WHAT IS SCHOOL READINESS?

DON'T WORRY.....

Your child does not need to be able to write, read or do sums before they start school.

Young children learn and develop mainly through play.

Supporting your child to become independent through communication, self care skills and for them to understand their own needs will prepare them for school life.



What is important is that you and your child have fun together.

Do fun things like share stories, singing songs, use your imagination, play games and talk about anything and everything.

Create opportunities every day for learning and play

Single Point Of Access contact Health Visitor or School Nurse

0191 2823319

USEFUL CONTACTS

To find a dentist please visit NHS CHOICES

https://www.nhs.uk/

Healthy living

https://www.nhs.uk/healthier-families

Information on healthy diet, exercise and healthy teeth.





www.what0-18.nhs.uk

Toileting advice

https://www.eric.org.uk/
Download the free

"Poo goes to Pooland" App



Emotional Support

dosemagazine.co.uk

IMPORTANT INFORMATION

Please ensure your child is registered with a dentist.

Please ensure that your child's immunisations are up to date.

Your child will have their vision, and growth checked in reception.

Produced by Newcastle
0-19 Service (Summer 23)

READY FOR SCHOOL?



Starting school is a very exciting time for young children and their parents/carers.

It can also be a daunting time too.

Preparing for this next phase of life and learning can make this transition easier.

Many children settle straight into school life whilst others take a little longer.

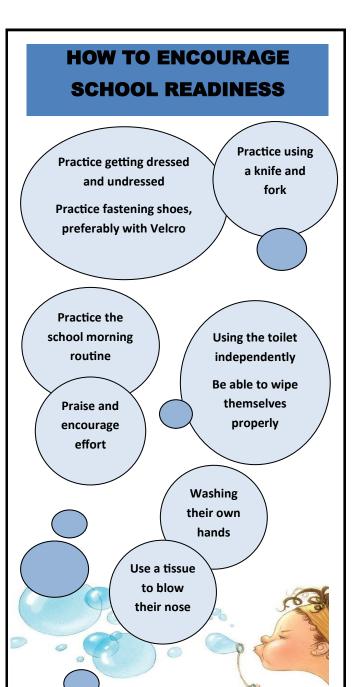
Your child is unique and will develop at their own pace and rate.

This leaflet aims to reassure you and give you some top tips for their new adventure!



The Newcastle upon Tyne Hospitals

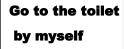
2023 0-19 Service



I am practising at...... **BECOMING MORE INDEPENDANT Fasten my shoes** Fasten my coat **Dress and** undress myself before eating and

Wash my hands after the toilet Use a knife / fork and feed myself













Colour in a happy face when you can do

these













Being able to follow simple instructions and take turns

Talk about feelings and emotions

Asking questions encourage talking and wait for answers.

Create lots opportunities for play

> **Nutritious** meals and plenty of sleep will help them concentrate, learn and thrive at school.

Have a good bedtime routine. Swap TV and electronic devices for bath time and stories.

