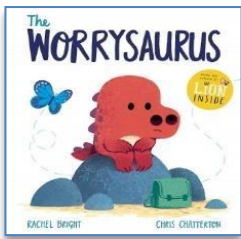


Ready for School

A little something for the start of school...

Starting school is an exciting time but it can raise questions for parents/carers and children. Look out for support materials about getting ready for school from your local Children's Centre/Family Hub Facebook Page or your Early Years Provider, who may have already been supporting some of the ideas with your child. For further information please contact the school that your child will be attending, your child's setting or contact your local Children's Centre/Family Hub.



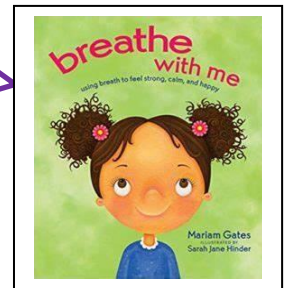
Use The Worrysaurus story to talk about anything that your child might be worried about when starting school, how does the Worrysaurus get rid of his worries? Why not try a worry jar or worry monster to help your child to resolve their worries.

(Click here to hear the story) [The Worrysaurus by Rachel Bright, illustrated by Chris Chatterton I Read aloud I Books about emotion - YouTube](#)

Unfamiliar situations like starting a new school or nursery can be overwhelming for some children. Practice some effective breathing techniques with your child to help them to manage their feelings and feel calm at times of change.

(Click here to hear the story)

[Breathe With Me - Guided Breathing Meditation for Kids - YouTube](#)



The three video clips below have been produced by the Early Years Improvement Advisors at Early Years and Childcare support. These clips offer parents simple and practical ideas of how to support their children develop a love of books. The books used within the clips might be ones that you already have at home, or you could borrow from your local library or Children's Centre/Family Hub as they are books promoted by the book trust

- <https://www.booktrust.org.uk/>

<https://youtu.be/0bLxT6HfVTA> A love of books Babies

<https://youtu.be/BHrhvI2-XqY> A love of books Toddlers

<https://youtu.be/mskGPBb34jc> A love of books Pre-schoolers