

I can... I enjoy...



Can your child try these things?



- Tick things off together
- Celebrate small wins
- Practise through play every day!

I can put on my own coat and shoes (with a little help).

I can use the toilet and wash my hands.

I can eat using a fork or spoon and drink from a cup.

I can colour in, stick and paint to create my own pictures.

I enjoy stories, songs and rhymes.

I like to look around, and talk about the world around me.

I can tell my grown up how I feel, or that I need help.

I can follow simple instructions ("put the book on the shelf please").

I can share and take turns.

I can climb, run, and jump.

I can go up and down steps (holding on to support).

I can be looked after by other caring adults (e.g. nursery teacher).

small steps to
starting school

help and tips



Play ideas to support your child's skills



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Support and services

Learning through play

- **Stay & Play** sessions at the Family Hubs
 - **Play & Learn** session with Early Years Alliance - various community locations
 - **Family Hub events** and holiday activities
- Find out more on the Family Hub timetables on fyi.bradford.gov.uk*

Talking and communication

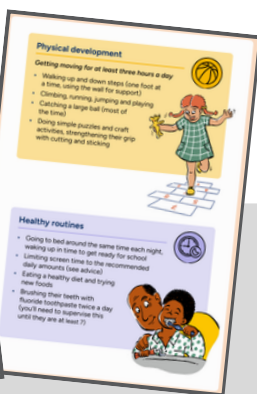
- **Talking Bradford** online guide – helps you find resources, groups, courses and more - fyi.bradford.gov.uk
- **Bradford District's Libraries** – borrow books and come to a free story or rhyme time, with craft activities

Healthy routines

- **Sleep Support with Together Trust** - online support and appointments, covering bedtime routines and sleep - fyi.bradford.gov.uk – search 'sleep'
- **Healthy eating and exercise** - Living Well online support - mylivingwell.co.uk

Support for mums, dads and carers

- **Incredible Years Pre-School** – helps you build up your child's social, emotional, and language skills - fyi.bradford.gov.uk – search 'incredible years'
- **'Ready to Learn' with the school nurse** – appointments in the summer months
- **Health visitors** and **school nursing** support around toilet training
- **Together** - Emotional health & support - togetherness.co.uk (access code BDPARENTS)



To explore advice, tips and support, visit:
fyi.bradford.gov.uk/ReceptionReady

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