

Mid Essex EYFS Transition Roadshow



Starting School



TRANSITION INTO SCHOOL

For some children this can be exciting times ahead...



TRANSITION INTO SCHOOL

For others, and parents, it can be a time of worry and stress



We understand and are here to support the children and their families.

What does transition into school mean?



If a child can hold a pencil,
write their own name,
count to 100,
recognise all the colours & shapes.
But doesn't know how to make friends.
Manage their emotions
and conflict resolution.
To be independent
& have self help skills.
None of the other stuff matters.





For parents and children, anxiety can present around:

Toileting
Independence
Friendships
Communication
New environments
Changes in routines
Belonging

SUPPORTING YOU TO SUPPORT YOUR CHILD

Preparation :

Give yourself plenty of time

Toileting Routine:

Make it positive and consistent

ERIC, The Children's Bowel and Bladder Charity



Wee and poo is what we do!

Is your child struggling with **toilet training, withholding, constipation and soiling, daytime bladder problems or bedwetting?**

We have over 30 years' experience of providing information and support for families dealing with wee and poo problems.

Visit our website:

www.eric.org.uk



SUPPORTING YOU TO SUPPORT YOUR CHILD

Promoting Independence:

Consider the type of clothing your child will be wearing at school, make it as easy as possible for your child to undress.

Buttons, zips and tights can be tricky for children so look for elasticated waist bands and long socks where possible.

Encourage your child to practise putting on their own clothes and coats.



SUPPORTING YOU TO SUPPORT YOUR CHILD

The NHS has some useful strategies to support with independent dressing



Give them **time** and **praise**

More information can be found using the link to NHS website

<https://www.cambspborochildrenshealth.nhs.uk/child-development-and-growing-up/getting-dressed/>

#schoolreadiness

Playing with friends and peers helps develop social skills, enabling children to form friendships early on.



Help your child be school ready.

Friendships:

Your child's friendships at preschool/nursery should be taken into consideration by the class teacher.

Parents should also discuss with teachers the positive and negative impacts that some friendships can have on their child's development.

These early attachments are crucial in supporting your child with settling at school.

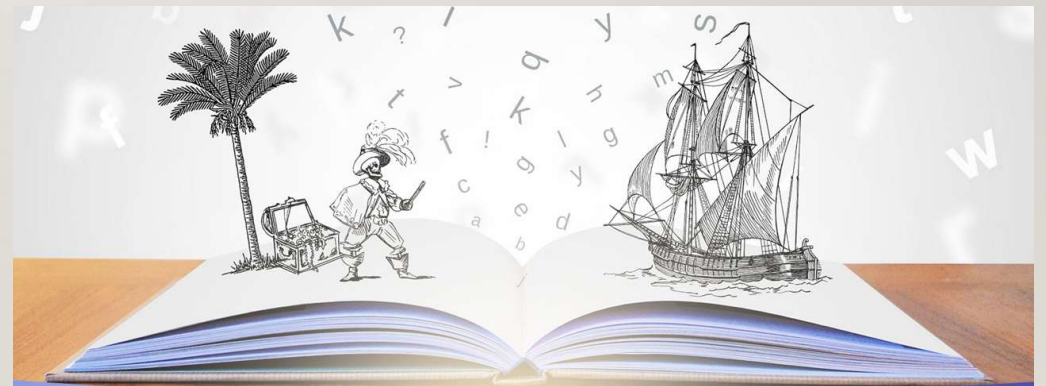


Communication:

Children's oracy and vocabulary underpins all areas of the curriculum.

Children should be encouraged to comment on their interests, answer questions, join in with nursery rhymes and to listen to stories.

Children's vocabulary is widened by their access to a range of books and oral stories.



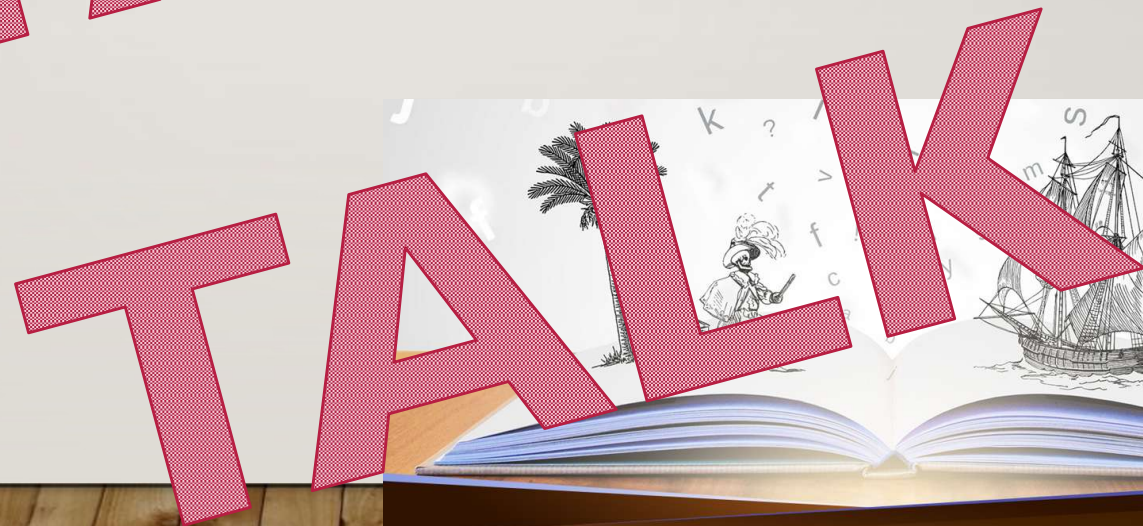
“Reading and writing float on a sea of talk”

Communication:

Children's oral vocabulary underpins all areas of the curriculum.

Children should be encouraged to comment on their interests, answer questions, join in with nursery rhyme and to listen to stories.

Children's vocabulary is broadened by their access to a range of books and oral stories.



“Reading and writing float on a sea of talk”

Communication: Talk, Listen and Cuddle



<https://www.tlc-essex.info/games-and-resources/?age=going-to-school>



Dummies

Information on how dummies can affect speech and language development...



Skills For School

Lots of parents ask us 'how can I help my...



Tell me about...Phonics

What are 'Phonics'? In the simplest terms, phonics are the sounds...



Communication: Talk, Listen and Cuddle

 Essex County Council
Children and Families

50

things to do
before you're 5



Playing with your child is one of the most important things you can do to support their development. The time you spend playing together will help them learn all sorts of things – from counting and writing, to exploring and making new friends.

Our list of 50 things to do before you're 5 will give you lots of ideas to support your child's learning through play - Complete it online or print it off, stick it on the fridge and tick off each activity!

We would love to see photos of your children achieving these things, you can email them to tlc@essex.gov.uk

Once you've completed the list, download your own 50 things to do before you're 5 certificate from the TLC website.



No.	Activity	Tick	No.	Activity	Tick	No.	Activity	Tick
1	Run through long grass (barefoot if you can)	<input type="checkbox"/>	19	Visit the farm or zoo	<input type="checkbox"/>	35	Have a sleepover in the den you've made	<input type="checkbox"/>
2	Lie in the long grass and feel the grass between your toes, fingers tickling your nose	<input type="checkbox"/>	20	Paint and create as much as you can	<input type="checkbox"/>	36	Show your grown up how to hit nails into wood, use real tools and be creative with bits and bobs	<input type="checkbox"/>
3	Go on a walk through the woods in all seasons and weathers!	<input type="checkbox"/>	21	Play make believe, and be who you want to be; a spaceman on the moon or a knight in a castle	<input type="checkbox"/>	37	Play in autumn leaves and throw them over your head. Listen for the crunch under foot, then pick your favourites and make your very own leaf man character!	<input type="checkbox"/>
4	Not near any woods? Go for a walk around your neighbourhood, find a tree and watch it change through the seasons	<input type="checkbox"/>	22	Have a picnic outdoors or indoors with all your favourite treats	<input type="checkbox"/>	38	Read a book under a tree	<input type="checkbox"/>
5	Plant and care for a beautiful smelling flower	<input type="checkbox"/>	23	Be an explorer and hunt for bugs	<input type="checkbox"/>	39	Go out in the rain and jump in puddles	<input type="checkbox"/>
6	Go on a treasure hunt	<input type="checkbox"/>	24	Help make your own dinner	<input type="checkbox"/>	40	Lie on your back outdoors and watch the clouds	<input type="checkbox"/>
7	Have a teddy bear's picnic	<input type="checkbox"/>	25	Look for worms, and see how they wiggle	<input type="checkbox"/>	41	Go blackberry picking and eat as many as you can!	<input type="checkbox"/>
8	Climb a tree	<input type="checkbox"/>	26	Go for a walk on a windy day. Take a scarf or a kite and see how they fly	<input type="checkbox"/>	42	Make a mud pie	<input type="checkbox"/>
9	Play 'pooh sticks'	<input type="checkbox"/>	27	Roll down a hill	<input type="checkbox"/>	43	Blow a dandelion clock	<input type="checkbox"/>
10	Make an insect house	<input type="checkbox"/>	28	Dig for treasure	<input type="checkbox"/>	44	Balance on a log	<input type="checkbox"/>
11	Learn to ride a bike and go on a long bike ride	<input type="checkbox"/>	29	Try baking a cake and lick the spoon!	<input type="checkbox"/>	45	Chase your shadow on a sunny day	<input type="checkbox"/>
12	Care for a pet (no matter how small)	<input type="checkbox"/>	30	Make perfume from flower petals	<input type="checkbox"/>	46	Catch rain or snow on your tongue	<input type="checkbox"/>
13	Play hide and seek	<input type="checkbox"/>	31	Go crabbing	<input type="checkbox"/>	47	Go on a torch-lit walk in the dark, look for stars and night time animals	<input type="checkbox"/>
14	Take part in an Easter egg hunt at home	<input type="checkbox"/>	32	Make a snow angel and have a snowball fight	<input type="checkbox"/>	48	Sleep in a tent	<input type="checkbox"/>
15	Visit the seaside. Explore, and find treasures at the beach	<input type="checkbox"/>	33	Play with water, pour, explore, wash toy cars	<input type="checkbox"/>	49	Toast marshmallows on a camp fire	<input type="checkbox"/>
16	Paddle in the sea	<input type="checkbox"/>	34	Use all of the furniture downstairs and all the blankets/towels from upstairs to make a huge den/fort that you can crawl around	<input type="checkbox"/>	50	Join the library and borrow some books	<input type="checkbox"/>
17	Build sandcastles	<input type="checkbox"/>						
18	Investigate and discover life in rock pools	<input type="checkbox"/>						



THE IMPORTANCE OF SHARING BOOKS



Impact of Reading:

What is special about shared reading?

While reading in general has an impact on outcomes, three important ingredients that are specific to shared reading stand out from our research. When adults share picture books with babies and children, there are both immediate and long-term benefits:

- **Physical closeness and shared attention:** Sharing unhurried reading time is a perfect space for bonding and attachment. Sharing a point of interest with an adult teaches concentration, decoding and sensemaking.

- **Enjoyment:** When a child sees an adult getting involved and enjoying a story, they enjoy it too.
- **Interaction:** Interactive reading helps relationships form, and supports children's language and cognitive development, yielding benefits from as early as two weeks. An adult reading in this way involves the child as much as possible, letting a child grab and touch a book while paying attention to the child's responses and reactions.

Building relationships and communicating



Being with others

- ✓ Practising sharing and taking turns with toys
- ✓ Talking to them about **how** they are feeling and **why**
- ✓ Looking at story books together and speaking about what characters are feeling is a good way to do this
- ✓ Beginning to recognise what others are feeling, e.g. understanding if a friend is sad
- ✓ Encouraging them to set boundaries for themselves and others (e.g. knowing how to say 'no')

Communication and language

- ✓ Singing along with songs and nursery rhymes
- ✓ Talking happily to others about activities, experiences and the world around them
- ✓ Showing they need help by speaking clearly (in basic English or sign language)
- ✓ Recognising the pattern of their name (so they can find it on their coat peg or jacket)

Listening and engaging

- ✓ Paying attention for short periods of time
- ✓ Listening to and following simple instructions
- ✓ Carrying on with a task even when it's difficult and bouncing back if things go wrong



Growing independence

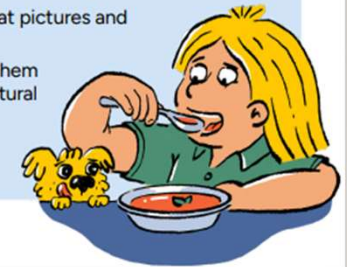


Taking care of themselves

- ✓ Putting on/taking off their coat and shoes
- ✓ Using the toilet and washing their hands
- ✓ Getting dressed with little help, e.g. after using the toilet or doing PE
- ✓ Using cutlery (e.g. fork and spoon, chopsticks) and drinking from an open cup
- ✓ Spending time away from you, learning they can be looked after by caring adults

Play, creativity and curiosity

- ✓ Taking part in imaginative play (e.g. role play)
- ✓ Drawing, painting, colouring and sticking
- ✓ Sharing story books, looking at pictures and talking about the characters
- ✓ Exploring the world around them (e.g. looking closely at the natural world, playing safely with objects at home)



Healthy routines



- ✓ Going to bed around the same time each night, waking up in time to get ready for school
- ✓ Limiting screen time to the recommended daily amounts (see advice)
- ✓ Eating a healthy diet and trying new foods
- ✓ Brushing their teeth with fluoride toothpaste twice a day (you'll need to supervise this until they are at least 7)



Physical development



Getting moving for at least three hours a day

- ✓ Walking up and down steps (one foot at a time, using the wall for support)
- ✓ Climbing, running, jumping and playing
- ✓ Catching a large ball (most of the time)
- ✓ Doing simple puzzles and craft activities, strengthening their grip with cutting and sticking



BELONGING



- Sharing and enjoying books is the first step towards learning to read so visit your local library and sign up for free – look for books about starting school and share these.
- Help your child to make friends before starting school by arranging to meet up during the summer break with other families who also have children starting school. The first day will be made easier by having a friend to share it with (for you and your child!).
- Encourage your child to recognise their name, mark their uniform, shoes, bag etc. and show them where the labels are. Make sure you know what else they need to take each day (book bag, drink, sun hat etc.).
- Get into a bedtime routine before starting school by having some early nights and practising getting ready and out of the door in the morning. Do a practice journey to school and talk about the things they are most excited about
- Spend time talking about what school will be like and reassuring them if they have any worries. Talk about playtime, school dinners, assembly and who to talk to if they need help.
- Be positive (even if you are feeling worried)

TRANSITION INTO SCHOOL

Your school will work with you and your child to make transitions as smooth as possible.

Many schools liaise with nurseries/preschools to find out more information about your child and what may need to be put into place to support them.

For children with additional needs, care plans and meetings with SENDCOs will be held to best plan for support.

Some schools will offer stay and play and Story Time opportunities – look out for communication from the school.

Some schools will conduct nursery/preschool visits to meet children and develop relationships with them.

Some schools will offer induction opportunities for parents and children to visit the new classroom together.



ANY
Questions?

IN PARTNERSHIP WITH ALL DENGIE SCHOOLS:



**Burnham on Crouch
Primary School**
Connected to our world



ST LEONARD'S
C OF E PRIMARY SCHOOL



CHRISTCHURCH
C OF E PRIMARY SCHOOL



ST CEDD'S
C OF E PRIMARY SCHOOL



ST NICHOLAS
C OF E PRIMARY SCHOOL