

# **School Readiness Nurturing Young Brains Workshop**

## **Hampshire Healthy Families**

a partnership between  
Southern Health NHS Foundation Trust  
&  
Barnardo's




**Hampshire  
Healthy  
Families**



*Today's Health, Tomorrow's Future*

# Content

In this workshop we will discuss:

- The meaning of 'school readiness'
- Brain development
-  Ready child
-  Ready family
-  Ready school



# Our Thoughts

A recent survey shows that 71% of parents feel anxious about their child starting school (\*PACEY)

It is quite natural to feel this way



**\*Professional Association for Childcare & Early Years**

# What is School Readiness?

## Child

Curious

Excited

Sociable

Confident

Enthusiastic

Independent

## Family

Play

Talk

Relax

Choices

Routines

Resources

## School

Trust

Transition

Experiences

Environment

Relationships

Communication

**The three Rs – Ready Child, Ready Family, Ready School  
– Unicef**

# Do I need to teach my child to read, write & do sums before they start school?

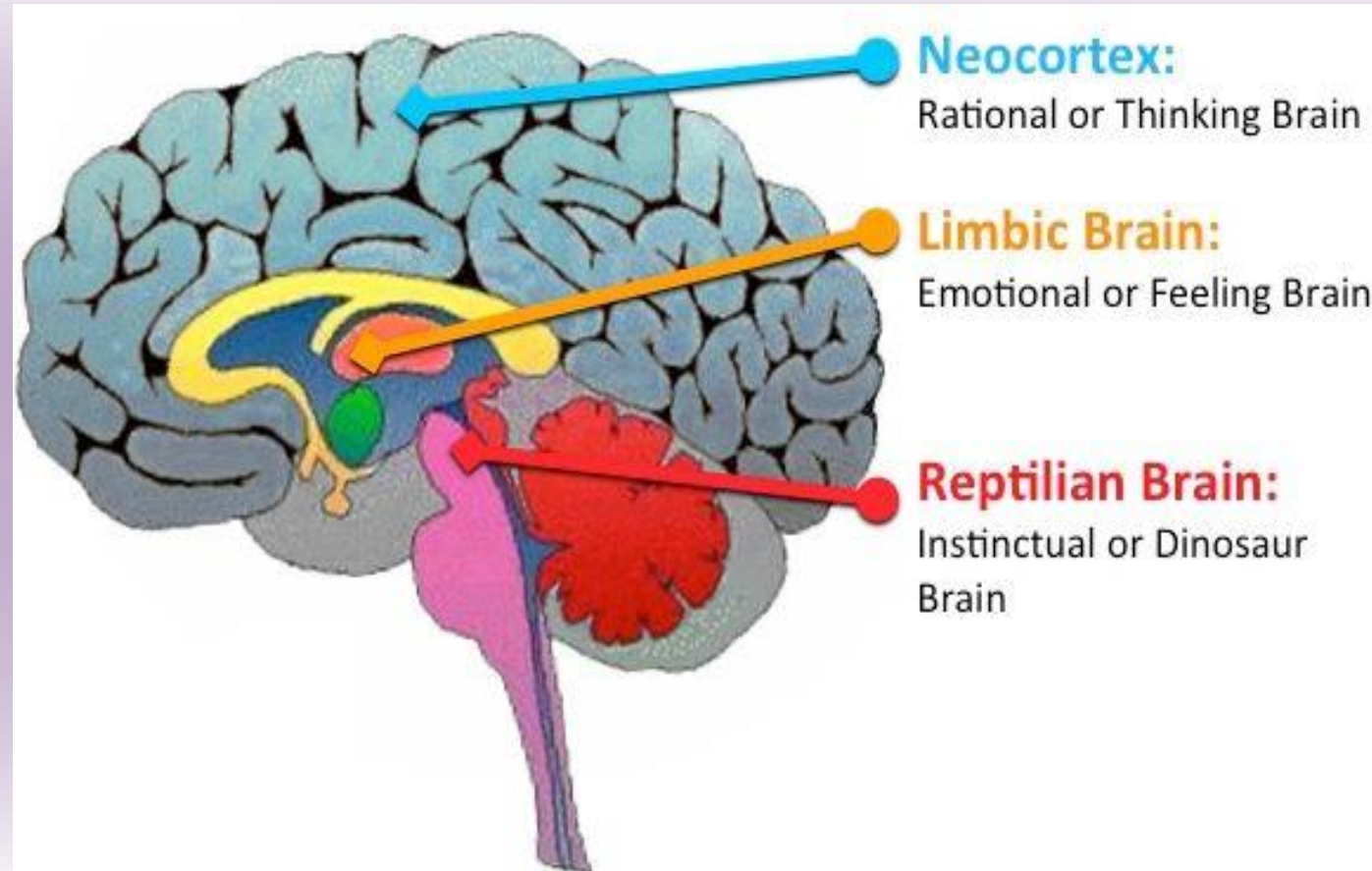
Yes

or

No



# Brain Development



Ready  
Child

# The Amygdala

Am I safe?

Do I matter?



# By what age does the brain reach emotional maturity?

- a. 5 years
- b. 10 years
- c. 18 years
- d. 25 years



Ready  
Child



**Hampshire  
Healthy  
Families**



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# Mindset Theory

## Fixed

Abilities are genetic and can't be changed

Failure means I am not good enough

I give up easily when something is too hard

## Growth

Abilities can be improved with hard work

Failure is a learning opportunity

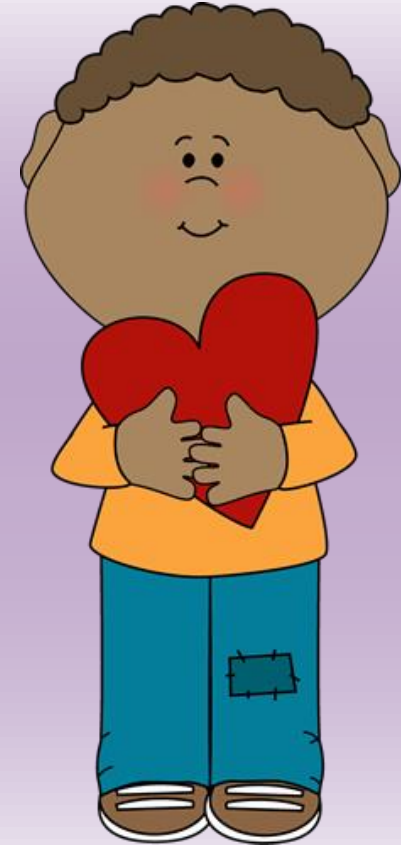
I stick with something until I have mastered it

Carol Dweck, Mindset (2006)

Ready  
Child

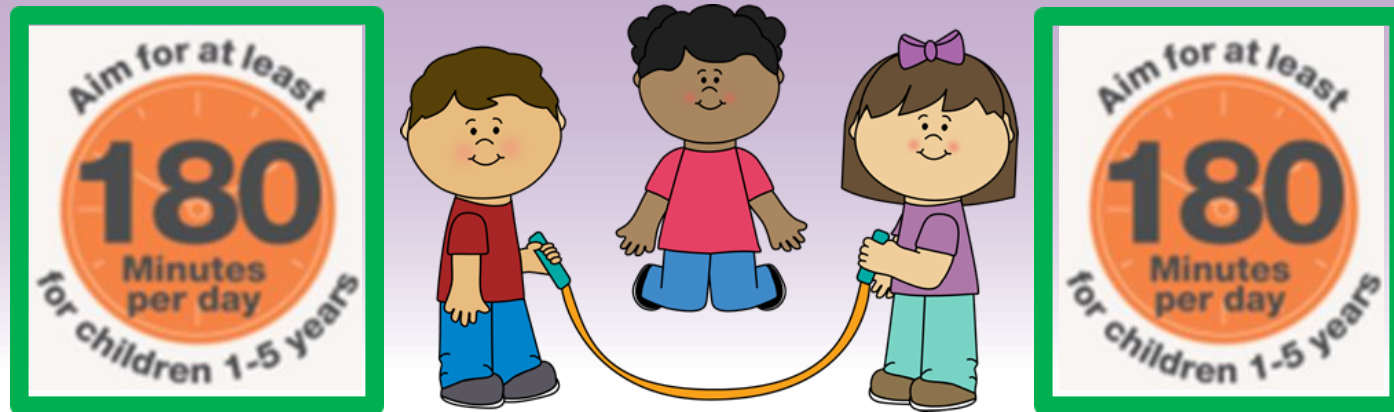
# Emotional Preparation for Children

“It’s really important for me to know how to say hi in the playground and how to join in. I need the skills to make good friends so that I fit in and belong”



# How much physical exercise do the under 5s need each day?

- a. 60 minutes (1 hour)
- b. 120 minutes (2 hours)
- c. 180 minutes (3 hours)

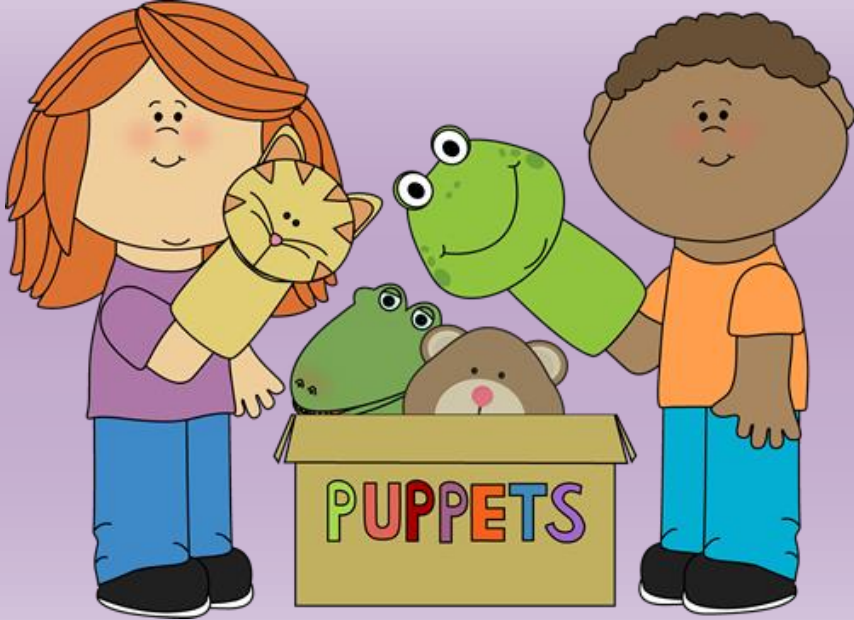




# Communication & Language - Talk

**Chat Play Read**  
**CPR**

**- literally a life-saver**





# Learning at Home

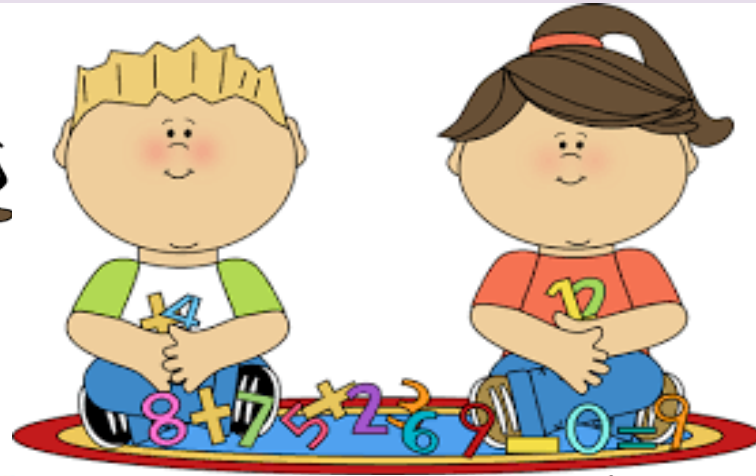
**Reading**



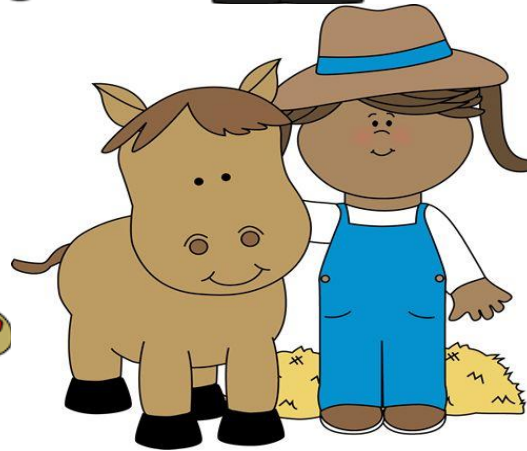
**Singing**



**Print - letters & numbers**



**Mark making**



**Outings**



**Playing with friends**



# Play

“Playing with me and helping me to play alone and with other children builds connections in my brain that make it possible for me to think & plan, to make sense of the world around me and to develop social skills”



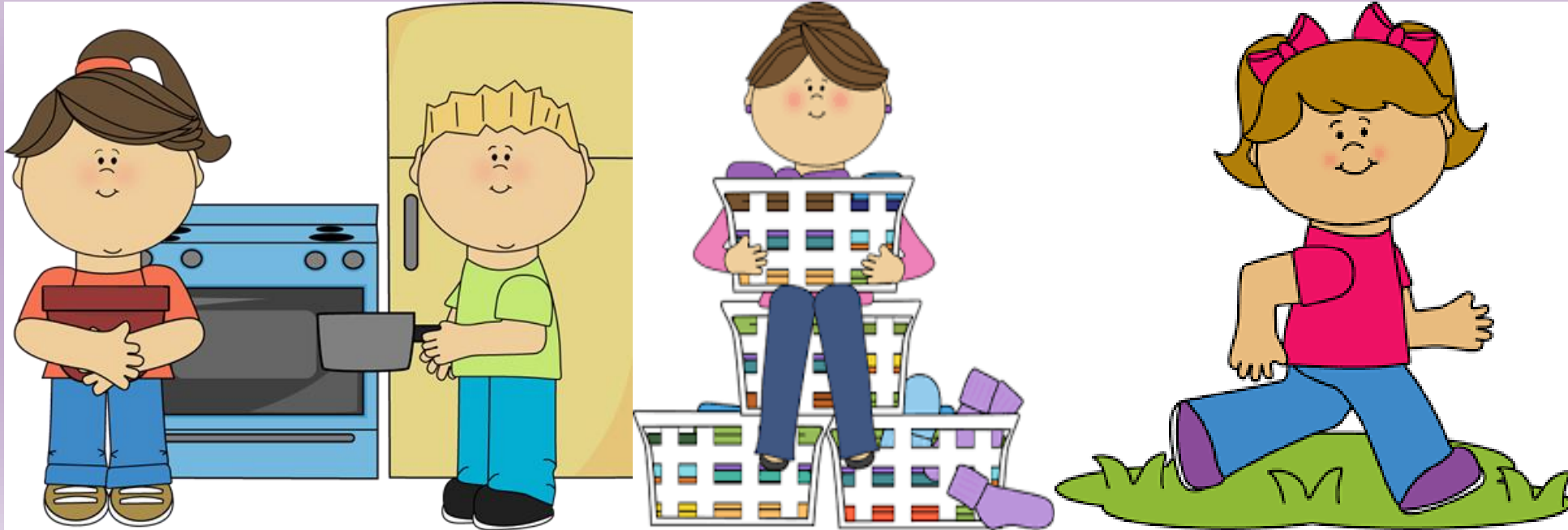


# Early Independence

“I know it takes me a long time to dress myself but I want to put my own clothes on today! When you let me do this, I feel good about myself 😊”



# Early Independence



**Food preparation, cooking & serving**

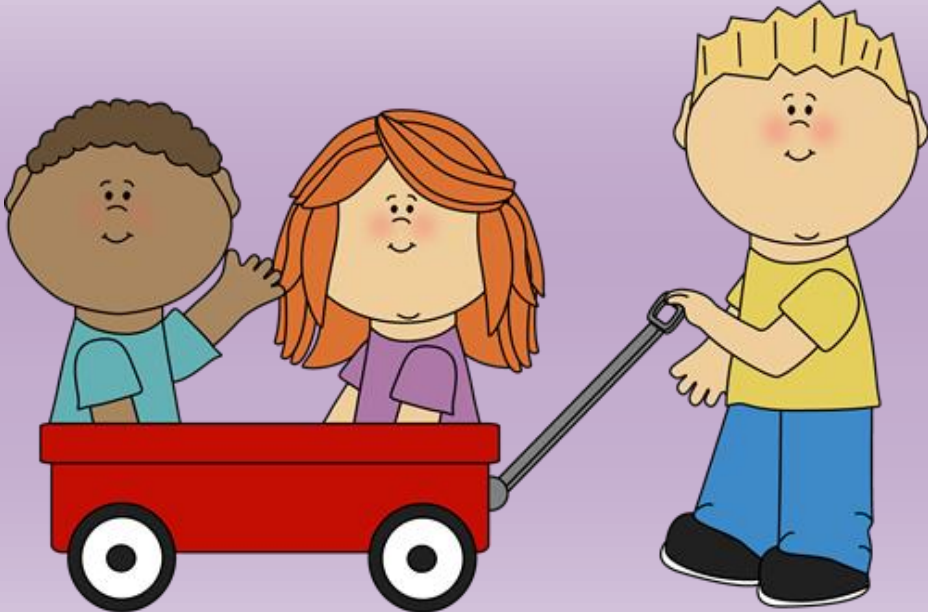
**Sorting laundry**

**Walking to the shops or park**



# Relax

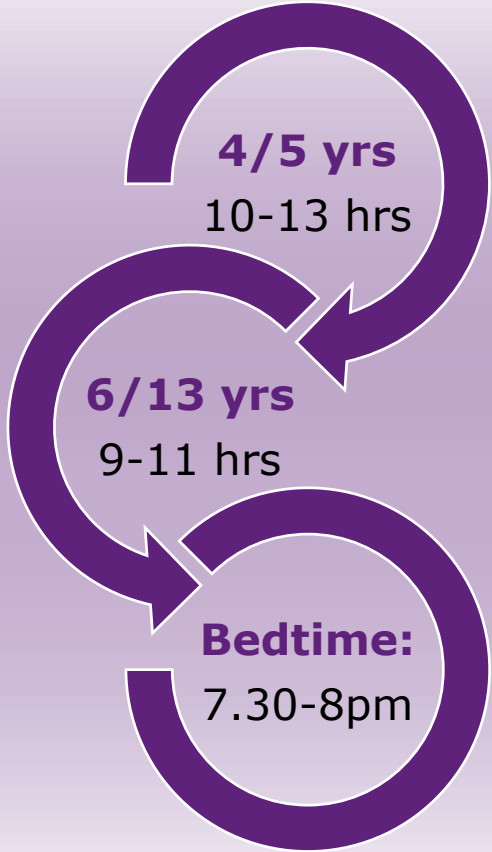
- Striking the balance between calming and stimulating activities
- Putting on your own oxygen mask
- Screen time





# Routines

- Eating – a basic need
- Sleeping – bedtime routine
- Toileting – independence
- Oral health – brushing twice is nice

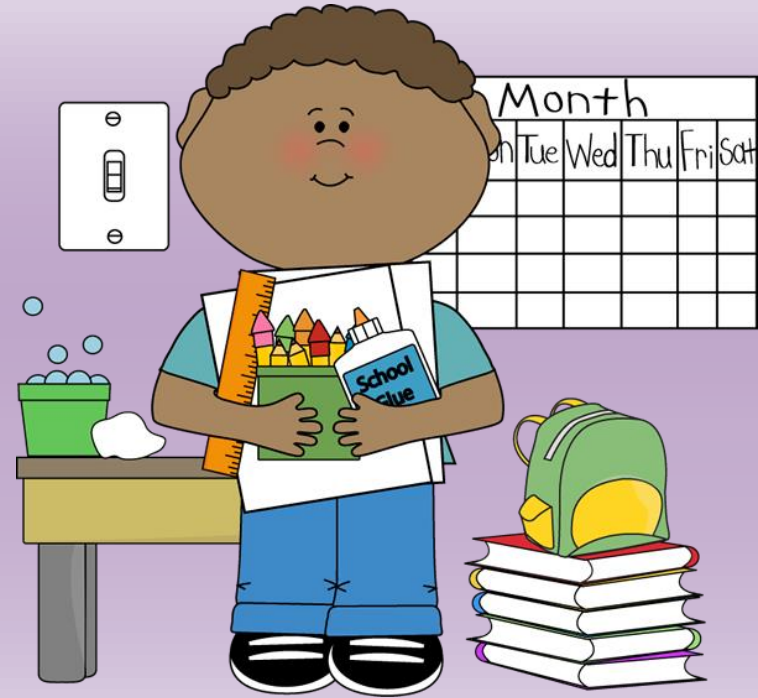


National Sleep Foundation  
recommendations for sleep



# Practical Preparation

- School uniform
- Equipment
- Lunch boxes
- The journey to school





# A Ready School - The Environment

Learning environments must be child-friendly and adapt to the diverse needs of young learners to support their development



# ChatHealth

**Health Visiting  
Text Message Advice Service**

Advice for parents and carers of children 0-5 in Hampshire

We can help you with all kinds of things, like:

- sleep and feeding routines
- introduction to solids
- toddler behaviour
- breastfeeding and responsive bottle feeding
- adjusting to parenting
- toileting
- child health

Text:  
**07520 615720**  
9.00am - 4.30pm  
Monday to Thursday  
9.00am - 4.00pm  
Friday

**ChatHealth**  **Southern Health**  
NHS Foundation Trust

**School Nursing  
Text Message Advice Service**

Advice for parents and carers of children 5-19 in Hampshire

We can help you with all kinds of things, like:

- Sleep & Behaviour
- Healthy Lifestyle
- Toileting
- Emotional Well-being
- Staying Safe
- Health Conditions
- Drugs & Alcohol

Text:  
**07507 332417**  
9.00am - 4.30pm  
Monday to Thursday  
9.00am - 4.00pm  
Friday

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For urgent attention please contact your GP or call 111 or 999  
We support messaging from UK mobile numbers only, which will be charged at your normal rate.

# Top Tips

- Relax, play and talk
- Encourage independence in daily routines
- However you feel, stay positive about starting school
- Encourage a growth mindset – you are a brain builder!
- It's never too late to do things differently



# Where you can find us on social media



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[https://www.instagram.com/hampshire\\_healthy\\_families/](https://www.instagram.com/hampshire_healthy_families/)



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