



Ready for school?

Small steps can make a big difference...

For further help and ideas you could look at

Health for under fives

<https://healthforunder5s.co.uk>

Hungry Little Minds

<https://hungrylittleminds.campaign.gov.uk>

Starting school together

www.pacey.org.uk/parents/toolkit

What to expect in the Early Years Foundation Stage: a guide for parents

<https://foundationyears.org.uk/wp-content/uploads/2021/09/What-to-expect-in-the-EYFS-complete-FINAL-16.09-compressed.pdf>

Unsure or concerned about your child's learning and development?

- Contact your nearest children and family wellbeing centre
- Talk to a health professional
- Discuss your concerns with your child's nursery, pre-school or childminder



For information about being ready for school visit www.leicestershire.gov.uk/school-readiness

Produced by Leicestershire County Council as part of the Leicestershire Children and Families Partnership

Visit www.leicestershire.gov.uk/LCFP

What does being ready for school mean?

Ready children*

- I am curious and want to play and learn
- I feel good about myself and like it when you praise me
- I am starting to know when I am happy, sad or cross
- I can let you know what I need and tell you about what is important to me
- I can settle when you leave me knowing you will be back soon
- I can play with other children and I am learning to take turns
- I can make simple choices
- I am willing to have a go and keep on trying
- I can use lots of different words about things that interest me and use them when I play
- I can listen and take turns in conversation with grown-ups and children
- I can follow simple instructions
- I can join in with favourite songs, rhymes or stories
- I can go to the toilet and dress myself most of the time
- I am an active and confident mover both indoors and outdoors

*If a child is developing typically for their age.

Starting school can be a very exciting time but it can also be challenging for some children. Families can help to prepare their child for school.

Make time to play, have fun together and show an interest in their talk and ideas.



Build their confidence and praise them for their efforts and achievements.

"You kept on trying even when it was difficult."

"You're getting so much better at building things."



Let them play with other children and encourage sharing and taking turns.

"It's time to let your friend have a go now."

Encourage them to chat about their feelings, interests and ideas.

"What was the best thing about your day?"



Give them time to say what they need, make simple choices and follow simple instructions.

Find time to relax and read together. Look at the pictures and talk about what's happening.

"I wonder what's going to happen next?"

Sing favourite songs and rhymes and use new words as you chat throughout the day.

Get active together, play outside, walk, run, climb and have fun.

Remember you can access up to 15 hours a week of free early education to help your child be ready for school.

Try and plan healthy meals, have regular routines and make sure they get enough sleep.

Encourage them to have a go at dressing themselves and using the toilet independently.

It's very normal to struggle at first. Give them time to practice at home.



Talk positively about going to school. Meet the staff to chat about your child and try and become familiar with school life.