

School Readiness & The Community Offer

Hampshire Healthy Families

a partnership between
Southern Health NHS Foundation Trust
&
Barnardo's

**Hampshire
Healthy
Families**



Today's Health, Tomorrow's Future

School Readiness: Nurturing Young Brains

- For parents & carers of children aged 3 years+
- 1 x interactive workshop
- **Or** interactive 4 week course covering brain development, emotional safety, readiness to learn



School Readiness: Nurturing Young Brains

- Brain development
- Mind-set & resilience
- Home learning environment
- Separation anxiety & behaviour changes
- Independence & routines
- Inclusion
- Communication
- Practical preparation & transition

What is School Readiness?

Child	Family	School
Curious	Play	Trust
Excited	Talk	Transition
Sociable	Relax	Experiences
Confident	Choices	Environment
Enthusiastic	Routines	Relationships
Independent	Resources	Communication
The three Rs – Ready Child, Ready Family, Ready School – Unicef		

What Parents Say...

"After doing the workshop, I'm more aware of the importance of friendships and social skills"

"Since doing the workshop I'm turning off the TV more; involving B in cooking & serving; providing more opportunities for B to develop independence through daily routines & chores; and I'm remembering to talk, play and relax. I've now signed up to the 4 week course!"

"I've shown my husband the videos from the course and it has had an amazing effect – we're much more conscious of including M when we're talking at the dinner table and M's communication with his Daddy is so much better"

"I will use the ideas you've suggested to support independence"

"Wow! the videos done by children are so powerful and I love the message about co-regulation before self-regulation"

"I now feel more confident and comfortable about approaching the school with my worries around toileting"

"I'm not feeling so worried or anxious now"

"Now I'll be making a scrapbook with my child about her school and I will let her practise using her lunch box and dressing in her school uniform – I hadn't thought about that"



Going Forward

- School Readiness: Nurturing Young Brains
- Schools as partners
- Supporting the community and preparing young children and families for school
- Making contact

Believe in children
Barnardo's

Hampshire Healthy Families
Today's Health, Tomorrow's Future

NHS
Southern Health
NHS Foundation Trust

Is your child starting school this September?

Will my child be physically & emotionally ready for school when the time comes?

What will I need to do to make sure my child and the family are prepared?

What resources will my child need for starting school?

How will I cope when my child starts school?

How will the school help me and my family to settle and feel included?

Free live and interactive School Readiness workshops and courses

Scan for more info and dates

www.hampshirehealthyfamilies.org.uk

Email: HHF@barnardos.org.uk

The Community Offer

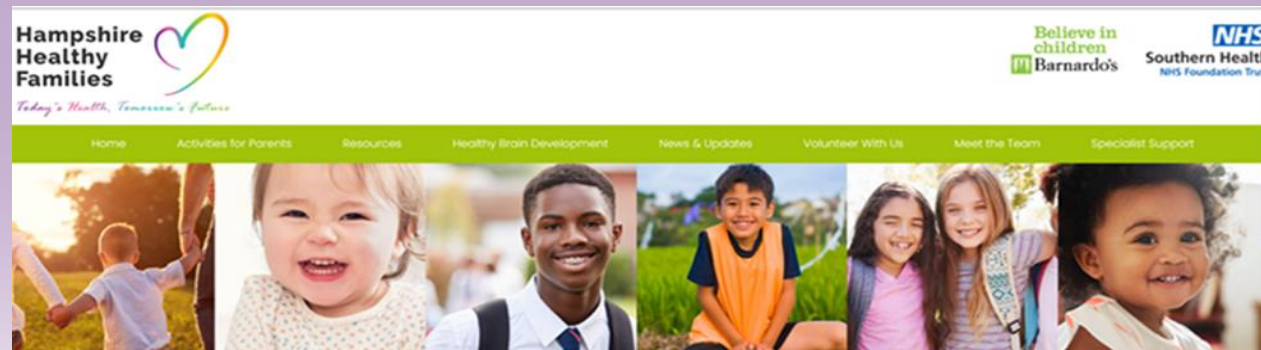
- Public health outreach
- Volunteering opportunities
- Ready Steady Mums
- Befriending services
- Courses & workshops



Digital Innovation

- Online workshop delivery
- Online self-serve booking
- Universal offer with priority places for vulnerable families
- Vimeo channel pre-recorded sessions

www.hampshirehealthyfamilies.org.uk



Facebook

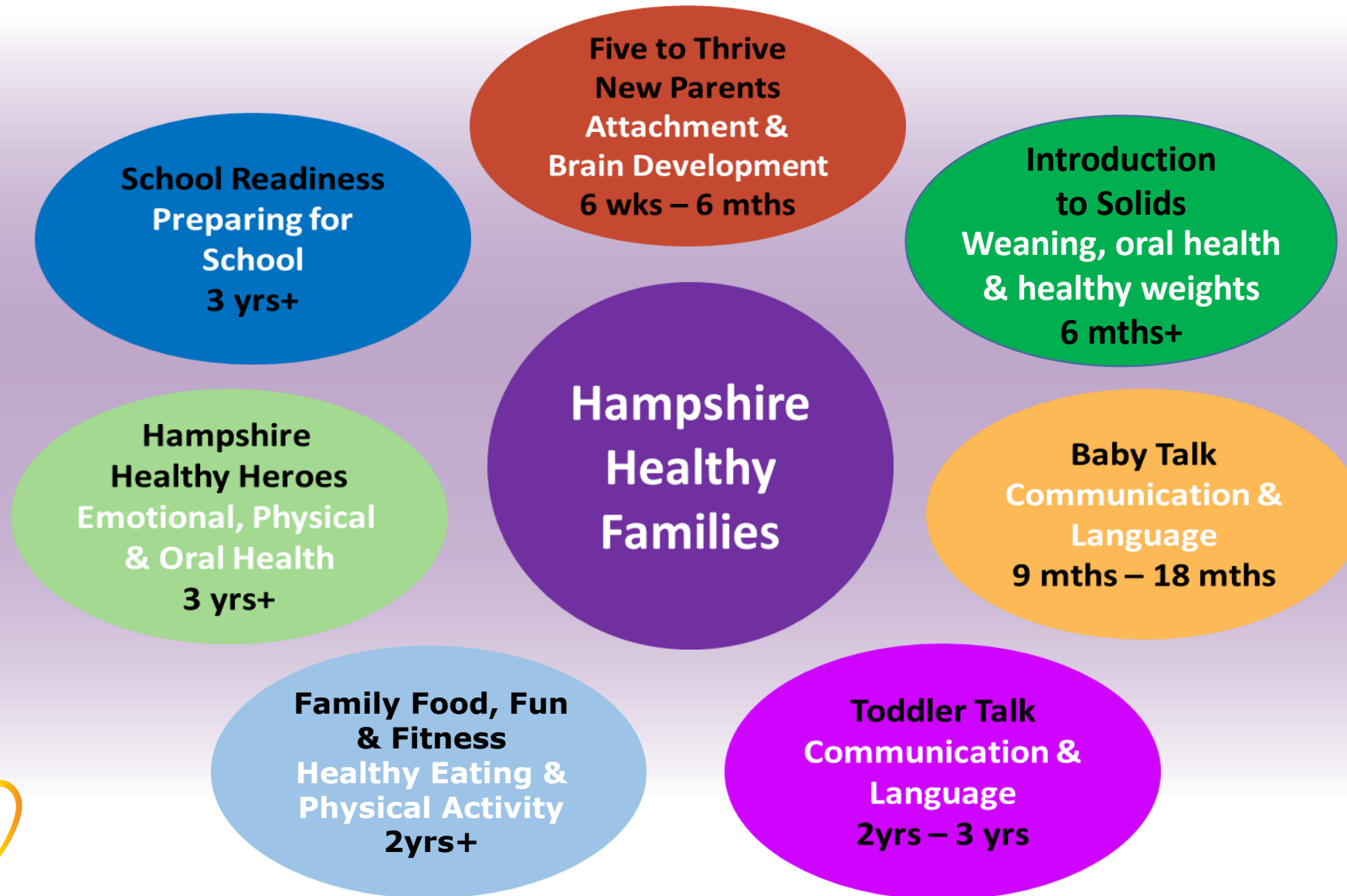


Instagram



Twitter

Our Workshops & Courses



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