



# Support your Child's Journey into Reception

## FREE Courses for Parents

### ★ Growing Independence

This workshop helps children develop key self-care skills, and feeling confident spending short periods of time with trusted adults.

### ★ Developing Positive Bedtime Routines

This workshop helps families establish calm bedtime routines, manage screen time, and support habits for a good night's sleep.

### ★ Physical Development

Explore ways to support children's physical development and readiness through movement, coordination, and active play.

### ★ Communication and Language

Develop listening skills, simple instruction-following, confident talking about interests, and joining in with songs and conversations.

### ★ Building Relationships and Communicating

Practice sharing with toys, talking to them about how they feel. Looking at story books together and speaking about what characters are feeling.

### ★ Play, Creativity and Curiosity

This session encourages imaginative play, creative activities, and story sharing, helping children explore their world and build confidence and curiosity.

Scan the QR code to find out more and sign up.

0345 603 7635

[aclessex.com/reception-ready](https://aclessex.com/reception-ready)

