

# I am starting school: 5 ways to help support me to be confident, curious and ready to learn more.

## 1. Being independent

- I am happy to be away from you as I know you are coming back.
- Give me opportunities to meet other children and adults and to spend time away from you.
- Help me develop and practice dressing, eating and going to the toilet so that I can care for myself.

## 2. Feeling good

- I can talk to you about how I feel and any worries I may have.
- I know how to keep myself safe and understand there are rules about what I can do.
- Make sure I have a healthy diet, lots of opportunities to play outside and be active, and time to sleep at night.

## 3. Loving learning

- I am interested in finding out about things that interest me.
- Provide me with opportunities to be creative; talk to me about my drawings.
- Take me to the library and look at books with me; point to pictures and name them clearly, and talk about what we can both see using simple phrases. Tell me stories too.
- Talk about what you are doing using a simple commentary; count out the number of apples put in the bag at the shop, and say what we see on the way.

## 4. Making my voice heard

- I can listen to others; help me practice taking turns and understand sharing.
- I can ask for help.
- Talk to me using words I can understand, and add words to help extend my vocabulary. This will help me to express what I want, so that others can understand me
- Let me sing songs and rhymes.
- Provide me with opportunities to meet other children and adults so that I can practice these skills.

## 5. Doing my best

- I am asking questions about my new school.
- Help me be the best I can be and have high hopes for me.
- Let me have plenty of opportunities to practice new skills, to make mistakes and try again.
- Be positive about going to school; talk to me about school, show me pictures of the school and visit the school. Talk to me about what I am going to do.



## Further support and information

As a parent/carer you know your child the best. You need to share your knowledge of your child with the school so they know how best to meet your child's individual needs.

There are a range of professionals who can offer you advice and guidance to support your child as they start school.

<b>School</b>	The teacher in your child's new class can provide details of opportunities for you and your child to visit.
<b>Pre-school, nursery, childminder</b>	The keyworker for your child will be able to provide details of your child's developmental progress and activities your child enjoys.
<b>School admissions</b>	<a href="http://www.hertfordshire.gov.uk/admissions">www.hertfordshire.gov.uk/admissions</a>
<b>Family centres</b>	Family centres bring children's centres, health visiting and school nursing together to give consistent and responsive support to children and families from pregnancy until a child is 19. <a href="http://www.hertsfamilycentres.org">www.hertsfamilycentres.org</a>
<b>Speech and language service</b>	The Children and Young People's Speech and Language Therapy service offers a child and family centred approach to support children and young people with speech, language, and communication needs (SLCN), and eating and drinking difficulties. For further advice and guidance about your child's development, please go to the service's website: <a href="https://www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/">https://www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/</a>
<b>SEND information, advice and support</b>	SEND information, advice and support team provide impartial and confidential information, advice and support to parents and carers of children with special educational needs and disabilities (SEND), and young people and children with SEND. <a href="https://www.hertfordshire.gov.uk/microsites/local-offer/support/sendiaass.aspx">https://www.hertfordshire.gov.uk/microsites/local-offer/support/sendiaass.aspx</a>
<b>Local offer</b>	Hertfordshire's SEND Local Offer is your one-stop shop for information, support, services and activities available for children and young people with special educational needs, and their families. This includes information on occupational and physio therapy, integrated services for learning and the 0-25 team. <a href="http://www.hertfordshire.gov.uk/localoffer">www.hertfordshire.gov.uk/localoffer</a>
<b>Kidz Hub</b>	The HUBs offers information and support for parents and carers of disabled children and young people aged 0-19 in Hertfordshire. <a href="https://www.kids.org.uk/hub">https://www.kids.org.uk/hub</a>
<b>Hertfordshire libraries</b>	<a href="https://www.hertfordshire.gov.uk/services/Libraries-and-archives/Libraries-and-archives.aspx">https://www.hertfordshire.gov.uk/services/Libraries-and-archives/Libraries-and-archives.aspx</a>
<b>Hungry Little Minds</b>	Hungry Little Minds is a campaign to encourage parents to engage in activities that support their child's early learning and help set them up for school and beyond. <a href="https://hungrylittleminds.campaign.gov.uk/">https://hungrylittleminds.campaign.gov.uk/</a>
<b>Unicef</b>	School readiness, a conceptual framework <a href="https://www.unicef.org/earlychildhood/files/Child2Child_ConceptualFramework_FINAL(1).pdf">https://www.unicef.org/earlychildhood/files/Child2Child_ConceptualFramework_FINAL(1).pdf</a>

**Give your child the best possible start to their early education to prepare them for their future success.**

