

Autonomy – self care

What is autonomy and self-care?

- Being able to eat with a knife and fork
- Get dressed
- Toileting and washing hands
- Tidying up

Why is this important?

- Because not being able to do this might distract from learning
- Social implications – comparing self to others
- Contributing to self-esteem from coping independently
- Supports academic attainment through learning to be autonomous

What can you do to support your child with this?

- Practice at home
- Build up gradually
- Finding fun way or games such as flip trick for coats.

-<https://www.youtube.com/watch?v=3wRKDeKbAcl>



Managing emotions

What do we mean by managing emotions?

- Manage intense feels such as fear of change, anxiety about separating, distress about coping with new structure, anger etc.
- Cope with separation from parent/ caregiver for a period of time

Why is this important?

- A child who can understand and deal with emotions has “emotional competence”
- This allows her/him to manage emotions and seek help from adults and peers

How can you support your child with this?

- Help your child to reflect on own feelings
- Offer your child support and suggestions to deal with intense emotions eg. “I can see you’re frustrated with your new toy. Take a few deep breaths.”



Developing empathy

What is empathy?

- Putting oneself in the place of the other person
- Children need to experience empathy in order to develop the capacity to empathise with another
- It is the foundation for prosocial behaviour (the things we do voluntarily, to help others e.g. consoling, comforting, helping, and sharing)

Why are empathy and prosocial skills important?

- **Socially:** develop positive relationships with their peers and teachers.
- **Emotionally:** able to understand and manage their emotions in healthy ways.
- **Cognitively:** develop problem-solving skills and perform well at school.

Develop your child's empathy by:

- Express warmth, sensitivity and kindness to your child.
- Use story books and everyday situations as a way of exploring how others may be feeling
- Explain how your child's actions could affect others. This allows them to see it from the other person's point of view.



Social skills

What are social skills?

- Social skills are the ways in which we interact with others
- They include verbal and non-verbal communication, such as speech, gesture, facial expression and body language.

Why are social skills important?

- To have and maintain positive interactions with others.
- To make and sustain friendships
- Sharing, participating and accepting difference
- Being able to solve difficulties in relationships and misunderstandings

How can you support your child with this?

- Be a good role model.
- Provide opportunities for your child to spend time with and socialise with other children e.g. Play dates, the park so that they can practice these skills.
- Praise your child for positive social behaviour.



Communication skills

What are communication skills?

- The ability and desire to connect with others by exchanging ideas and feelings, both verbally and non-verbally.
- Children learn to communicate to get their needs met
- Communication skills
Includes things like listening, turn taking and speaking clearly

Why are they important?

- At school children need to be able to listen and need to understand and follow simple instructions and repeat words and phrases.
- They also need to be able to put their thoughts in to words to be able to answer questions and build relationships

How can you support your child to develop these skills?

- Through talking and playing with your children every day, sharing book/ rhymes/ songs.
- Finding opportunities for children to speak in sentences and initiate questions – one way to do this is through imaginative role-play scenarios



Routine

Why is it important?

Creates a sense of anticipation, knowing what to expect which reduces anxiety

Routines also help parents maintain consistency of expectations that are thought out and enable the child to rely on them being followed through

For attachment to be effective it needs to be

- *predictable*
- *consistent,*
- *emotionally available*

These 3 elements are also essential for our mental health and wellbeing both as children and adults. Routines create a sense of predictability of care that children need.

The main routines essential at this age are:

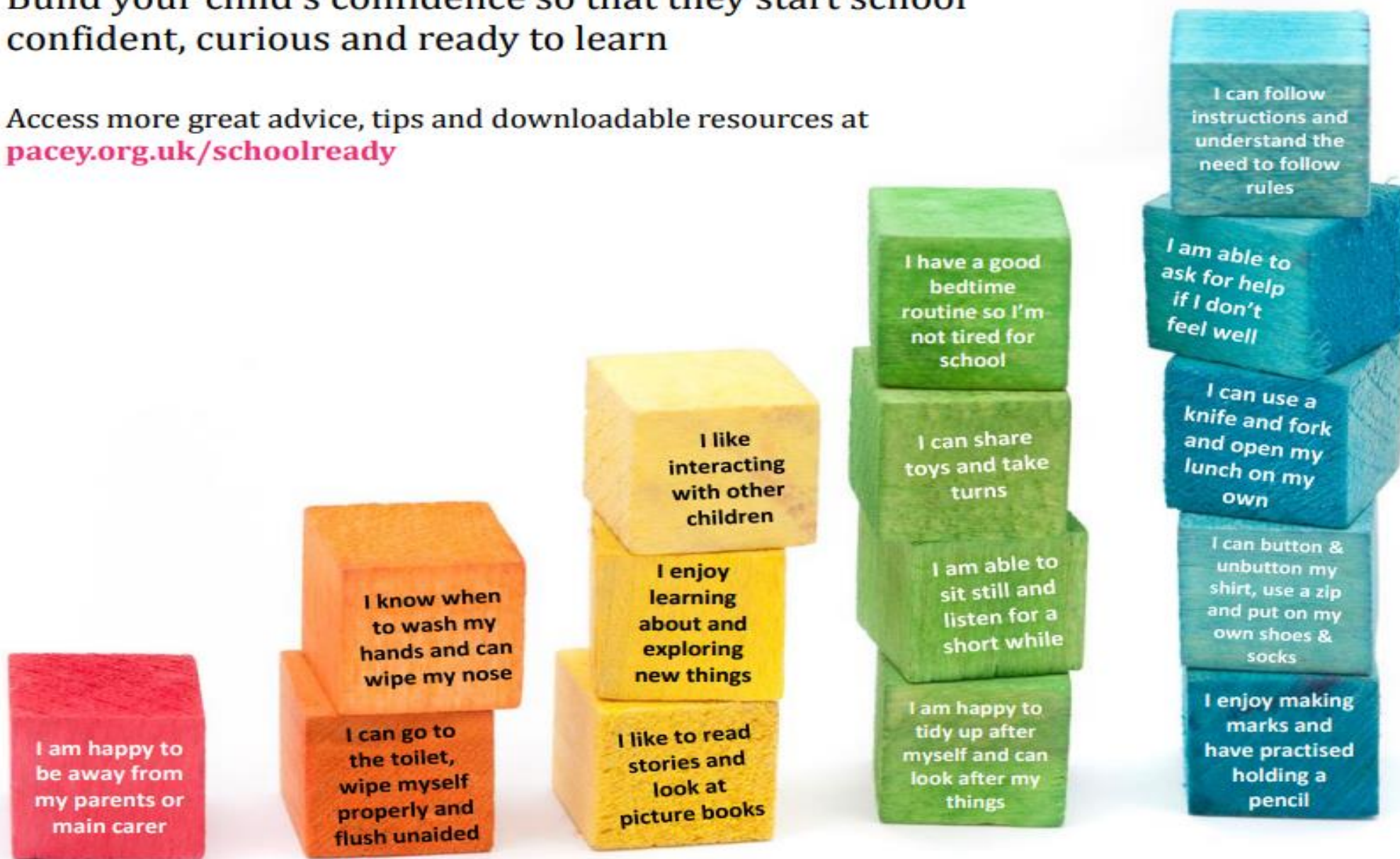
- The time to get ready in the morning
- Bath times, mealtimes, naptimes and bedtimes
- Play time, reading, family time and outdoor play



Steps to starting school

Build your child's confidence so that they start school confident, curious and ready to learn

Access more great advice, tips and downloadable resources at
pacey.org.uk/schoolready



More top tips:

- ★ Get your child ready for their new routine by switching their meal times to match those of the school day
- ★ Encourage your child to explore new environments and interact with new people
- ★ Talk to your child about what they are most looking forward to at school
- ★ Let your child practise putting their new school uniform on and taking it off
- ★ **And remember**, every child is different and starts school with different abilities



Summary:

Defining school
readiness

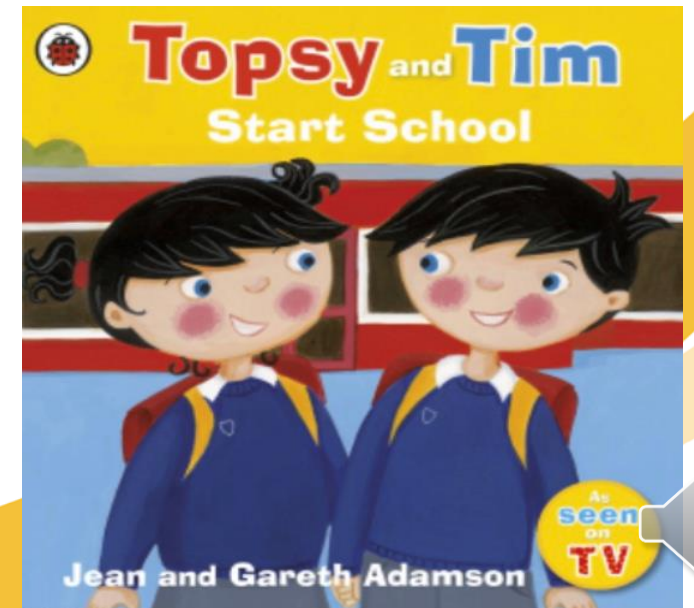
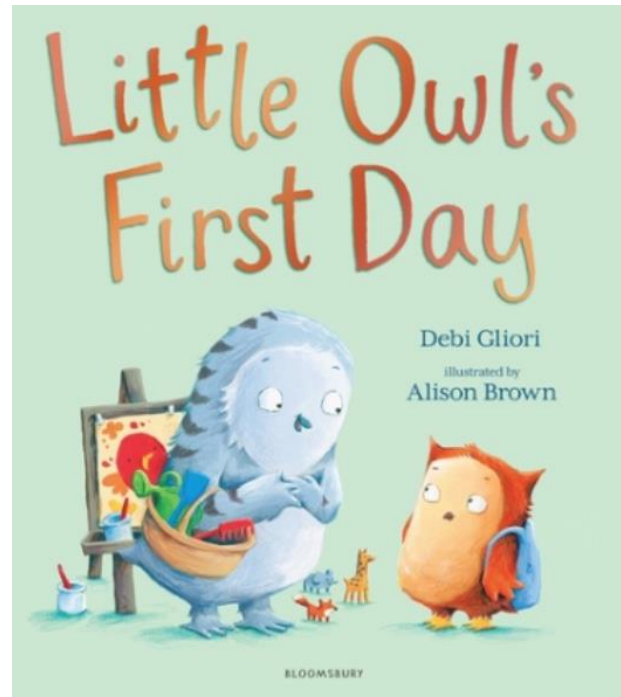
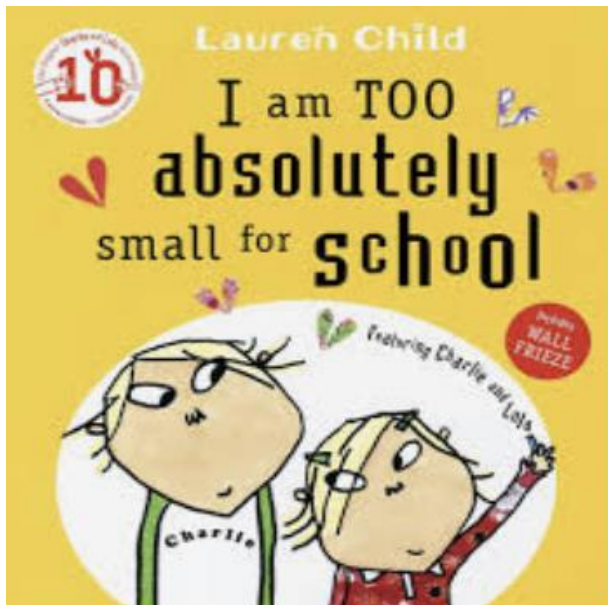
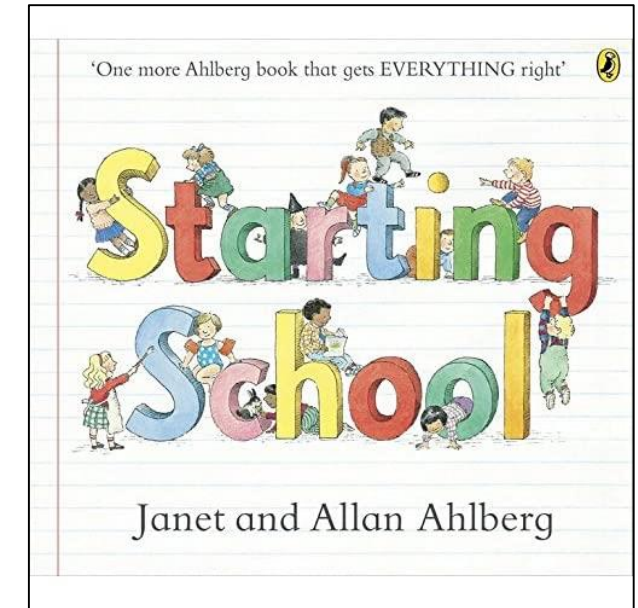
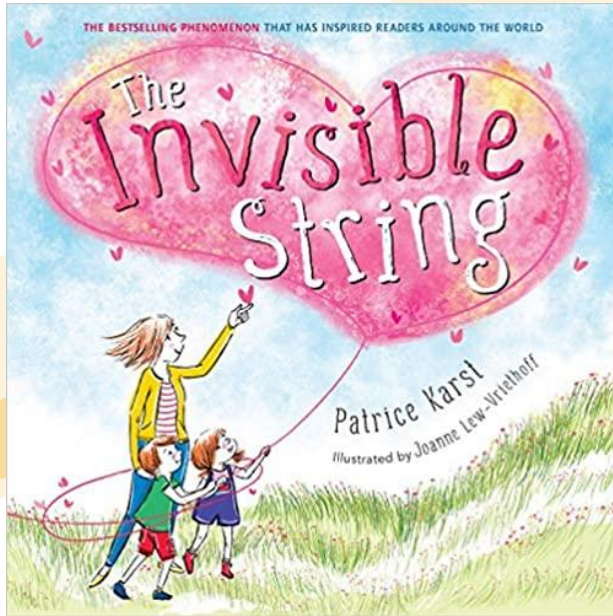
Exploring why
school
readiness is
important

Strategies to
support your
child before
they begin
school

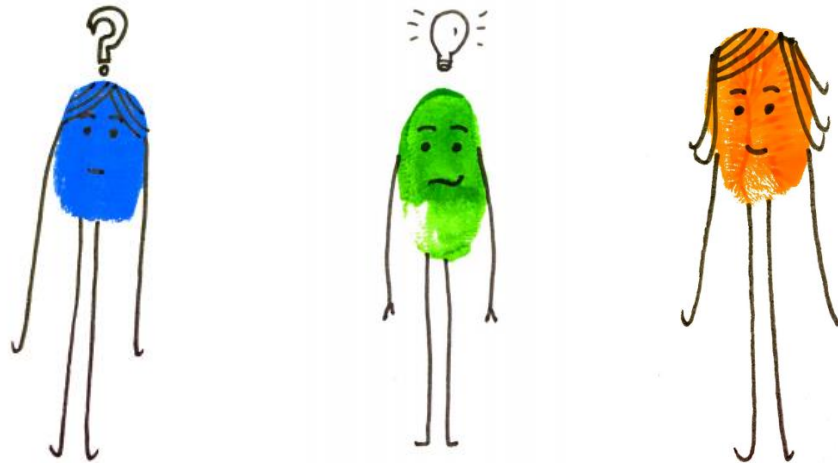
Remember it is not academic readiness which produces effective learners but feeling safe and settled that promotes their natural curiosity about the world.



Resources:



Questions - Ideas - Feedback



Contact us on:
MHST@achievingforchildren.org.uk



Thank you for listening



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for children**

