the items on these checklists will be set as goals for the whole class. If you suspect your child might have SEND, you can read more on how the building blocks of learning might look for them on our Be School Ready hub.



Navigating parenthood webinars



From nurturing your child's health and wellbeing to supporting their success at every stage of school, our expert-led Navigating Parenthood webinars have guided hundreds of families through the ups and downs of parenting. Our new season of parent webinars is here. Join us and continue the journey with confidence!



Motivation Matters: How to talk so kids will listen

Rachel Vecht, Educating Matters

27/04/26 | 7.30 - 8.30pm

Are you tired of nagging, repeating yourself or being ignored by your child? This session dives into effective communication techniques that inspire motivation, cooperation and a growth mindset in kids of all ages.

You will learn how to build a positive bond that encourages good behaviour while boosting confidence and self-esteem and use practical, common-sense communication skills to transform how you connect – not just with your child but with anyone in your life, from family to colleagues.

Join us to discover strategies that foster respect and understanding, making everyday interactions with your child smoother and more meaningful.



Setting boundaries: more than just behaviour management

Jennifer Wyman, Bridge the Gap Child Mental Health C.I.C

06/05/26 | 7.30 - 8.30pm

Feeling exhausted from repeating yourself over and over? Struggling with the pushback and emotional fallout when setting boundaries? You're not alone!

Join us for this webinar where we'll explore the why behind boundaries and how they can transform your child's behaviour and your own wellbeing. Learn practical tips for setting clear, consistent boundaries, even when you're running on empty.



Be School Ready: Expert answers for parents of primary starters

Dr Kathy Weston, Jennifer Wyman and Sarah Anyan

02/06/25 | 12.30 - 1.30pm

Starting school is a big milestone – for children and parents alike. In this expert-led discussion, we'll explore how to support your little one through this exciting transition. From handling first-day nerves and encouraging new friendships, to building key readiness skills, establishing positive routines, managing emotions and challenges, supporting early learning and preparing for your first parent evening – we'll share practical advice and answer your questions.

Images: istock.com/Kalinovsky, Frepik

We're delighted to be joined by an outstanding panel of specialists:

- **Dr Kathy Weston**, Founder of Tooled Up Education and a leading national expert on parenting
- **Jennifer Wyman**, Founder of Bridge the Gap, Early Years Practitioner and emotional literacy specialist
- **Sarah Anyan**, Community Engagement Executive at Parentkind, former reception teacher and school leader

Whether you're feeling excited, nervous, or simply have lots of questions, this session will give you the confidence, insight and practical tools to help your child thrive as they begin their primary school journey.



Healthy snacks and lunchboxes on a budget

Jenny Tschiesche

19/06/26 | 12.30 - 1.30pm

In this session, nutritionist Jenny Tschiesche will share her expert advice on creating healthy, balanced lunchboxes without breaking the bank. With the rising cost of food, Jenny will guide parents in selecting affordable, nutritious options that children will enjoy. Drawing on her 15 years of experience in creating recipes and running workshops, she will provide practical solutions to help families navigate the challenges of lunchtime nutrition.



Helping your child succeed in reception

Lisa McLeod

24/06/26 | 12.30 - 1.30pm

This webinar will help parents understand the key knowledge, skills, and concepts that young children will acquire in Reception. We will cover the 7 areas of learning and development in the Early Years Foundation Stage (EYFS), the Early Learning Goals and the Reception Baseline Assessment. Learn about the balance between adult-led and child-initiated learning and how scaffolding play can enhance your child's development.

Additionally, we'll explore how early maths, literacy and communication/language skills are taught, and how you can support your child to maximise their growth during this crucial year.

Find out more and sign up to our webinars here:



The first day

Every primary school organises the first day slightly differently. Your child might begin with shorter days that gradually increase, or they might not be at school every day for the first week. Whatever the schedule, be prepared to take lots of photos!

The night before

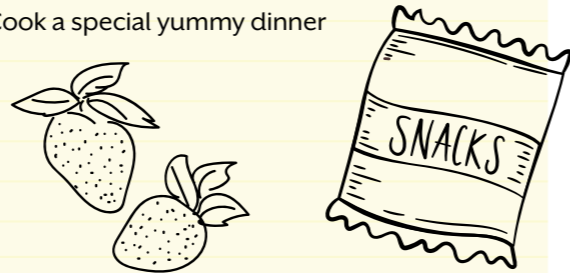
- ★ Get everything ready – lay out their uniform and put everything they'll need in their backpack so there's no last-minute panics in the morning
- ★ Talk through what's going to happen the next day calmly and in a positive way (try not to overexcite them in case they can't sleep!)
- ★ If they seem nervous, ask your child if they have any specific concerns and reassure them that everyone in their class will be new
- ★ Remind your child how clever/big/brave they are and have been in the past – "Remember when you did that all by yourself?"

Before school

- ★ Have fun getting ready and ramping up the excitement – they'll only get one first day, so enjoy it!
- ★ Take lots of photos of your child looking adorable in their uniform
- ★ Try and get out the door with plenty of time to spare
- ★ Be strong and cheery on the journey in, it will help your child feel confident too
- ★ Say a quick goodbye, especially if you feel your chin start to wobble
- ★ Say hi to other parents and share the experience

After school

- ★ Expect your child to be tired
- ★ Take a snack when you pick them up
- ★ Be prepared for a few meltdowns – after behaving all day, you're their 'safe space', where they can display their true emotions. This is called 'After School Restraint Collapse' (and it can happen long after reception age!)
- ★ Cook a special yummy dinner



Night night, sleep tight
It's recommended your little one gets 10 to 13 hours of sleep a night

It's okay to cry
There might be lots of tears on the first day, or your child might be fine at first but get upset a few days or weeks later as the novelty of school wears off. All they need is time, love and reassurance. Tuck a little note into their pocket or draw matching hearts on your hands for them to touch when they need to feel close to you

You'll probably want to find out every little detail about their day, but try not to overwhelm your child with questions, especially if they're tired and hungry!

Images: Freepik

Support your child's future with every online shop

Your favourite retailers and 8,000 others will give a free donation to your child's school whenever you shop with them.

Simply sign up to easyfundraising, pick your child's school as the cause you want to support, and you're away.

Registration is free and will take you less than two minutes to sign up!



"Without changing any of my spending habits, I've raised nearly £1,000 for my daughter's school!"
Joanna, supporter of Lady Eleanor Holles School





We need you!

You could be a superhero in your child's new school!

- ★ PTA parents help turn ordinary days into extraordinary ones
- ★ From organising events to championing causes that matter, your time and ideas help every child shine
- ★ Bring your ideas, your time, your passion – every contribution makes school days brighter
- ★ Use your skills – even just one hour can make a difference!

Sign up to your PTA

Be part of something that matters



Photography: shutterstock.com/Sunny studio, iStock.com/monkeybusinessimages, Illustrations: Freepik



Before and after-school routine



Every family is different and has different schedules, but if you're looking for ways to kickstart your child's day and help them relax in the evenings, we've got you covered!

Before school

Wakey wakey

Getting up half an hour earlier than your child will give you a nice head start (*and allow you to get dressed in peace!*)

Bright and early

Opening curtains or switching on a lamp ten minutes before your child needs to get up will help them wake naturally

To-do list

Use a morning checklist to help your child understand what they need to do to get ready for school

Hearty breakfast

Setting aside 15-20 minutes to sit down and eat will help growing minds concentrate at school

Getting out the door

Switch off distractions like TVs or tablets to help your child focus on getting ready

Dawdling and chats

If your child walks slowly, leave the house a little early so you don't have to worry about being late

Quick bye bye

A quick cuddle goodbye is best if your child gets a bit tearful when you leave

After school

Any news?

Check the school's app (if they have one) and your child's book bag for letters or notes from their teacher, the school office or PTA. Party invites are often sent out this way too

Snack attack

Picking them up with a snack or having one ready at home helps to stave off hunger!

Chitchat

Asking your child about their day will help them retain the things they've learnt

Winding down

After a busy day, give your child time to unwind and relax, either with television, playtime, exercise or a cuddle

What's for dinner?

That brain has been working hard and needs refuelling!

Prep for tomorrow

Is there anything special going on the next day that they need something out of the ordinary for such as wellies, cardboard boxes or a costume for World Book Day? Make sure any books that come home are back in their bag and their uniform is laid out

Night night, sleep tight

Tuck them in on time – tired and grumpy children aren't fun in the morning!

Looking for snack and meal ideas? Jenny Tschiesche has compiled a healthy snack and meal planner just for you!



It might take a while to establish your routine, but stick with it. On the days it all goes to plan, you'll find the day will be much calmer.



The first year

The first year at school will be full of new opportunities and experiences for you and your little one. You'll probably be expecting some of them, such as learning to read big words and adding numbers together, but you'll also see your child getting more independent and absorbing the world around them like a sponge!

Important dates

For most schools, the first term runs from the beginning of September. In October, children get a week or two off school to relax, reflect and recuperate. Whether you take a family trip somewhere or keep things cosy at home, enjoy the break!

Terms are broken up by half-term breaks, as well as the longer spring, summer and winter holiday periods. The exact dates differ by region, so check with your local council to find out more.

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AUTUMN TERM
Start of September – around a week before Christmas Day
(Half term in October)

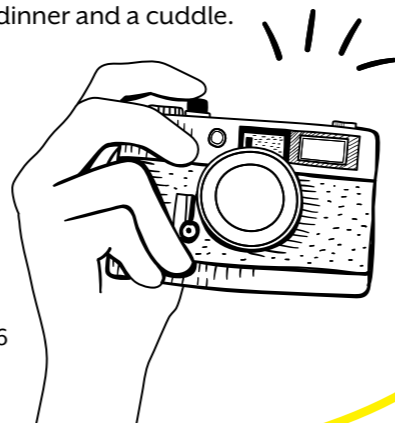
SPRING TERM
Start of January – March/April
(Half term in February)

SUMMER TERM
April – end of July
(Half term in May)

The big milestones

★ First day

There's a lot to take in! Your child may be excited, but the big shift to school life is very tiring. It can be very emotional for both of you, so consider celebrating quietly with family once the day is over with dinner and a cuddle.



★ First best friend

Seeing your child make their first best friend is so heart-warming. They'll probably be very excited and won't stop going on about how great their bestie is! And it's okay if their best friend isn't a classmate – it's normal for a cool new toy or one of the adults in school to be declared their favourite person. But you should also expect a few friendship breakups – tears and arguments are all part of learning about relationships.

★ First wobble

Sometimes, once the novelty of going to school has worn off a bit, children may come home to you declaring that they're sick of it. Moments like these are totally normal. You can help encourage your child by reminding them of exciting plans they have coming up, or by leaving a supportive note in their pocket the next school day.

★ First birthday party

Break out the fancy dress and sugary snacks – it's time to party! We're betting it'll be the only thing they want to talk about, and as well as being a chance for your little one to have some fun and make new friends, you can take it as an opportunity to get to know some of the other parents.



★ First sick day

Coughs and sniffles call for warm soup and a rest in bed. Don't be surprised if your child picks up an illness soon after starting term – it's very common as their immune systems are getting used to being around lots of different people.

★ First parents' evening

Schools usually hold two parents' evenings a year, with the first in the autumn term and the second later into the year. This is your chance to get to know your child's school, meet their teachers and find out more about how they're settling in. Don't be shy about asking questions and learning as much as you can.

★ First PTA event

The PTA at your school will likely be running some fabulous fundraising events throughout the year. Popular events in the autumn and winter include discos, quizzes, fairs and raffles. Check the school noticeboards and make sure you're signed up for email newsletters so you don't miss out.

The end of their first year

Your child won't have to sit any tests after their first year at school, but their teacher will check their progress based on how they behaved and performed in the classroom.

Learning aims

- ✓ Listen, pay attention and respond
- ✓ Understand and follow instructions
- ✓ Express themselves
- ✓ Use past, present and future tenses
- ✓ Improve coordination, in movements and use of tools
- ✓ Understand basic hygiene
- ✓ Speak up in a group and ask for help
- ✓ Talk about their feelings and the feelings of others
- ✓ Understand acceptable and unacceptable behaviour
- ✓ Form relationships with adults and children
- ✓ Read and understand simple sentences
- ✓ Use phonics to read and write words
- ✓ Write simple sentences
- ✓ Count from 1 to 20
- ✓ Recognise, create and describe number patterns
- ✓ Be sensitive to differences
- ✓ Use age-appropriate technology
- ✓ Make music and dance
- ✓ Use a variety of tools and techniques to show their ideas

Don't worry if your child doesn't know all of these things by the end of the year – everyone learns at different paces and has different strengths and weaknesses. If you're concerned, speak to their teacher.

Download our before- and after-school conversation cards from the Be School Ready hub and use them to spark easy conversations about school with your child.



Learning at home

Your child will do better, achieve more and feel more confident if you're connected and involved with their school life. Here are some ways you can strengthen their school learning at home



Encourage little bookworms

Children who read for fun every day perform better in reading tests, develop a broader vocabulary and increase their general knowledge. It doesn't matter what they read, so long as they enjoy it!

Making books a part of everyday life is a great way to encourage little bookworms. Whether it's an audiobook in the car, a story after dinner or a tale before bed, try and make time for reading in your daily schedule.

It's also important that your child chooses what they read or have read to them. It can be age-appropriate fiction, joke books, or even cereal packets – everything counts! Ask their teacher or your local library for suggestions based on your child's interests. We guarantee there'll be lots of books out there they'll love.

Conversations for curious minds

You can build your child's curiosity and enthusiasm for learning simply by talking with them. Here are some prompts to get you started:

- Ask which subjects they're enjoying at school and why
- When reading together, ask questions like "Where did we get to?" and "What do you think happens next?"
- Help with their numeracy by counting anything and everything, from the number of houses on the way to school to how many peas are on their plate
- If they're reluctant to talk, they could be tired from speaking all day. Tell them how you spent your day instead
- Don't forget to keep it light – asking about friends and playtime is just as important as the academic stuff!

Will there be homework?

Not all schools do this, but some set homework for reception-aged children – studies show that parents getting involved in their child's homework really helps to speed up development.



Don't get it? Don't worry!

Subjects and teaching methods change over time, so the way you were taught at school might be very different to the way your child is taught. If you're worried about confusing your child but still want to support learning at home, there are lots of websites you can use together, such as teachyourmonster.org and doodlelearning.com

Images: istock.com/SolStock, Shutterstock/comzeal/images

The parents lottery



Support your school, and you could win £25,000!

A weekly lottery helping schools and PTAs raise vital funds

Schools and PTAs work hard to fund the extras that make a real difference, from playground equipment and outdoor learning to classroom resources and enrichment activities

The Parents Lottery helps make that possible

★ Tickets cost just £1 per week

★ Every Friday, a draw takes place and you could win prizes up to £25,000

It's a simple way to support your school community while having the chance to win

If your school isn't taking part yet, ask your PTA or school to register and start raising funds*

Scan the QR code to see if your school is taking part and buy your ticket today



Gamble responsibly

A Lottery is a form of gambling. If you, or someone you know, needs information and/or help with a problem gambling, please call the National Gambling Support Network on 0808 8020 133 or visit www.begambleaware.org

*Parentkind members will receive 60% and non-members and schools will receive 50% of each ticket sold naming them as beneficiaries. You must be 18 or over to play or claim a prize. The lottery is licensed and regulated by the Gambling Commission. (Licence number 057904). The Parents Lottery is a weekly lottery promoted by Parentkind Enterprises Ltd, a wholly owned subsidiary of Parentkind. It is run under our remote operating licence (Licence No: 057904) and all proceeds will come to us, allowing us to ensure the percentage of each ticket sale goes directly to PTAs and schools who register to benefit.

Dealing with issues at school

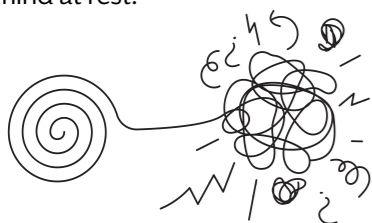
If you have any worries, concerns or issues with your child's school or their education, rest assured there are plenty of support options available to you



Worrying is (unfortunately) a normal part of parenting

Parents' top concerns when their child starts school include making friends, not eating or drinking enough and being the bottom of the class. Sound familiar?!

Your child's teacher will expect you to be a little worried, so ask questions if you need to put your mind at rest.



What to do if you have concerns

Talk with your child. You may be able to find out more information that way and, depending on the issue, even solve it yourselves.

If you still have concerns, the next step is to contact their teacher. From bullying to learning milestones, they'll know the best course of action to take.

Ask the teacher the best way to contact them – it could be a quick chat at the door, a booked appointment, a phone call or an email

- Take notes so you remember everything you need to say
- Explain the problem clearly
- Ask what the teacher can do to help and when
- Ask the teacher when they'll give you an update

If you emailed, keep a copy of it. If you spoke over the phone or in-person, make a note of the date and what was said. Your notes could help if you have to contact the school again about the problem.



School anxiety and refusal

It's normal for your child to feel worried about school or even say they don't want to go in some days. They might get upset when you first start dropping them off, or be fine for a few weeks and then suddenly hate it.

Most children just need a bit of reassurance, but if they continue to get upset, ask them why. It could be a simple problem that's easy to fix, such as not enjoying lunch or an argument with a friend.

For many children, school anxiety and refusal are temporary problems, but for some families it's more serious. If your child is consistently anxious, the mental health charity Young Minds has a guide to help you work out what to do next and where to get further support if you need it: [youngminds.org.uk/parent-parents-a-z-mental-health-guide/school-anxiety-and-refusal](https://www.youngminds.org.uk/parent-parents-a-z-mental-health-guide/school-anxiety-and-refusal)

If the teacher has concerns

No one wants to hear that their child is struggling at school. If the teacher comes to talk to you about an issue, try to remain calm and write down everything said, even if you disagree with it. You can then use this information to have further conversations with the school and with your child.

Try to see things in a practical way by creating a plan or agreeing next steps, whether that's to gain a better understanding of what's going on, or to work on a solution.

Images: iStock.com/SolStock, Shutterstock/Raupixel.com, Freepik

Your first parents' evening

Parents' evenings are an opportunity to reflect on your child's progress, discuss ways they can improve and find out how they are in the school environment. Children are often quite different at school than they are at home, so it's also an opportunity to find out about their friendships and behaviour from the teacher's perspective.

When is it?

Usually in the autumn and spring terms. The autumn term meeting is ideal for building relationships with your child's teachers. The spring term meeting is best for picking up areas for development before the end of the school year.

How to prepare

The meetings are usually quite short, around 10 or 15 minutes, so make sure you write down any questions you want to ask.

It doesn't just have to be about their academic progress – you can ask about their friendships and behaviour, or even any physical issues you're concerned with such as hearing, vision or coordination. The teacher will then know to keep an eye on them and report back if they have similar concerns.

Talk with your child about how they're feeling about school. Do they like their teacher? What do they enjoy, and what do they struggle with? They may even have an issue they'd like you to bring to the meeting.

Finally, parents' evenings give you the chance to talk about any circumstances at home that could have an impact on your child's school life. Being open about these things will help the teacher to understand your child's behaviour and respond accordingly.



Don't wait

Parents' evening isn't the only time you have to speak about your child to their teacher. If you need it, arrange to meet with them sooner

How to talk to your child on their first week of school

Scan for guidance from Louisa Rose, CEO of the youth mental health charity, Beyond:



Starting school with SEND

What parents need to know

Starting school is a significant milestone for any child, but if your child has special educational needs and disabilities (SEND), you may have additional concerns about how they'll adapt to this new environment. Understanding what help is available and knowing what to expect can help ease the transition and ensure your child receives the right support from the start

What does SEND mean?

Special educational needs and disabilities (SEND) refers to children who need additional support with learning and functioning.

This may include challenges with communication and interaction, cognition and learning, social, emotional and mental health and sensory and/or physical processing. Children may receive support in different ways, including:

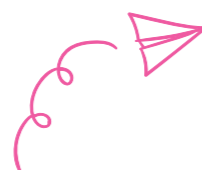
- Additional help from teaching staff
- Small-group interventions
- Support from specialists such as speech and language therapists
- An Education, Health and Care Plan (EHCP) where needed



Every child's needs are different, and support is tailored to help them take part in school life and learning

Introducing the Parentkind SEND support hub

Our online SEND support hub can help guide you through this journey. It offers information on school policies, guidance on Education, Health and Care Plans (EHCPs) and practical tips for working with teachers and support staff. You'll also find resources to help you advocate for your child, ensuring they get the best possible start to their education. Whether you need reassurance or specific guidance, the hub is a valuable resource for parents navigating the school system for their children with SEND.



We also have downloadable resources to help you during the first year of school and beyond. These include:

- My school journal templates for children to express their feelings, record daily experiences and reflect on their progress
- Wiggle, stretch and self-regulate – easy activities to help with transitions, energy levels and emotional balance
- Daily visual planner to help structure school days, making changes and routines easier to understand
- Emotion cards to help your child identify and communicate their feelings
- Sensory break ideas with calming activities for children who need sensory regulation during the school day



Scan this QR code to explore our SEND support hub



Top tips to help your child with SEND start reception

Communicate with the school

Reach out to the school's SENDCo (Special Educational Needs and Disabilities Coordinator) as soon as your child has a school place. Discuss your child's strengths, challenges and any provisions they may need. Sharing information early helps staff prepare for their arrival and ensures the right support is in place from day one.

Visit the school together

If possible, arrange visits before the term starts. This allows your child to familiarise themselves with the new environment, meet key staff and build confidence. Visual aids, such as photos of classrooms and staff, can also help with preparation at home.

Understand your child's rights

Schools in the UK are required to make reasonable adjustments to support children with SEND. If your child has an EHCP, ensure you understand its provisions and how they will be implemented in school. If they don't have an EHCP but require additional support, discuss available provisions and interventions with the school.

Build a relationship with staff

A positive relationship with your child's teacher and support staff can make a huge difference. Keep communication open and work collaboratively with the school to address any concerns that arise.

Prepare for change

Transitions can be challenging, so introducing a structured routine at home can help. Practising getting dressed, carrying a school bag or following a daily schedule can ease anxiety and build independence.

SEND school starter checklist

Before your child starts reception, you may want to:

- ✓ Speak to the school's SENDCo about your child's needs
- ✓ Share reports from nurseries or professionals
- ✓ Ask how the school supports children with SEND
- ✓ Visit the classroom and meet key staff if possible
- ✓ Talk through routines with your child at home
- ✓ Discuss any medication, sensory needs or equipment
- ✓ Find out how the school will communicate with you

Questions you might want to ask the school

- ✓ Who will support my child day-to-day?
- ✓ How will you communicate updates with parents?
- ✓ What adjustments can be made in the classroom?
- ✓ How are transitions supported (e.g. arrival, break times)?
- ✓ What happens if my child finds something difficult?
- ✓ How often will we review their support?

How schools support children with SEND

Schools may support children in different ways, including:

- ✓ Differentiated work
- ✓ 1:1 Teaching assistant or teacher support
- ✓ Visual timetables and social stories
- ✓ Clear routines
- ✓ Sensory toys, fidget tools and movement breaks
- ✓ Adapted seating and equipment
- ✓ Support from specialists
- ✓ Individual learning plans

Support will vary depending on your child's needs and the school's approach.

Starting reception is a big step, but with the right preparation and support, your child can thrive. Visit our [SEND Support hub](#) for further guidance and practical resources to help make this transition as smooth as possible.

Your PTA and you

Your PTA is made up of volunteer parents like you working to enrich the education experience for every child at the school. But what do they do exactly, and how can you get involved?

What is a PTA?

They can go under different names, such as 'Parents Association', 'Friends of' and 'Home and School Association'. But what all PTAs have in common is the goal of working together to make their school an amazing place for children to learn.

"Our PTFA motto is have fun, make memories, and raise funds, and that really sums up what we're about. Being involved with such a great team, and being able to bring fun events and activities to all the children, is so very rewarding."

Tracey Were, Chair of Kempsey Primary School PTFA

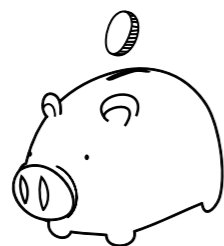
Who's in a PTA?

A committee of parent and teacher volunteers, run by an elected committee.

Many PTAs are registered charities**

What do PTAs do?

- Raise funds to support the school
- Organise events
- Create stronger links between parents and the school
- Bring the wider local community together



"We do what we can for the children, to create memories, happiness and inclusivity."

Suze Weeks, Chair of St John's C of E Primary School PTA

What does the fundraising go towards?

- Educational materials (such as books, classroom equipment and sports equipment)
- School renovations
- Improving and maintaining playgrounds and outdoor areas
- Trips
- Health and wellbeing activities
- Fun events for all the children to experience and enjoy

We estimate that Parentkind members raised over £142 million for schools in 2025

What events do PTAs run?

- Summer and Christmas fairs
- Discos, quizzes and games nights
- Pre-loved uniform sales
- Tea and coffee mornings
- And so much more!



Making a positive impact on your child's education

The biggest difficulty most PTAs face is getting enough hands on deck. To run events and activities for the children and raise money to improve their experiences at school, volunteers are always needed. Whether it's coming up with fun ideas, calling out the questions on a quiz night or creating social media posts, there are so many ways you can help your PTA. Plus, volunteering doesn't have to be a weekly or even a monthly commitment. If you could help out for just one event, it would make all the difference to your PTA, to your school and to your child's education.

"I've got to know some incredible people, many of whom I am now lucky to call my friends. And although our events don't 'just happen' and there is often a lot of work behind them, as parents we all want our children to have the best possible school experience."

Tom Panagos - Chair of Marshgate Primary School PSA, previous winners of the England PTA of the Year Award

A sense of community

PTAs are vital parts of the wider school community, creating links between parents and their children's educational journey – something over 70% of UK parents are concerned about*. Our research shows a correlation between an active PTA and a happy, thriving school. Plus, when parents are involved in school life, children are more likely to succeed in their education.



We estimate that parents volunteered 4 million hours to support Parentkind member PTAs in 2025**

"Seeing the pupil's passion and enthusiasm for the school has been inspirational and an absolute pleasure."

Nichola James, Chair of FROGS (Friends and Family of Glyncollen School), previous winner of the PTA Transformation of the Year Award

Speak to your PTA to find out how you can get involved

*nationalparentsurvey.com
**Parentkind PTA member survey results 2025 - parentkind.org/assets/parents-resources/PTA-member-survey-results-2026.pdf



Resources

Be School Ready Hub

We have lots of extra advice, tips and resources on our Be School Ready Hub. Scan the code to find out more:



Education

It's natural to have questions about how to support your child in their first year of school. There are lots of simple, practical ways you can help at home. Below, you'll find a range of resources, ideas and guidance to support your child's early learning and help them settle confidently into school life.

BBC Live Lessons

Interactive lessons featuring some of the BBC's biggest brands and presenters.
bbc.co.uk/teach/live-lessons

DoodleMaths

Award-winning maths learning app for ages four to 14.
doodlelearning.com/maths-app

PhonicsPlay

Free information and subscription service to teach phonics.
phonicsplay.co.uk

s4c – Grown Ups

Welsh language programmes for younger children.
s4c.cymru/en/cyw/grown-ups

Scan the QR code to explore helpful tips and guidance from Kindred². Their **Starting Reception resources** offer practical advice to help you feel confident and prepared as your child begins school.



kindredsquared.org.uk

Financial health and parent support

Starting school is an exciting milestone, but it can also bring new financial pressures and questions about how best to support your child. Below, you'll find a range of resources offering practical advice, financial guidance and support.

Government finance support for parents: England

gov.uk/browse/childcare-parenting/financial-help-children

Government finance support for parents: Wales

gov.wales/children-families

Government finance support for parents: Northern Ireland

nidirect.gov.uk/information-and-services/expecting-or-bringing-children/financial-support-parents-and-children

Government finance support for parents: Scotland

<https://costofliving.campaign.gov.scot/family-benefits-and-payments>

Care for the Family

A national charity helping with family difficulties.
careforthefamily.org.uk

Child Poverty Action Group

Helping children growing up in poverty.
cpag.org.uk

Gingerbread

Supports single parents and their families.
gingerbread.org.uk

Working Families

UK charity for working parents and carers.
workingfamilies.org.uk

Mental health and wellbeing

If you or your child are struggling with mental health and wellbeing, you're not alone. There is support available, and reaching out can make a real difference. Below, you'll find a range of trusted resources and services that offer guidance, understanding and practical help when you need it most.

Children in Northern Ireland

Support and free confidential helpline for parents and carers throughout Northern Ireland on everything parenting related.
ci-ni.org.uk

Centre for Emotional Health

Charity dedicated to empowering children, parents, families and schools to be emotionally healthy.
centreforemotionalehealth.org.uk

The Welsh Government – Young person's mental health toolkit

An online resource with digital tools designed specifically to support young people with their mental health and emotional wellbeing.
hwb.gov.wales

Young Minds

Offers lots of resources for children on looking after their mental health. Parents concerned about a child or young person under the age of 25 can call their Parents' Helpline on 0808 802 5544.
youngminds.org.uk

Breathing Space

A free, confidential phone and webchat service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.
breathingspace.scot

Special Educational Needs (SEN), Additional Learning Needs (ALN) and disabilities

Some children may need extra support to help them thrive as they start school. If your child has Special Educational Needs (SEN), Additional Learning Needs (ALN) or a disability, there is support available for you and your family.

Contact

Help and advice to families caring for a disabled child or a child with specific health conditions.
contact.org.uk

The Education and Training Inspectorate

Learning resources for children with SEN.
etini.gov.uk

SENAC (Special Educational Needs Advice Centre)

Gives information and advice on supporting children with learning difficulties and SEN.
senac.co.uk

SNAP Cymru

Free support to help children with SEN, ALN and disabilities in Wales.
snapcymru.org

Government guidance

Find clear, reliable information from official sources to help you support your child as they start reception. This guidance offers up-to-date advice on school expectations, attendance, health and early learning, giving you confidence in what to expect and how to prepare for this important step.

Best start in life

beststartinlife.gov.uk/school-readiness

Parenting. Give it time.

gov.wales/parenting-give-it-time

Parent Club

parentclub.scot/articles/starting-primary-school

Education Authority

eani.org.uk/parents/admissions/primary-admissions-guide



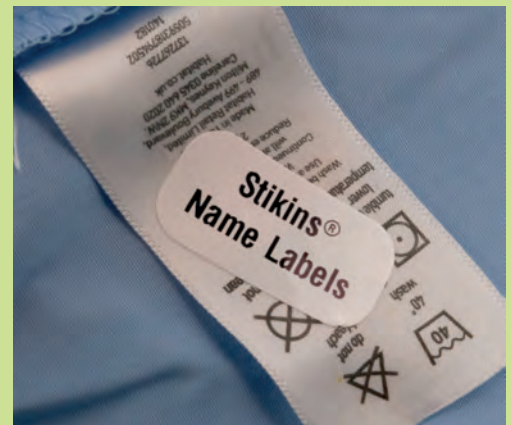
For more resources, visit
parentkind.org/for-parents/parents-resources

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