

Getting the most out of school : A short guide for parents



Based on a guide produced by NAHT and family action



Talking and listening

We know how hard it is to find time, however it is really important to talk to your child and listen to them.

- Set aside time for talking without any interruptions.
- Tell them about your day and ask about theirs.
- Do not interrupt your child, be patient and allow them time to speak.
- Ask your child for their opinions and thoughts.

Spending time together

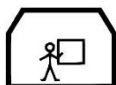
You can help your child by :

- Sharing books and games in a quiet environment.
- Playing family games together that encourage concentration such as jigsaws and board games.
- Encouraging physical play and exercise.
- Giving lots of hugs and praise.



Being prepared

- Check your child's name is in everything they take to school.
- Make sure your child remembers everything they need each day (especially P.E. kit!).
- Keep the school up-to-date with changes to phone numbers and addresses.
- If you have any concerns, talk to the school as soon as possible so that they can help find a solution.



Working out a family routine

- Children like routine so try to set up regular bed times, getting up times, mealtimes and family time.
- Make sure they have a healthy breakfast.
- Have a regular time for you all to have an evening meal together.
- Try to make time for homework, reading, talking and bedtime stories.



Getting enough sleep



- Children need sleep to develop and to be able to concentrate and learn well at school.
- Under fives need up to 15 hours, primary children about 10 hours and older children about 9 hours.
- Lots of late bedtimes can make it hard for them to learn.
- A good nights rest will result in a happy, enthusiastic child !



Behaving well

- Agree clear and realistic rules and stick to them.
- Encourage good manners - please, thank you, not to interrupt when others are talking.
- Support school rules and encourage your child to follow them.
- Ask for help if your child's behaviour is becoming difficult at home.



Your new school will want to work with you to ensure your child feels happy, safe, secure and ready to learn !



Preparation for transition to school :



Plan ahead for uniform, shoes, bags, lunch boxes - involving your child in the process.

Be confident and positive when you talk to your child about starting school.



When you leave your child for the first time, do so confidently with a smile and a wave (however hard this may be!).



Try to collect your child on time - a few minutes late can seem an eternity for a waiting child.



Practise packed lunches - opening cartons, bottles and tubs.

Discuss with your child what things you will be putting into their lunch box.



Encourage your child to use a knife and fork to eat their food.



Practise getting dressed and undressed into their school uniform, including shoes.



Toilet habits - talk to your child about asking to go to the toilet and practice bottom wiping by sharing the job with them until they are confident to do it independently.



All the staff at Lanterns Nursery School would like to wish you all the best as your new adventure begins !

