

Reception

We will encourage your child's personal hygiene, so they stay clean and dry at school.

We will support parents to have a bedtime routine for their child. We will teach your child why having enough sleep is good for them.

We will support your child to take care of themselves.

We will teach your child why healthy eating, keeping clean and regular exercise is important.

We will encourage your child to care for living things and the world around them.

We will plan activities which will teach your child word patterns, sounds and rhymes.

We will plan activities that encourage your child to concentrate and sit quietly. We will encourage them to pay attention to what others say and to respond.

We will help your child to feel good and celebrate their achievements. We will encourage your child to ask for help if they need it.

We will encourage your child to have good relationships and be thoughtful of other people's needs and feelings.

We will ensure that the classroom and outdoor spaces are welcoming, we will encourage your child to explore.

Useful contacts

Family Information Service

<https://www.cumbria.gov.uk/childrensservices/childrenandfamilies.asp>

Online guide for parents

<https://www.cumbria.gov.uk/elibrary/Content/Internet/537/1459/17157/43487104329.PDF>

NHS Start For Life www.nhs.uk/start4life

Sleep council www.sleepcouncil.org.uk

Talking Point www.talkingpoint.org.uk

Toileting – Eric www.eric.org.uk

ROSPA www.rospace.com

Child Accident Prevention Trust www.capt.org.uk

Child Development

www.nhs.uk/tools/pages/birthtofive.aspx

Healthy Lifestyle

www.nhs.uk/change4life/pages/change-for-life.aspx

Children's emotional health "Sorted Books"

www.warwickshire.gov.uk/sorted

NSPCC www.nspcc.org.uk

CSCP <https://cumbriasafeguardingchildren.co.uk/>

Hungry little minds www.hungrylittleminds.campaign.gov.uk

Time to Talk www.timetotalkwarwickshire.com

CCCSND

<https://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/localoffer.page?familychannel=5>

School Admissions

<https://www.cumbria.gov.uk/childrensservices/schoolsandlearning/lss/schooladmissions.asp>

RISE emotional health and wellbeing

www.cwrise.com

Domestic Abuse www.talk2someone.org.uk

Happy little people www.happylittlepeople.co.uk

EYFS www.foundationyears.org.uk

Teaching school

<https://www.cumbria.gov.uk/childrensservices/childrenandfamilies/cfis/earlyyearsandchildcare/teamearlyyears.asp>

School nurses www.compass-uk.org

Health visitors

www.swft.nhs.uk/our-services/children-and-young-peoples-services/health-visiting

Ready to Learn Ready for Life



Guide for Parents & Professionals



Parents

Child

Nursery

I will support my child to become independent with toileting.

I will make sure my child has a regular bedtime routine. (I will ask for support if I am finding this difficult).

I will support my child to practise getting dressed and undressed independently.

I will encourage my child to try new foods. I will encourage my child to eat at the table, using a knife, fork and spoon.

I will encourage my child to keep their toys tidy and look after their belongings.

I will help my child's communication skills by playing, talking and reading with them.

I will support my child to stay interested in a variety of activities to develop their concentration skills.

I will try new activities with my child and ask them how it makes them feel. I will reassure my child that it is O.K to make mistakes.

I will encourage my child to play with other children.

I will encourage my child to explore new places and interact with new people.



I can manage my toileting needs and wash my hands with adult support if needed.



I can go to sleep by myself so that I have enough energy to learn and play at school.



I can take my coat off and get dressed/undressed with some help.



I can feed myself using a knife, fork and spoon and enjoy sitting at a table eating a range of foods with friends and family.



I can tidy my toys and care for my belongings. I am starting to show an awareness of my environment.



I can ask for help, be understood, follow simple instructions and share my ideas.



I can listen for a short period of time to a story and stay interested in an activity of my choosing.



I can confidently try new things and not worry if things go wrong.



I can make friends and enjoy playing kindly with other children.



I can confidently be away from my parents/carer.

We will support you to make sure your child is toilet trained.

We will talk with you if your child struggles with their day.

We will encourage your child to practice their self-care skills.

We will plan activities about food and healthy lifestyle choices.

We will encourage your child to care for their belongings and the world around them.

We will encourage good communication skills by using a wide range of language.

We will encourage your child to take part in listening and creative activities.

We will provide a safe space which encourages your child to explore their surroundings. We will plan activities that challenge your child but are possible.

We will encourage your child to play well with others and by themselves. We will set clear behaviour rules.

We will build a positive relationship with your child and get to know them individually.