

Starting school is an exciting time for you and your child and the Essex Child and Family Wellbeing Service want you to be confident that your child is school ready.

Please look through the following guide which is divided into six school readiness categories and with your child try each ‘Can I do this?’ activity. If you feel there are any areas that your child needs a little help with, use the ‘How to support me’ tips every day. Additionally your local family hub or delivery site will be running some interactive ‘I can do it’ sessions which everyone is welcome to attend. At the end of the School Readiness guide our ‘What’s next?’ section will advise you further.

*It's important to remember that all children are different and develop at their own rate; some may only just be turning four whilst some of their friends will be nearly five when starting school which means they will all be at different learning stages.*

### Ready to communicate

| Can I do this?                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | How to support me                                                                                                                                                                                                                                                                                                                                                                                           |
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| <ul style="list-style-type: none"> <li>➤ I can ask for something I need or want</li> <li>➤ When we look at a picture book, I can make observations and comments about what’s happening and ask questions</li> <li>➤ If you ask me, I can tell you my first and last names?</li> <li>➤ I can talk about lots of different things, what I have done, who I am with or where I am going.</li> <li>➤ I can use objects or gestures to help me explain what I am talking about</li> </ul> | <ul style="list-style-type: none"> <li>➤ Talk to me when we are out and about, describe and identify colours, numbers, and shapes, sound and smells. Encourage me to talk about our trip when we get home</li> <li>➤ Encourage me to make choices</li> <li>➤ Take it in turns with me to talk to my favourite teddy or toy animal, ask them questions and make up funny answers to make me laugh</li> </ul> |

### Ready to listen

| Can I do this?                                                                                                                                                                                                                                                                                                                                                                                          | How to support me                                                                                                                                                                                                                                                                                                                                                           |
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| <ul style="list-style-type: none"> <li>➤ I can follow your instructions e.g. Put my teddy under the blanket</li> <li>➤ I can follow three instructions at once e.g. Put my teddy under the blanket, tuck teddy in, and kiss teddy goodnight.</li> <li>➤ I can listen to others</li> <li>➤ I can join in singing songs and rhymes</li> <li>➤ I can sit quietly and concentrate on an activity</li> </ul> | <ul style="list-style-type: none"> <li>➤ Read me my favourite story then ask me what happened at the beginning, in the middle and at the end.</li> <li>➤ Give me time to respond to questions</li> <li>➤ Sing songs and rhymes with me</li> <li>➤ Look for small tasks around the home and encourage me to set the table or put my nightclothes under my pillow.</li> </ul> |

### Ready to be active

| Can I do this?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | How to support me                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <ul style="list-style-type: none"> <li>➤ I can cut paper with some safety scissors</li> <li>➤ I can hold a pencil or crayon with my thumb and 2 fingers</li> <li>➤ I can copy a circle or line you have drawn</li> <li>➤ I can turn pages in a book one at a time</li> <li>➤ I can kick a ball</li> <li>➤ I can jump with two feet off the floor</li> <li>➤ I can stand on one leg for a moment</li> <li>➤ I can climb stairs using one foot at a time on each stair</li> <li>➤ I can throw a ball forward using an over arm action</li> </ul> | <ul style="list-style-type: none"> <li>➤ Take me to the park and allow me to run, jump and climb</li> <li>➤ Let us make things together, using scissors, paper and craft materials</li> <li>➤ Put two objects on the floor to make a goal. Ask me to kick or push a ball through the gap.</li> <li>➤ Put on some music and dance with me, let’s try different kinds of music and change how we dance each time</li> </ul> |

## Ready to be independent

| Can I do this?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | How to support me                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <ul style="list-style-type: none"> <li>➤ I can feed myself using a knife/fork and spoon</li> <li>➤ I can dress myself with help</li> <li>➤ I can tell you when I need to use the toilet</li> <li>➤ I can stay clean and dry during the day</li> <li>➤ I can wash and dry my hands by myself</li> <li>➤ I can tell you what I like and don't like</li> <li>➤ I can make choices</li> <li>➤ I can follow simple routines to help me do things by myself</li> <li>➤ I can go to an adult I know, to say when I'm feeling sad, scared or worried</li> </ul> | <ul style="list-style-type: none"> <li>➤ Give me time to do things on my own</li> <li>➤ Remind me to go to the toilet, it's easy to forget when you are playing</li> <li>➤ Help me stick to routines</li> <li>➤ Allow me to make choices</li> <li>➤ Let me pour water or milk into a cup by myself and spread my own butter</li> <li>➤ Encourage me to dress myself, and show me how to fasten buttons, poppers and zips.</li> <li>➤ Let me help you to feed our pet or load and unload the washing machine</li> </ul> |

## Ready to socialise

| Can I do this?                                                                                                                                                                                                                                                                                 | How to support me                                                                                                                                                                                                                                                                                 |
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| <ul style="list-style-type: none"> <li>➤ I can share and take turns</li> <li>➤ I can give my friend a hug when they are sad</li> <li>➤ I can show understanding and co-operate with boundaries and changes to routines</li> <li>➤ I can understand how my actions can affect others</li> </ul> | <ul style="list-style-type: none"> <li>➤ Give me time to talk to my family and my friends about the things I know</li> <li>➤ Play games with me where we have to take turns</li> <li>➤ Pretend to be happy, sleepy, sad, silly or surprised, ask me to guess what mood you are feeling</li> </ul> |

## Ready to Separate

| Can I do this?                                                                                                                                                                     | How to support me                                                                                                                                                                                                            |
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| <ul style="list-style-type: none"> <li>➤ I can feel secure when I leave my parent or carer</li> <li>➤ I can say goodbye to you when I have a grown up I know to help me</li> </ul> | <ul style="list-style-type: none"> <li>➤ Give me the opportunity to go to groups and activities and meet other children</li> <li>➤ Give me experiences of being left with other trusted adults and family members</li> </ul> |

## What's Next?

- **You feel your child is ready for school?** Then try some of our 'How to support me' tips to keep them on track and check out our interactive website [essexfamilywellbeing.co.uk](http://essexfamilywellbeing.co.uk) for local fun events and other useful information.
- **You feel your child needs a little help?** Have a look at our interactive website to find your local Healthy Family Delivery site or Hub, in the time table section you will be able to find one of our weekly 'I can do it' sessions which will help you to support your child to become school ready.
- **You feel your child needs a little more help and you want some more advice about what to do?** Give your local team a call anytime between 8am and 6pm Monday to Friday and a Healthy Family Team Practitioner will be able to advise you further:-

**North Essex**      03002470015

**South Essex**      03002470013

**Mid Essex**      03002470014

**West Essex**      03002470122