

## Useful websites

For help in establishing good routines  
[booktrust.org.uk/bath-book-bed](http://booktrust.org.uk/bath-book-bed)

For information on toilet training  
[eric.org.uk](http://eric.org.uk)

For information on Early Years Foundation Stage (EYFS) and child development  
[foundationyears.org.uk](http://foundationyears.org.uk)

For advice on Hampshire admissions  
[hants.gov.uk/admissions](http://hants.gov.uk/admissions)

For information on health lifestyles  
[nhs.uk/change4life](http://nhs.uk/change4life)

For nursery rhymes and songs  
[wordsforlife.org.uk/songs](http://wordsforlife.org.uk/songs)  
[bbc.co.uk/cbeebies/curations/nursery-rhymes](http://bbc.co.uk/cbeebies/curations/nursery-rhymes)

For information on local libraries  
[gov.uk/local-library-services](http://gov.uk/local-library-services)

For information on childcare and Early Years in Hampshire  
[hants.gov.uk/socialcareandhealth/childrenandfamilies](http://hants.gov.uk/socialcareandhealth/childrenandfamilies)

For advice on bilingualism in the Early Years  
[literacytrust.org.uk/resources/understanding-bilingualism-early-years](http://literacytrust.org.uk/resources/understanding-bilingualism-early-years)



Some children may need extra support getting ready to attend school. If your child has additional needs and you are concerned please contact your child's setting and visit [fish.hants.gov.uk](http://fish.hants.gov.uk) for further information.

This leaflet has been produced by the Services for Young Children Advisory Team in consultation with Hampshire schools, pre-schools, childminders and parents - February 2019

## Ten top things to enjoy before your child starts school

Colour in the smiley face each time you enjoy one of these activities.



Learn a new song or nursery rhyme each week	
Enjoy sharing a book together every day	
Visit the library regularly and choose books to take home	
Play with empty boxes – Where does your imagination take you?	
Draw pictures of things you have enjoyed doing together	
Go on a nature walk – What can you see, hear, touch and smell?	
Visit your local park – What will you discover together?	
Play I spy – What colours, numbers and letters can you see?	
Enjoy play dates with old friends and new	
Collect objects in a bag or a jar and make time to count them again and again	

### What else do you like to do together?

Your child does not need to be able to read, write or do sums before starting school. Children start school with a range of experiences and their teacher will be skilled at helping them to progress from their individual starting points.

# Ready Steady School!

Is your child starting school soon?  
 Are they ready? Are you ready?



Advice to help you build your child's confidence so that they start school with enthusiasm; curious and ready to learn.

## A ready child

I am...



- Excited, enthusiastic, curious and confident about learning
- Happy to talk about things I am interested in
- Active every day
- Able to concentrate on something that fascinates me and maintain focus on an activity for a short period of time
- Able to communicate my thoughts, ideas and needs and listen for short periods of time
- Willing to have a go and keep trying when things are challenging
- Interested in a broad range of activities and have some good skills and knowledge
- Able to make simple choices
- Prepared to take risks in my learning by engaging in new experiences and learning by trial and error
- Beginning to accept the needs of others and can take turns and share resources, sometimes with support

## A ready family

- Spend time playing with your child. Encourage them to be active and explore; sharing the excitement of discovering new things together
- Encourage your child to communicate their needs, feelings and emotions. If your child seems anxious try focusing on the things they like best
- Take time to talk with your child about things that interest them
- Encourage self help skills (getting dressed; using a knife, fork and spoon; going to the toilet; brushing teeth twice a day)
- Have fun being together and talking about the things you do, celebrating achievements
- Encourage your child to socialise and play with others
- Allow time for your child to relax, rest and play (Reduce screen time)
- Establish and maintain clear and consistent daily routines for your child's bedtime and family mealtimes
- Talk about how we all get better at things through effort and practice, and the importance of trying even when things may go wrong – be resilient!
- Give your child opportunities to take the lead and make choices

## A ready school

- Assign every child a key person and inform each family of what this role will mean for them and their child
- Develop open and trusting relationships with families, sharing ideas about how to support children's development and learning
- Provide a high quality play-based learning environment which is safe, secure and inclusive and where all children can thrive
- Find opportunities to meet with families and share information about each unique child
- Develop strong links and liaise with all settings, supporting smooth transitions for all children to ensure appropriate continuity of care
- Demonstrate high expectations for each child; by providing challenge, promoting resilience and raising aspirations
- Enthuse, engage and motivate all children and allow them the opportunity to make decisions, giving them the confidence to learn
- Support and encourage children to make new friends and develop social skills
- Track individual children's progress and share next steps
- Enjoy learning together and having fun throughout the year

