

SCHOOL READINESS

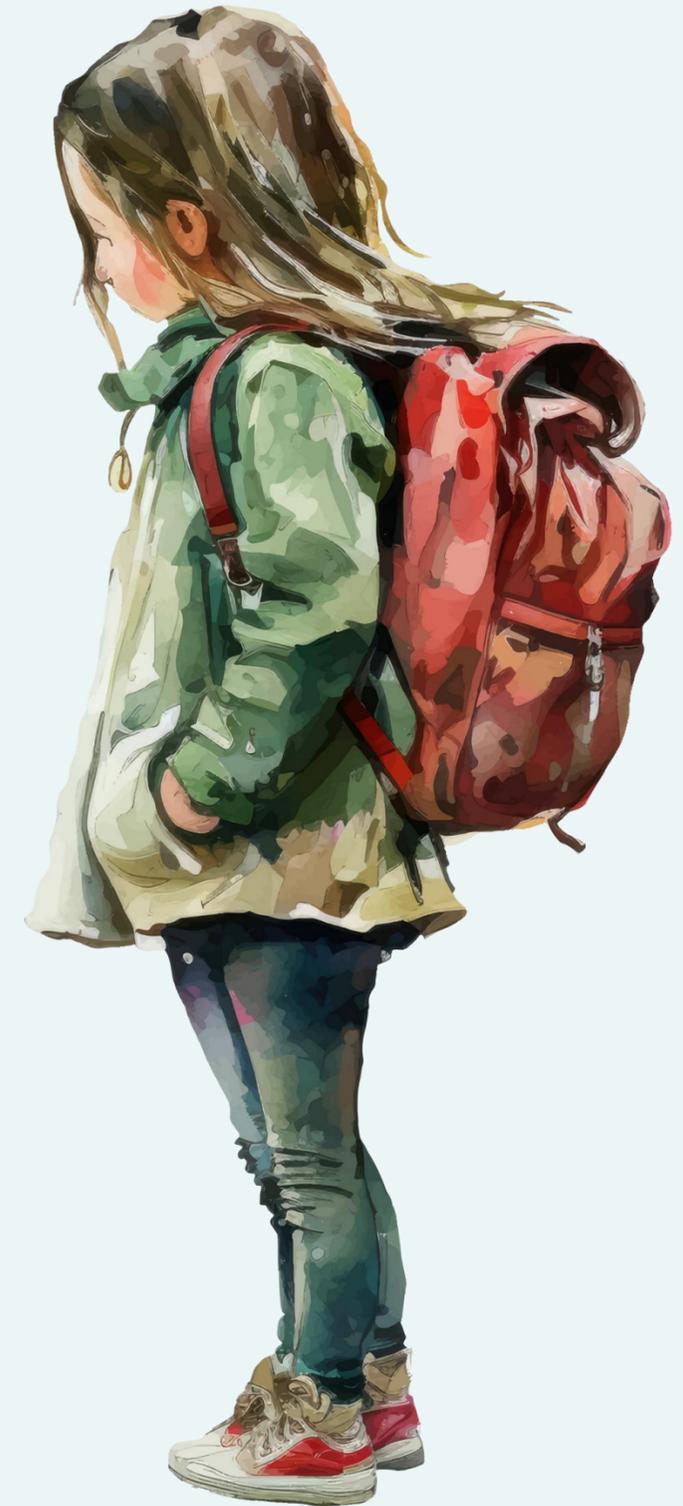
Early Childhood Presentation





IMPORTANCE OF SCHOOL READINESS

School readiness is about ensuring children are well-prepared and have the necessary skills for the transition to formal education.



School readiness sets a strong foundation for future academic success. Children who are prepared for school are more likely to excel and have positive educational experiences.



SOCIAL & EMOTIONAL READINESS



It is important that children are developing strong communication and interpersonal skills. By school, they should be learning to express emotions and manage conflicts appropriately. They should be becoming independent in building positive relationships with peers and teachers.



Social Skills

Learning in a classroom is a social activity. Children learn and develop by playing alongside their peers, and they will make better progress if they are happy mixing with other children and adults.

YOU CAN ENCOURAGE THIS BY:

Practising greetings. Your child should know how to start a conversation with their new classmates. You can use dolls and soft toys to practise saying “hello”!

Practising conversations. Giving your child time to talk – and also having time when they have to listen – teaches vital speaking and listening skills. You could take turns to talk about the best part of your day during dinner.

Can they ask questions to find out more?

Can they remember their sibling’s favourite part of the day?

•**Encouraging sharing and tolerance.** Games such as Snakes and Ladders let children practise social skills and turn-taking. Be sure to use the language of turn-taking, like ‘Whose turn is it next?’ and ‘Thank you for waiting’.

Why not arrange some play dates with your child’s new friends to put this into practice.

Emotional Skills

For many children school is the first time that children are away from families for long periods of time.

The day is also much longer with much more structure than they are used to.

It can be very tiring to start with.

YOU CAN SUPPORT YOUR CHILD BY:

PRACTISING THEM BEING LEFT BY YOU WITHOUT TOO MUCH UPSET, THIS HELPS THEM SAY GOODBYE easily at school drop-off.

Asking them to follow your instructions and simple rules. It also helps if they can practise this with adults beyond the family. Play groups are a great place for this - check out the family hub whats on.

Organising opportunitites for them to visit somewhere without parents - e.g. stay over at granny, visit a friend.

Helping them to recognise emotions - there are lots of games to support this and stories you can share.

Sharing ways to help themselves feel calm when upset or disappointed, which is achievable in a setting beyond the home.

COGNITIVE READINESS
EARLY LITERACY SKILLS
EARLY MATHS SKILLS





Children should be developing language and literacy skills. They will be expected to be building early math and problem-solving abilities. It is important they are curious, creative and have a love for learning.



How to help your child prepare

- **Help them recognise their name.** It is handy if your child can find their space in the cloakroom, and can keep track of labelled clothes and other belongings.

- **Share stories.** Reading to your child improves their vocabulary and listening skills, and acting out stories is a great way to practise communication.

- **Practise fine motor skills.** Building hand strength, fine motor skills, and hand-eye coordination helps prepare your child for writing. Making Lego models, using scissors, and threading beads onto string are fun ways to develop hand strength.

- **Introduce them to numbers.** You could go on a number hunts when out and about, sing [counting songs](#) together or count objects as you set the table for dinner.



Development matters for 3-4 years olds:

Literacy:

- Write some or all of their name
- Write some letters accurately
- Recognise words with first same sound.
- Have extended conversations about stories.

Communication:

- Sing songs and rhymes
- Be able to tell a long story
- Speak using longer sentences



Development matters for 3-4 years olds:

Mathematics:

- Recite numbers past 5
- Show numbers up to 5 on fingers
- Count objects in an order
- link numerals and amounts
- Know that once they have counted objects this gives you the total.
- Solve problems up to 5.
- Compare quantities using ‘more than’ and ‘fewer than’.
- Talk about 2D and 3D shapes
- Understanding position words
- Describe a familiar route and locations.
- Create patterns
- Using Sequencing language e.g first

PHYSICAL READINESS FINE AND GROSS MOTOR SKILLS



School-age physical expectations include developing fine motor skills for tasks like writing, drawing, and using scissors. Building gross motor skills are essential for physical activities and play.

During school children will also benefit from being able to sit on the floor crossed legged comfortably and be able to sit at a desk without slouching.



Things you can do at home to help with gross motor skills

Visit playgrounds where they have space to run and climb.

Encourage them to balance - this could be on balance beams at a playground but could also be low walls or even a line on the floor.

Play catch to support throwing and catching.

Play follow the leader - getting them to hop, skip, drop.

Play games which get them to cross the midline - twister, simon says, clapping games



Things you can do at home to help with fine motor skills

Encourage drawing with a pencil or crayon - the tripod grip is what they are aiming for.

Cutting out when doing art and crafts.

Help with tearing up paper that needs putting in the bin.

Pegging things onto a washing line.

Using tweezers to sort objects.

During these activities it is useful to observe which hand your child uses to determine their dominant hand.





Independence

It is important that children establish daily routines and schedules.

Children should be encouraged to become independent in self-care tasks, such as dressing and using the bathroom.



DEVELOPING YOUR CHILDS INDEPENDENCE

The most useful thing you can do to get your child ready for school is to make sure they are comfortable doing simple tasks by themselves. This includes:

Going to the toilet. If you havent started already now is the time to start practising your child being independent on the toilet for the whole process - including the wiping and washing hands after.

Getting dressed. Avoid clothing with fiddly buckles and buttons. It is also a good idea to have a few dry runs with the PE kit!

Putting on shoes. Tie-up shoes might be a bit difficult. Go for shoes with Velcro fasteners if possible.

Eating. This includes using a knife and fork, opening their lunchbox, and being able to open everything in the lunchbox (some yoghurt tubes and drink cartons can be tricky).

CONCENTRATIO

NBeing able to concentrate in 10–15 minute bursts will be really useful at school.

Here are some ways to practise:

Enjoy extended play together. Building kits like Lego are great for encouraging your child's resilience, especially if they can finish the activity in one sitting.

Follow instructions. Giving your child simple instructions to follow helps build their concentration. Child-friendly recipes or craft activities work well for this.



FURTHER THOUGHTS

Talk to your child about school

Talking about the exciting things your child is going to do at school helps them get over any nerves. Talk about how fun school is!

After the stay and play sessions, there might be something your child particularly enjoyed playing with. Giving your child time to talk also lets them raise any concerns or questions.

Practise the school routine. It can be helpful to do a practice journey before the big day, looking for interesting things on the way. It might be a good idea to make sure your child has school-friendly bedtimes and getting-up times a few days in advance.



The Road To School

This tracker helps you and your child prepare for school.



Remember - learning is not a competition, children learn at different rates. For more ideas to help prepare your child for school, talk to your childcare practitioner.

Steps to starting school

Build your child's confidence so that they start school confident, curious and ready to learn

Access more great advice, tips and downloadable resources at pacey.org.uk/schoolready



More top tips:

- ★ Get your child ready for their new routine by switching their meal times to match those of the school day
- ★ Encourage your child to explore new environments and interact with new people
- ★ Talk to your child about what they are most looking forward to at school
- ★ Let your child practise putting their new school uniform on and taking it off
- ★ **And remember**, every child is different and starts school with different abilities



**RESOURCES &
SUPPORT**

Family Hub

School Readiness

Family sessions to support children with getting ready to start school.

If your child needs support in any of these areas these sessions will help:



Listening and understanding



Going to the toilet



Sharing and turn taking



Getting dressed and undressed



Eating using a knife and fork



Keeping to a routine

 @familyhubsouthampton

www.soton.cc/familyhub

CENTRAL:

Family Hub Clovelly-Tuesday 29th April & 6th May-1-2:30

Family Hub Honeysuckle-Monday 16th & 23rd June-1-2:30



CENTRAL- Julie.Powell@southampton.gov



<https://www.pacey.org.uk/partners/school-ready/>

Toolkit to support school readiness

Our toolkit offers support before school, during the first days, and throughout the first year.



B B C

TINY HAPPY PEOPLE



How to help children understand their emotions



Helping children cope with sensory meltdowns



How to help your child deal with uncertainty and change

QUESTIONS & COMMENTS?

