



Westfield Nursery School Starting School

School Readiness

There are certain skills which will support your child in being ready for their life at school.

**WHAT IS SCHOOL
READINESS?**

Can your child sit still and listen?

This means, Can your child sit and listen, not to the television, but on other occasions which do not involve technology? Can they sit and listen to a story? Can they sit and talk over a family mealtime for a short time? Do they ask questions and listen to the response?



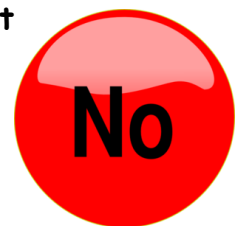
Is your child aware of other children?

Can they play alongside others? This could be siblings or other family members, but children also benefit from playing and interacting with children of their own age. Toddler groups, music groups, gymnastics or other groups are perfect at encouraging such interactions.



Does your child understand the word 'no' and other boundaries set for behaviour?

All young children find the word no and other boundaries a challenge and will at times voice their displeasure vociferously but as your child starts school it is very important that they understand boundaries.



When you say no, you need to mean no and not change your mind. It can help some children to have a simple reason given. The rules and boundaries, including any rewards and sanctions used in your house need to be **clear and consistent**. Children get confused if what was allowed on one day is not allowed on another and vice versa. Rules and boundaries at school are very clear so children transfer more smoothly when this is also the case at home.



Does your child understand the word 'stop' and that this may be used to prevent danger?

Young children who suddenly happen upon a dangerous situation need to understand 'stop'. This may save their life, for example, on the journey to school near a busy road. It may save them from hurting themselves or others; for example, whilst using scissors or other simple tools at school.



Is your child toilet trained?

The majority of children are toilet trained before they start school (unless there is a medical or other need). All young children may on occasion have an accident, but they should be able to say when they need the toilet and attempt to toilet independently.



Can your child recognise their own name?

Most Nursery settings ask children to self-register. Most children learn to recognise their own name very quickly. You could start this process at home; for example, writing their name on a picture they have made.



Can your child talk to an adult and explain their needs?

Young children can get very frustrated when they need something but the grown up does not understand what they mean. They need to learn the correct vocabulary for their everyday needs. For example, in explaining they are hungry or thirsty/ hot or cold. It can also be helpful if they have had the experience of asking other grown-ups as well as their parents, such as a child minder or babysitter.



Can your child dress themselves?

Children in Nursery need to be able to change their own shoes as well as put on and do up their own coat. They do this every day when they change for playing outdoors. Children generally learn these skills quickly, but they do need to learn this independence at home before they start school.



Can your child talk in sentences?

Children are like sponges! They generally soak up language and learning quickly. You need to model how to speak correctly in complete sentences. Although it can be endearing when children use their 'baby talk vocabulary' as they get ready for school encourage speaking in sentences and the use of correct vocabulary. Research shows that children with greater language have better life chances.





Can your child open and enjoy a book?

Children need to have access to books and enjoy listening to stories as soon as they are born! Children who are used to listening to you read to them and enjoy books do better academically, have better language and communication skills, can concentrate better and get the benefit of enjoyment! Books make great Christmas and birthday presents. Different stories can be enjoyed at and borrowed from the library.



Ages and Stages of Development

Did you know...

By the age of two children should be using up to **50** or more single words e.g. 'no', 'book', 'biscuit'



By age three children should be using up to **300** words (Taken from 'Universally Speaking: the ages and stages of children's communication development from birth to 5')



If you are worried about your child visit <https://childspeechbedfordshire.nhs.uk/how-to-refer/>

Children should stop using a dummy during the daytime between **3-4 months old** and at night time around 12 months of age. Problems of prolonged use of a dummy include being less able to communicate, speech may become unclear, tooth growth may be affected. (www.goodtoknow.co.uk/ www.supernanny.co.uk)



Children should not be using a bottle **after 18 months of age**. Problems of prolonged bottle use include weight gain and tooth decay. (American Academy of Paediatrics)



Most children will be ready to toilet train between **18 months and 3 years of age**. Use our potty training guide on the website to support potty training.



Usually children will want to bin the buggy between **2 and 3 years of age**. Prolonged use of the buggy can lead to problems of obesity and lack of exercise. There is an important lesson in young children learning to hold hands and cross roads safely. (www.theworkingparent.com) (We do know some of our families walk a very long way to get to Nursery and in this case a buggy may be necessary!)



Children aged **2 to 5 years of age** should be having no more than 1 hour of screen time in 24 hours. (www.nhs.uk)



Children **3-4 years of age** should be physically active for at least 180 minutes a day with at least 60 minutes moderate to vigorous activity. (www.nhs.uk)



Children **3-4 years of age** should be getting 10-13 hours of good quality sleep. (www.nhs.uk)





If you are worried about any aspects of your child's development you can talk to our SENDCo

You can also contact your health visitor. The Health Hub Single point of access telephone number is 0300 555 0606 and the email is ccs.bedsandlutonchildrenshealthhub@nhs.net