

For more information in supporting 'school readiness'

Visit your local Children's Centre

www.torbay.childrencentres.org or call 01803 210200

0-19 Public Health Nursing Team

A service provided by qualified Health Visitors, School Nurses, Staff Nurses, Nursery Nurses and support staff.

We work together with parents and families to meet all the needs of children and young people so that they are happy, healthy and able to learn and develop securely. <http://www.tsdfc.uk/0-19>

Family Learning

Family Learning offer courses for parents and carers to help support them and their children through school transition and beyond.

We run courses to help parents and carers to understand how their children are taught and how they learn at school, giving ideas and activities to help support their learning at home.

We offer courses to improve or refresh parents'/carers' own literacy and numeracy skills, as well as Employability courses to support those looking for employment.

Our courses take place in Primary Schools, Children's Centres and Community Centres throughout Torbay.

For more information email familylearning@southdevon.ac.uk

Visit your local library www.torbay.gov.uk/libraries

Contact the Early Years and Childcare Advisory Service

www.torbay.gov.uk/childcare or call 01803 207895

This document can be made available in other languages and formats. For more information telephone 01803 208772.

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School Readiness

advice and support



"Children learn more rapidly during the first five years of their lives than at any other time."

'What to Expect When' by Action for Children

Your child is unique and will develop at their own pace and rate.

Your child is special in their own way and as parents, we need to love and accept them as they are!

Sometimes children learn new skills quickly and sometimes they may need some extra help.

If you are worried about your child's health, development or well-being, please contact your Health Visitor/ Children's Centre or speak to your child's Nursery/ registered Childminder about your concerns. By sharing your concerns early your child will receive the right support to meet their needs at the right time.

Many children have some special educational needs at some point. You can help by sharing your concerns early as this helps your child receive the right support to meet their needs.

Your child's Health Visitor and Pre-School/Nursery/registered Childminder will complete a Progress Check when your child is 2.3 months. By working together, your child will be able to get any help they may need to ensure they make progress.

Children of all ages including babies are 'ready to learn'. Parents and families play an important role in supporting their children in being 'school ready', developing their confidence and the attributes needed to make the important transition into school. 'School readiness', within this leaflet, refers to supporting your child with this transition into their Primary Reception class and is designed to help you understand what you can do to help give your child the best start.

Imagine and pretend...
with toys, everyday clothes and each other.

Chat and do things together...
cooking, gardening, and shopping.

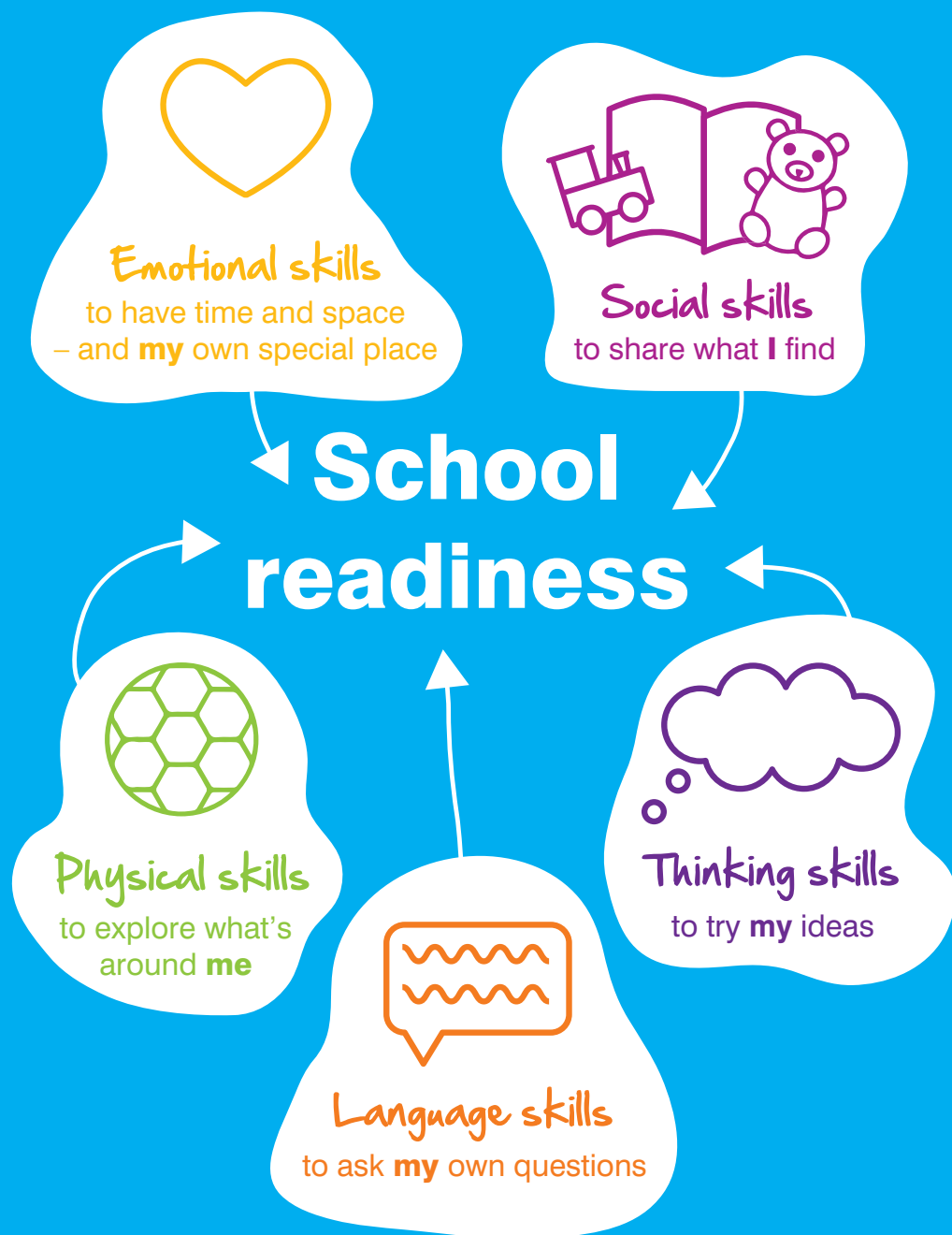
Sing songs and rhymes...
in the car, out walking, anytime, anywhere.

Read together...
labels in shops, stories in bed, signs in the street.

Go out on visits...
the shops, the park, the post office, the library.

Draw and paint...
in the mud, in the sand, on paper.

Let children do it themselves...
dressing, eating, laying the table.



Starting school is an important milestone and can be a hugely emotional experience even if the child has been in childcare before. **Remember you are your child's first and most important teacher.** You can help your child develop key skills by giving them opportunities like the ones listed below:

Help your child to calm themselves when they become upset or angry, through talking about their feelings.

Encourage and support your children's efforts - focus on what they are doing and how they are doing it and not the final result.

Talk to your child about friendships and feelings.

Support your child in understanding acceptable behaviours by praising them when they make the right choices.

Support your child when they are disappointed or have setbacks, let them know their feelings are understood. Playing turn taking games with your child is a good way to develop this.

Let your child know they are special. Listen to them when they talk to you.



Emotional skills





Social skills

Provide opportunities for your child to share their toys with other children and friends. Model how to share.

Read stories and discuss how the characters deal with different social situations.

Provide opportunities to play games where you take turns and different people win each time.

Children like it when you read to them, make it more exciting by changing your voice for different parts. Storybooks on CDs are available at the library.

Children need the opportunities to play with other children. They may attend nursery or preschool, if not, parent and toddler groups are held locally.



Play memory games and take turns giving instructions e.g. put your hands on your head, then turn around, then touch the ground.

Support your child's curiosity and interests e.g. go on a bug hunt in the garden/park, watch the trains at the station or visit the beach.

Help your child solve problems e.g. pairing the socks in the washing or laying the table.

Make up stories together using your child's imagination and their toys as starting points.

Encourage your child to create models using blocks, play dough and recycled materials.

Encourage creativity by practicing cutting, gluing, painting and drawing.



Thinking skills



When your child is interested in something, remember to chat to them about it (as it happens).

Make five comments for every question you ask e.g. I like the tower you have built; it's so tall; It looks very strong to me; You have worked so hard on this; I can see you are really pleased with your effort; Could we make the tower bigger?

Help children build their vocabulary by adding new words into sentences e.g. it's a ball; it's a big ball; it's a big, red ball; it's a big, red, bouncy ball.

Make up funny phrases using rhyming words – take it in turns to think of a new one: cat; bat; mat; tat; rat; hat.



Language skills



Physical skills

Make sure your child gets the chance to run, skip, dance, jump and be active every day. Set up an obstacle course to practice new skills.

Support your child to use simple tools and equipment e.g. using the pegs to hang out the washing, using a rolling pin when cooking or using a water spray to water the plants.

Giving your child time be independent when using a knife and fork, getting dressed and in toileting.

Develop your child's healthy lifestyle through eating a range of fresh fruit and vegetables, drinking water and reducing sugar intake.

Play ball games together. Children like to learn to use a bat, racket, hockey stick, golf club etc.

