

Do you have children starting School in September?



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Starting school is a big milestone for children and families. Children may feel excited, nervous, curious, or overwhelmed. The ideas below can help children feel confident, secure, and ready for the transition into school.

How Parents, Carers and Early Years Professionals can Support

Talk positively about school and what to expect.

Help children recognise and write their name.

Encourage independence with toileting, hand washing, and putting on coats and shoes.

Practice daily routines such as getting dressed, packing a bag, and bedtime routines.

Share information about each child's interests, strengths, and support needs.

Visit the school building or walk past it if possible and when it comes to arrange transition visits approach these positively.

Read books about starting school and discuss feelings together.

Look at school uniforms, try these on and talk about what they will wear during their school day.

Provide opportunities for turn-taking, sharing, and playing with other children.

Allow children to talk about worries and reassure them that feelings are normal.

Encourage children to express emotions through play, drawing, or conversation.



Below are some useful Skills you can support children with to promote “School Readiness”



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It's firstly important to remember that “School Readiness” looks different for every child.

- Encouraging them to listen and follow simple instructions
- Play games that promote sharing and turn taking
- Encouraging children to speak up and ask for help
- Encourage children to take ownership and care of their own belongings
- Develop confidence to try new activities and approach new tasks

It's Important to remember ...

- Every child develops at their own pace, don't compare them to their peers
- School readiness is about emotional wellbeing and confidence, yes schools will look at a child's academic ability but it's much more about how they make relationships and approach new situations rather than if they can count to 50 and write all the letters in the alphabet perfectly
- Promoting consistent routines in an early years setting and at home can help children feel safe and secure which will have an impact on their overall confidence and wellbeing, two things that will really help them when starting school
- Strong partnerships between home, early years settings and their new school are essential and can make a positive difference in the child's transition.

