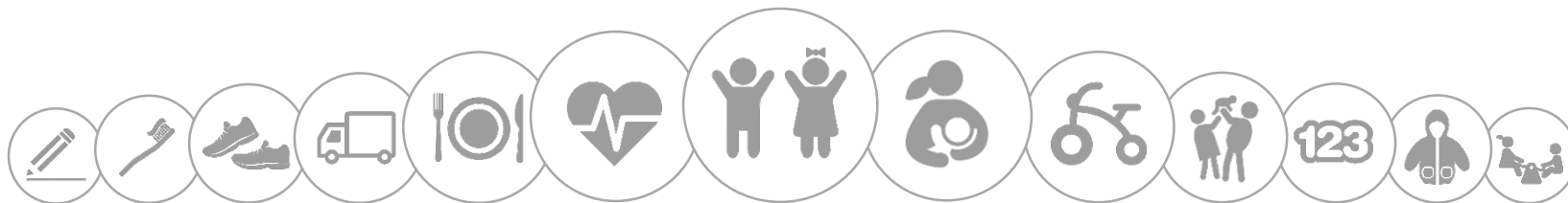


READY TO LEARN



A guide to help your child become **READY** to **LEARN**, grow and succeed by...

...becoming
RESILIENT,
adaptable
and willing
to have a go

...**ENJOYING**
life and
being satisfied
with their own
achievements

...feeling
ASSURED,
confident and
independent

...being willing
to **DISCOVER**
new things
and develop
their own
curiosity

...being
YOUNG,
healthy
and happy

For families with children aged 0 to 5 years

What is READY to LEARN?

READY to LEARN starts at birth with the support of parents and other important adults who care for them.

Children are READY to LEARN when they can play with their friends and interact with the familiar adults in their lives. It is when they are ready to learn new skills, try things out and can cope emotionally and physically with new challenges that school life brings.

As their parent/carer, you are your child's first play mate and teacher. Practising the tips, ideas and activities in this leaflet will really help them to enjoy learning, feel good about themselves and be happy, healthy and ready to start nursery or school.

If your child is READY to LEARN by the time they reach formal schooling (reception class at age 4 or 5 years) it is more likely that they will learn, grow and succeed throughout their school life and beyond.

Do not worry if your child cannot do all these things by the time they start school. Just keep practising together and should you need more support see the More information section of this leaflet.

Is your child READY to LEARN?



Children with additional needs

For some children, becoming ready for school may be more challenging. Advice and support is available to ensure all children can enjoy learning new skills and start school. You may wish to meet with the school to discuss the support for your child when they move from an early years setting into a primary school. Please see the Redbridge Local SEND Offer for more information.

Why is READY to LEARN important?

Research* shows that to do well in school and life, families with young children need access to:

- good maternal mental health
- learning activities such as speaking and reading
- regular physical activity for early brain development and learning
- parenting support programmes
- high quality early education because this improves health and learning outcomes

*Improving School Readiness: creating a better start for London – Public Health England (2015).

Ideas and tips on helping your child become **READY to LEARN**



RESILIENCE,
adaptability
and willingness
to have a go

Encourage playfulness, taking turns and responses through games such as peek-a-boo and rhymes

Allow your child to experience losing which will make them a stronger person in the long run

Take your child to meet other children at Children's Centres, parent and toddler groups and activities

Show your child how to ask for help, both through gesture and voice, such as "Please can you help me?"

Talk about your child's day and share feelings together

Encourage your child to have a go at a challenging task such as putting their shoes on, zipping and hanging up their coats

Praise your child regularly to help them feel positive about themselves and their achievement, no matter how small



ENJOYMENT
and satisfaction
in one's own
achievements

Use expression, actions and gestures to support communication skills when you are talking together

Have fun picking up and dropping items and use words such as heavier, lighter, quicker or slower

Sing rhymes together everyday and perform actions to songs

Have fun filling and emptying containers at bath time, blow and pop bubbles, talk about their colours and how they float

Play fun games such as 'I Spy'. "Can you find words beginning with...?" or "Can you find a picture of a...?"

Do physical activities every day such as tummy-time with babies, climbing, running, jumping, balancing, throwing and catching at your local park or in the garden

Develop skills in using tools such as pencils, scissors, knives, forks and spoons. Allow your child to explore textures with their fingers



ASSURED,
confident and
independent

Encourage hands and finger movement using activities such as building bricks and play dough to help strengthen muscles so they are ready to write when they start school

Develop an awareness of their own bodily needs such as being hungry, thirsty, tired or going to the toilet

Show them how to use the toilet and then talk about the importance of washing hands

Allow your child to pour water and drink from a cup or host pretend tea parties to make the activity more fun

Practice simple instructions such as collecting an item from another room or passing on a message

Allow extra time when going out so children can dress themselves without feeling rushed, such as putting on their own shoes or zipping their own coat

Label clothing and bags with your child's name to help with finding lost items

Be close by and available to ensure your child feels safe and loved even when they are not the centre of attention



DISCOVERY,
exploration
and developing
curiosity

Switch off TV and limit the use of electronic devices such as tablets and mobile phones to reduce distraction

Make reading fun. Enjoy reading together in a quiet space. Give characters funny voices, talk about the pictures and use toys or puppets to bring stories to life. Visit your local library regularly

Make counting part of your daily routine such as counting fingers, toes, cars and trees

Encourage setting the table at mealtimes while counting cups and plates

Cook together, including a variety of foods from different cultures and talk about the ingredients and amounts

Encourage reading when out and about by reading road signs and looking for items when shopping

Encourage mark making by providing a pot of water and a large paint brush to paint large sheets of paper or sand to draw on



YOUNG,
healthy
and happy

Happy parents/carers lead to a happy baby. Children start to learn from inside the womb, can hear your voice and will form a bond with you

Attend all health appointments, eat and sleep well, exercise and attend relaxation and baby feeding sessions during and after pregnancy

Go outside everyday, be active and spend time with family and friends

Brush your child's teeth twice a day with fluoride toothpaste as soon as the first milk tooth breaks through, register with and visit a dentist before your child's first birthday

Eat meals together as a family, including healthy choices such as 5 a day, healthy drinks (milk, water), avoiding sugary foods and drinks whilst serving 'child size' portions

Introduce drinking from free flow cups from six months and stop the use of bottles and dummies after one year of age

Live in a smoke-free home

READY to LEARN checklist for parents

When a child is able to do the following by the time they start reception (4 or 5 years old) they are more likely to succeed at school and beyond. Use the checklist and date boxes to record your child's progress.



✓	Dates achieved	
RESILIENCE		
ENJOYMENT		
ASSURANCE		
DISCOVERY		
YOUNG		

I can take turns, play and share

I can listen, think and speak

I can ask for help and say what I feel

I can run, jump, balance and climb

I can sing and dance

I can eat and drink by myself

I can go to the toilet by myself

I can wash my hands before eating and after going to the toilet

I can dress by myself

I can count and identify numbers

I can draw and mark-make

I have a varied and healthy diet

I can brush my teeth by myself

I have visited my dentist by one year of age

I have had all my immunisations

I have attended my under one year health review

I have attended my two and half year health review

RESILIENCE

ENJOYMENT

ASSURANCE

DISCOVERY

YOUNG

More information

If you have any concerns talk to your child's Key Person, staff at your local Children's Centre, Health Visitor or GP. For further information on how you can support your child's development please visit the following websites:

READY to LEARN web page

find.redbridge.gov.uk/readytolearn

Children's Centres

find.redbridge.gov.uk/childrenscentres

Local health services | NELFT

www.nelft.nhs.uk/services-redbridge-all

Families Information Direct (FiND)

find.redbridge.gov.uk

Early Years Foundation Stage (EYFS)

www.foundationyears.org.uk

Redbridge Local SEND Offer

find.redbridge.gov.uk/localoffer

PACEY

www.pacey.org.uk/parents

Parks and leisure services

www.vision-rcl.org.uk

Public Health Report 2015

[Improving School Readiness](#)