

A Flying Start to School



Active Children

- Running, climbing and jumping develops physical skills
- Drawing, jigsaws and craft gets ready for writing
- Be active for 3 hrs a day (NHS advice)
- Limit technology and TV time

Inquisitive Children

- Follow your child's interests
- Discuss what you see, hear, feel, smell and taste
- Count, sort and measure in everyday activities.
- Explore nature and get out in the fresh air



Flying Start

0-5 years

Healthy Children

- Involve your child in cooking healthy meals
- Visit the dentist and help them brush their teeth
- 11 hours of sleep at night recommended (NHS)
- Encourage your child to be independent when going to the toilet and washing hands

Social Children

- Play games together
- Model language to help children describe their emotions
- Mix with other families and children
- Make meal times a time to talk

For more information:
[www.westberks.gov.uk/
flying-start-school-readiness](http://www.westberks.gov.uk/flying-start-school-readiness)

Accelerate your child's learning from the ground up....

Chat and sing to your child
Give lots of cuddles, smiles and praise
Join the library and look at books together
Play together inside and outside



West Berkshire
C O U N C I L