



Happy Healthy Kids

All pre-school settings work hard to promote children's physical development, recognising the impact, not only on health, but on emotional well-being and intellectual development. We are increasingly aware of the limited amount of physical exercise many children engage in outside the pre-school setting and the length of time spent using electronic devices or watching TV.

Happy Healthy Kids aims to raise parents' awareness of the importance of physical exercise and the need to reduce screen time.

Settings can apply for funding to enable them to provide information sessions/ workshops and lending resources for parents to encourage more physical activity at home.

Settings may wish to...

- ⇒ **Share information** about the importance of healthy life-styles
- ⇒ **Raise awareness** of gross and fine motor skills and the impact on health, well-being and learning
- ⇒ **Demonstrate activities** that parents could engage in with their children at home
- ⇒ **Provide guidance** and lending resources which promote physical activity, for parents to use at home



Guidance material is provided on the **GRTL Website Members Area**, to support settings in delivering tailor-made programmes :

- Suggested session outlines and sample presentations
- Practical ideas for workshops
- Suggested lending resources
- Advice from Early Years' Education and Health Professionals
- Access to current research
- Sharing of practice across local pre-school settings

Within **Getting Ready to Learn** there is no set programme to follow.
Each pre-school setting is best placed to decide which elements would be most relevant to support their parents and children's specific needs.



For more information please visit

www.gettingreadytolearn.co.uk

t: 02890 564155



Education Works in Pre-School

During the busy pre-school day, children engage in a wide range of well-planned and stimulating activities, designed to develop specific skills and concepts.

Early Years practitioners skilfully support children's development across 6 areas of learning, monitoring their progress and adapting experiences to meet individual needs.

Education Works in Pre-school aims to enable settings to raise parents' understanding of the preschool curriculum and develop their role in supporting children's learning.

Settings can apply for up funding to provide information sessions/ workshops, guidance and support materials to encourage parents to support their children's learning at home.

Settings may wish to...

- ⇒ **Share information** about the importance of the pre-school curriculum and the 6 areas of learning
- ⇒ **Demonstrate learning experiences** and strategies used to develop specific skills
- ⇒ **Provide guidance** and support materials to help parents extend children's learning and develop specific skills at home
- ⇒ **Sign-post** parents to useful contacts and sources of relevant information



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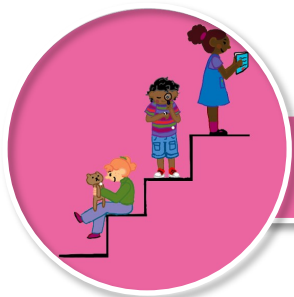
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Ages & Stages (3-4 Yrs)

Early Years settings constantly strive to support children's development, physically, socially, emotionally, and cognitively. Staff monitor children's progress and plan activities to support next steps in learning. They focus on the development of specific skills, identifying and addressing developmental delays. If children need specific support, staff engage with parents and other relevant agencies as required to plan for individual needs.

Ages and Stages aims to enable settings to raise parents' awareness of important milestones in child development and to support them in recognising their children's achievements and specific needs.

Settings can apply for funding to provide information sessions/ workshops, guidance and support materials to encourage parents to help develop specific skills at home.

Settings may wish to...

- ⇒ **Share information** about stages of development
- ⇒ **Demonstrate learning experiences** and strategies used to develop specific skills
- ⇒ **Provide guidance and support** materials to help parents extend children's learning and develop specific skills in the home environment
- ⇒ **Sign-post parents to** services and sources of relevant information



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Big Bedtime Read

Within every pre-school setting, there is a major focus providing a rich and stimulating environment, in which children are immersed in oral language and the world of print. Staff invest a lot of time in developing a love of stories, and rhymes and on introducing children to a range of topics in information books. Staff skilfully develop children's concept of print throughout the day incorporating text into different areas of learning.

Big Bedtime Read focuses on raising awareness of the importance of reading to children and encouraging parents to read to them each night. It emphasises establishing **good bedtime routines** and maximizing opportunities throughout the day to engage children in early reading experiences. Use of library services will be a key focus, together with the provision of high quality books for home-lending.

Settings can apply for funding to provide information sessions/ workshops, guidance and materials to encourage parents to support their children's learning at home.

Settings may wish to...

- ⇒ **Share information** about the importance of reading to young children
- ⇒ **Provide guidance** to build parents' confidence and skills e.g. modelling story-telling or using information books
- ⇒ **Develop parents' understanding** of how early reading experiences will impact on future learning
- ⇒ **Provide access** to quality books for Bed time Reading
- ⇒ **Sign-post parents to useful contacts** and sources of relevant information
- ⇒ **Provide opportunities** for parents to share their experiences with each other



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