



READY TO LEARN - EVERY DAY!



**Getting the most out of school: A short guide
for Parents.**

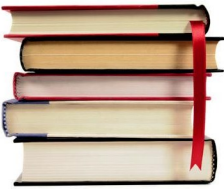


Ready to learn : This guide is based on the latest resources about what helps children's to succeed at school.



Talking and listening

- It is really important to talk to your child and listen to them. Finding time for both can be so difficult with busy lives!
- Set aside time for talking – without being interrupted by phones, TV, radio, computer etc!
- Tell them about your day and encourage them to tell you about theirs
- Don't interrupt your child, be patient and allow them time to speak
- Ask your child for their opinions and value what they say



Spending time together

- You can help your child if you:
 - Share books and games in a quiet environment not in front of the TV!
 - Play games together as a family that encourage concentration, such as jigsaws and board games
- Encourage physical play and exercise by taking a trip to the park or the local leisure center



Being prepared!

- Check your child has their name in everything they bring to school
- Make sure your child remembers to bring everything they need each day – reading book, PE kit, homework
- Keep in contact with the school and let them know if you change phone numbers and addresses
- If you have concerns about your child's wellbeing, tell school as soon as possible so they can help to find solutions to any problems

We want to work together with you to make sure your child feels happy, cared for, safe and ready to learn.



Behaving well

- Agree clear and realistic rules and stick to them!
- Encourage your child to always say 'please' and 'thank you' and not to interrupt you or others when you are talking
- Support school rules and encourage your child to follow these
- Ask for help if your child's behavior is proving difficult at home

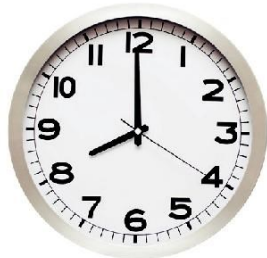


Getting enough sleep

- Children need sleep to develop, to concentrate in school and to learn well
- Under fives need up to 15 hours, primary children about 10 hours and even older children still need 9 hours
- Too many late bedtimes can make it hard for them

to learn

- A good night's rest will help your child feel happy all day long



Working out a family routine

- Children like routine so try to have regular times for going to bed and getting up, mealtimes and family time
- Make sure they have a healthy breakfast at home or at the school's Breakfast Club
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- Have a regular time for a meal together in the evening

For more information

Sure Start Children's Centres

The Ivers Children's Centre, SLo gNT

Telephone: 01753 650252, Mobile: 07747 134975, Health Visitor: 01753
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