

Helping your child get school ready

This resource pack summarises the key takeaway messages from the workshop. It includes the different things parents/carers can implement at home to help their children be more school ready.

What is school readiness?

Children who are 'school ready' have:

- The ability to **cope** emotionally with being separated from parents and carers
- Relative **independence** in their own personal care
- A **curiosity** about the world and a desire to learn
- Strong social skills



Help your child build a secure base with school

- Talk about school as a fun and interesting place.
- Share stories about school with your child.
- Model talking to school staff and share how these interactions make you feel.
- Get ready for the day ahead after tea together with lots of chat about what's coming.
- Give yourselves extra time in the morning to reduce time pressures so this is a positive time too.



Help your child build autonomy and self care

- Keep practising autonomy at home
 - Going to the toilet alone, washing hands, eating food, getting dressed in the morning, walking rather than using a pram
- Build up gradually by starting with the easier activities and slowly adding a slightly trickier task when they have mastered the previous one
- Find fun ways or games such as the 'flip trick' for coats
- Use very specific and labelled praise
- Other tasks to grow independence might include:
 - Laying the table, feeding a pet, pairing socks, tidying up toys, helping with shopping



Help your child understand and manage their emotions

- Help your child to reflect on their own feelings
- Offer your child suggestions to deal with intense emotions eg. “I can see you’re frustrated with your new toy. Take a few deep breaths.”
- Read books about emotions
- Make it creative. E.g. Zones of Regulation, weather check in

| Blue Zone | Green Zone | Yellow Zone | Red Zone |
|---|---|---|---|
|  |  |  |  |
| Low | Happy | Wobbly | Angry |
| Running slow | Good to go | Caution | STOP! |
| Unhappy Tired Withdrawn Tearful | Positive Proud Calm Focused | Excited Nervous Frustrated Annoyed | Mad Furious Yelling Aggressive |



Help your child develop empathy

- Show warmth, sensitivity and kindness - model it as much as possible
- Use story books and everyday situations to explore how others may be feeling
- Explain how actions can affect others and grow the skill of seeing another person's point of view.



<https://www.youtube.com/watch?v=KZBTYViDPIQ>

Help your child develop social skills

- Lots of **modelling**. For example, make a conscious effort to say hi to another parent at the gate.
- Provide **opportunities** for your child to spend time with and socialise with other children
- Use very **specific praise** when your child demonstrates using positive social behaviour.
 - 'I am so proud of you for saying hi'
 - 'I am so happy to see you being kind'
 - 'I can see you are trying really hard to be a good friend'



Teamwork



Conversation



Communication

Help your child develop communication skills

- Support both **talking** and **listening** through **play**, **sharing books**, **rhymes** and **songs**.
 - One way you can do this is by having 10 minutes of child led play everyday
- Find **opportunities for using words** and initiating questions e.g. imaginary play / role-play as well as in day to day conversation.
- Use lots of **modelling** and **targeted praise**



Help your child by developing a routine

Routines to keep going at home:

- The time to get ready in the morning
- Bath times, mealtimes and bedtimes
- Play time, reading, family time and outdoor play
- ‘Family rules’



Rules
checklist

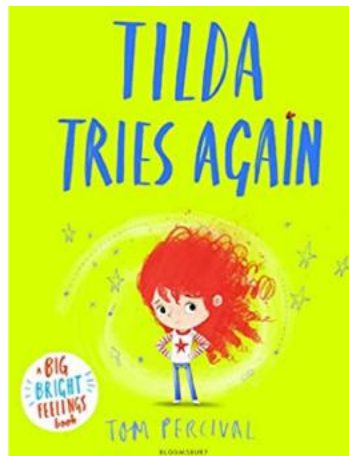
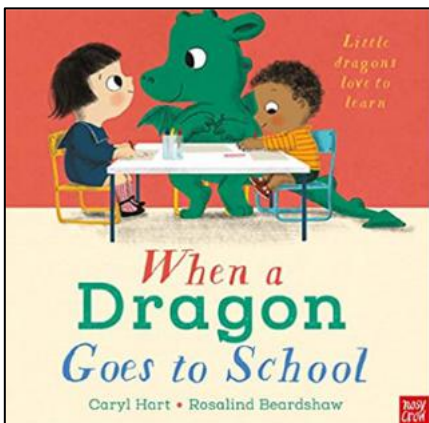
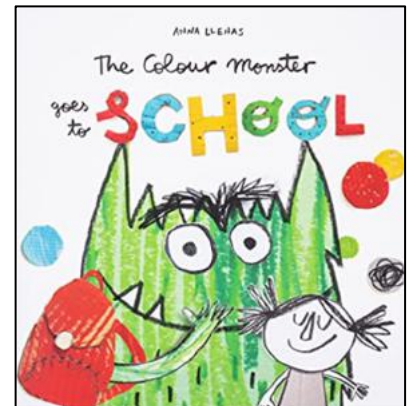


Responsibility
chart



Household
chores

Resources and signposting



If you need further support, you can speak to your GP or a staff member from your school who can support with referring on to either the Mental Health Support Team or other services.