



# SCHOOL READINESS

Preparing your child for their journey to school

**School readiness** is a measure of how prepared a child is to embark on their school journey. This is a holistic look at the child, taking into account their cognitive, social and emotional development.

Each child and school are different but here are a few fundamental aspects of your child's development that could really support them as they transition into school.

Personal Social and Emotional	
Area	How you can support over the summer
Have some experience of separation from a main carer	Spending time with family and friends that you may not see as often. Summer clubs: swimming/football/dance
Developing independence of personal belongings	Play games like find my coat/lunch box/ hat
Having varied experiences of playing, sharing and interacting with other children	Varied experiences and situations with other children such as play dates, soft play, visits to the local park, siblings and clubs. Modelling and developing language skills for social interaction. (Can I have a go please? Would you like to play?)
Children can express their own feelings such as sad, happy, cross, scared, worried	Asking your child questions about how they are feeling. Modelling language and communication

Physical development	
Area	How you can support over the summer
Growing independence with their own personal care. (dressing, drinking, safety)	Practicing how to put their coat on and do it up. Practicing how to put their jumper on and then take it off. Practicing how to pour, drink and hold from a cup. Talking and demonstration safety skills when using scissors, pencil and large equipment such as bikes and scooters
To have some control over a pen, pencil or crayon	Activities to develop fine motor skills. Ample mark making opportunities. A variety of mark making tools
Adequate toileting skills	Practice toilet routine, hand washing and how to ask to go to the toilet

Communication and Language	
Area	How you can support over the summer
Follows simple instructions	Play simple games like 'Simon says' and 'my turn your turn'
Increasing concentration skills	Reading and listening to stories. Playing simple 2 or more player games. Giving your child small tasks to complete. (Can you put all the clothes in the washing machine? Can you put all the DVD's back on the shelf?)
To be able to express their wants and needs appropriately	Modelling language and communication. Getting children to ask for things in full sentences. Developing language skills through reading books and talking about characters, plots and pictures

Literacy and Numeracy	
Area	How you can support your child over the summer
Enjoys looking at books	Immerse your child in books and stories. Get children to make up their own stories
Attempts at mark making and letter like shapes	Provide children with paper, pens and writing opportunities. Write shopping list, cards, invitations and stories
Can recognise their name and attempts to write the majority of the letters in it	Name practice in the air, on paper, in the sand. Finding their name amongst others
Counts reliably 1-20)	Every day counting of objects. Number rhymes and songs
Recognises the majority of numbers between 1-10	Looking at numbers in the environment. Number books and games
Knows some letter sounds (could be the letters in their name)	Hearing and saying the initial sounds in words. Playing I spy using sounds. Sound walks

## ADDITIONAL

### A balanced and healthy diet

Children function best when they are fit and healthy, and a balanced diet is vital in achieving this. <https://www.nhs.uk/change4life-beta/be-food-smart>

### Recommended amount of sleep

NHS Recommended amount of sleep	
3 Year olds	Daytime: 0-45minutes Night time: 11 hours 30 minutes
4 year olds	Night time: 11 hours 30 minutes
5 year olds	Night time: 11 hours

### Reading a story with your child everyday

Whatever your child's age you should make some time each day to enjoy a books together. This has many advantages such as introducing your child to words and scenes they are not familiar with; this can help give them a wider vocabulary and increase imagination and cognitive development.

### The importance of children knowing the sound a letter makes, as well the name.

It is important that children know the sounds that letters makes, as well as their names. Letter sounds are essential for children learning to read and write.