

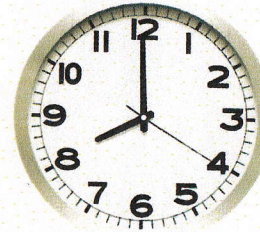
# READY TO LEARN EVERY DAY!



## Talking and listening

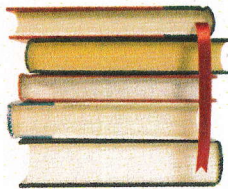
It is really important to talk to your child and listen to them. Finding time for both can be so difficult with busy lives!

- Set aside time for talking – without being interrupted by phones, TV, radio, computer etc!
- Tell them about your day and encourage them to tell you about theirs
- Don't interrupt your child, be patient and allow them time to speak
- Ask your child for their opinions and value what they say



## Working out a family routine

- Children like routine so try to have regular times for going to bed and getting up, mealtimes and family time
- Make sure they have a healthy breakfast at home or at the school's Breakfast Club
- Have a regular time for a meal together in the evening
- Try to make time for homework, reading and talking together and bedtime stories



## Spending time together

You can help your child if you:

- Share books and games in a quiet environment – not in front of the TV!
- Play games together as a family that encourage concentration, such as jigsaws and board games
- Encourage physical play and exercise by taking a trip to the park or the local leisure centre
- Give lots of hugs and praise



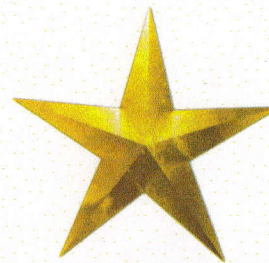
## Getting enough sleep

- Children need sleep to develop, to concentrate in school and to learn well
- Under fives need up to 15 hours, primary children about 10 hours and even older children still need 9 hours
- Too many late bedtimes can make it hard for them to learn
- A good night's rest will help your child feel happy all day long



## Being prepared!

- Check your child has their name in everything they bring to school
- Make sure your child remembers to bring everything they need each day – reading book, PE kit, homework
- Keep in contact with the school and let them know if you change phone numbers and addresses
- If you have concerns about your child's wellbeing, tell school as soon as possible so they can help to find solutions to any problems



## Behaving well

- Agree clear and realistic rules and stick to them!
- Encourage your child to always say 'please' and 'thank you' and not to interrupt you or others when you are talking
- Support school rules and encourage your child to follow these
- Ask for help if your child's behaviour is proving difficult at home

**We want to work together with you to make sure your child feels happy, cared for, safe and ready to learn**