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Welcome to the Home-Start Wessex School readiness programme pack



Housekeeping arrangements

- Toilets
 - Fire Exits & Points
- No smoking building
(inc. e -cigarettes!)
- Kitchen/Drinks
 - Mobiles off/silent
 - Be kind.....you may already know people attending but today

we leave it at the door, today is for the children 😊





Locations

Pinehurst Community Church

90 Pinehurst Rd,
West Moors,
Ferndown
BH22 0AR

Verwood Hub

Brockway,
Verwood
BH31 7QE

Upton Community Centre

Poole Road
Upton
Dorset
BH16 5JA

Swanage Childrens Centre

Chapel Ln,
Swanage
BH19 2PW

Wimborne Allendale Centre

Hanham Road,
Wimborne
BH21 1AS

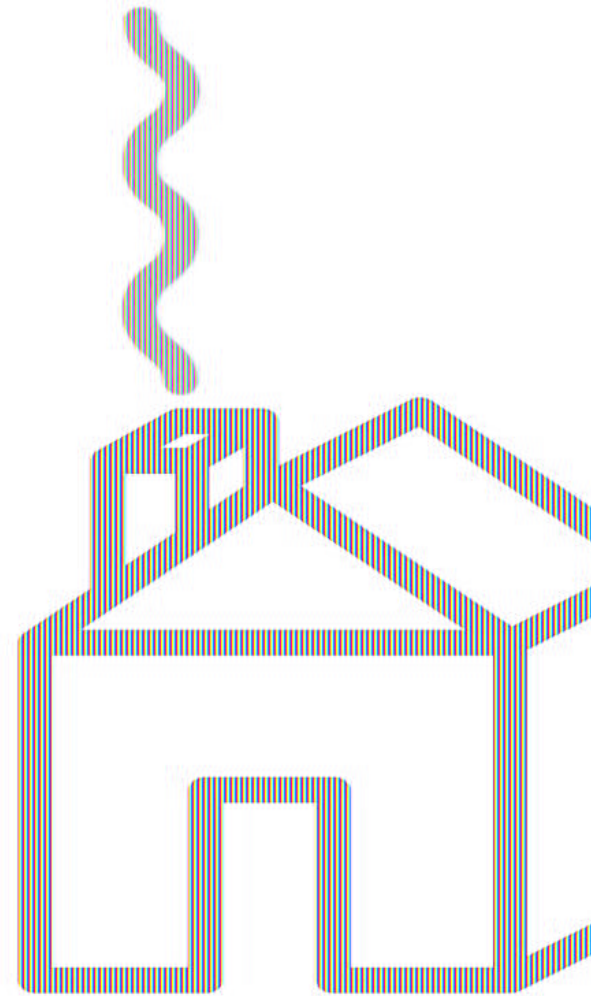
Structure of a HSW

- Line up
- Register
- Hello everyone!! This could be a song or just a simple hello.
- Refreshments & biscuits (if we have them), if not make a flask and offer that or just water.

This is the time the parents emotions release. We get so much from a cupper as facilitators too.

- Free play for children, investigate and observe your co-hort. Create small stations for learning and play.
- Tidy up together
- Snack time – having a snack is an activity for our early learners not just time to eat. Time to explore, share and be independent even pour their own drink.
- Craft or sensory activity, you can prepare so many observations from this one activity. Early literacy, maths, science, speech and language.
- Music, singing & movement – Dorset Active supply many idea's but don't forget the old favourites too.....ending on a calming song helps the transition.
- Story time
- Tidy up together
- Goodbye everyone, see you next week 😊

REMEMBER: Small, Measurable, Realistic, Honest,
Non-judgemental approach.....we are a charity 😊



Activities for child readiness

- Line up
- Hang your coat
- Sharing
- Wash hands
- Prepare snack & eat together
- Sensory & messy play
- Curious play
- Songs
- Movement
- Story time
- Tidy up



Activities for Parent/home readiness and discussions

- Phasing out naps
- Day to day routines
- School places
- Journey to school & school run
- Evening prep
- Alarm clocks
- Home learning expectations
- School visits
- Breakfast choices
- Importance of play
- Chores
- Bath time/wash time
- Screen time



Why are we here ?

Language: Answer questions, maintains conversation, follow directions.

Cognitive: Sorts, identifies shapes, colours, can count, write own name.

Self-help: Toileting independently, can look after belongings, can tidy up after themselves



Strengthen fine motor skills: This is something that we have been developing with each child since the day they started nursery; and you will be surprised at how some of the activities which you are probably already doing with your children at home, are actually strengthening their fine motor skills! As you may be aware, to become a confident writer, children need strong fine motor skills to give them good control of their hand muscles. You can help develop these further at home by playing with small objects, such as lego, beads and puzzles. Practising activities such as tying shoelaces and using a knife and fork also require strong fine motor skills.

Sharing stories: An integral part of children's first year at school is phonics. It is through phonics that children gain the skills they need in order to become competent readers and writers. Just by sharing stories with your children on a regular basis, helps prepare them to learn phonics at school. After sharing a story, encouraging them to retell the story or make props to act it out, will further help develop their understanding of specific words and the book in general.

Practise listening: We all know that this isn't as easy as it sounds! And we know this is definitely something all parents and nursery settings will have been practising with their children for years. At school, children will be expected to listen to their teacher's instructions in order to carry out activities in and out of the classroom. In order to help develop this important skill further, you can try playing games such as 'Simon Says' and 'Can you find?'. Once children master simple instructions, try adding two or three instructions together, such as "Take your shoes off, then wash your hands, then sit down at the table, please."

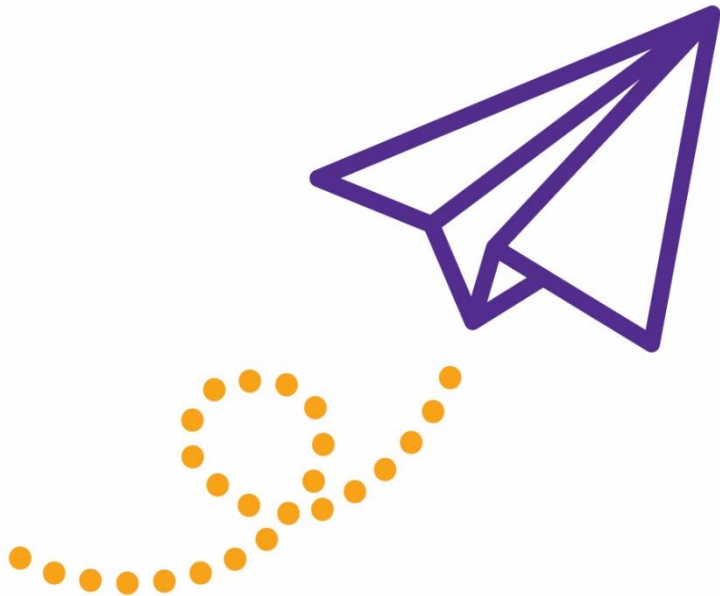
Why are we here ?

Social: Turn-taking, sharing, following rules, listening to group times.

Emotional: Self-confident, shows empathy, separates easily.

Physical: Run, climb, balance, be well-coordinated, throw and catch a ball.

Fine Motor: Draws, uses scissors, uses pincer grip, shows handedness.



Help children recognise their name: Your child won't be expected to write their own name independently at the start of school, but some schools may ask children to find their name for registration or locate their own peg. You could have a go at this at home by putting their name on their bedroom door (and wherever else you're willing) to help them recognise it

Encourage independence: Children with more independence and who are able to do a few things for themselves, will feel happier and tend to settle more quickly at school. There are a few skills which you can practise at home to help your child become independent; however, don't worry if your child can't do all of these things before they start school, children are supported by teachers and staff at school to help develop these skills. At home, support your child to be ready and prepared for a group lunchtime by ensuring they always eat at a table, have access to their own cutlery and pour their own drinks; children should also try using a tissue to blow their nose, tidying up after themselves, dressing themselves, being fully toilet trained during the day and washing their own hands properly. This last one is particularly important at the moment. It is something that we are continuing to do with the children at nursery and should be something you reinforce at home.

Characteristics of school readiness' began with Piaget's theory of development in 1936



Home-Start Approach

What we do

- Home-Start is there for parents when they need us most, **because childhood can't wait.**
- Our local community network of trained volunteers and expert groups help families with young children through their challenging times.

Why we do it

- A child's earliest years are irreplaceable. The earliest years make the biggest impact. Home-Start makes sure those years count so that no child's future is limited.

How we do it

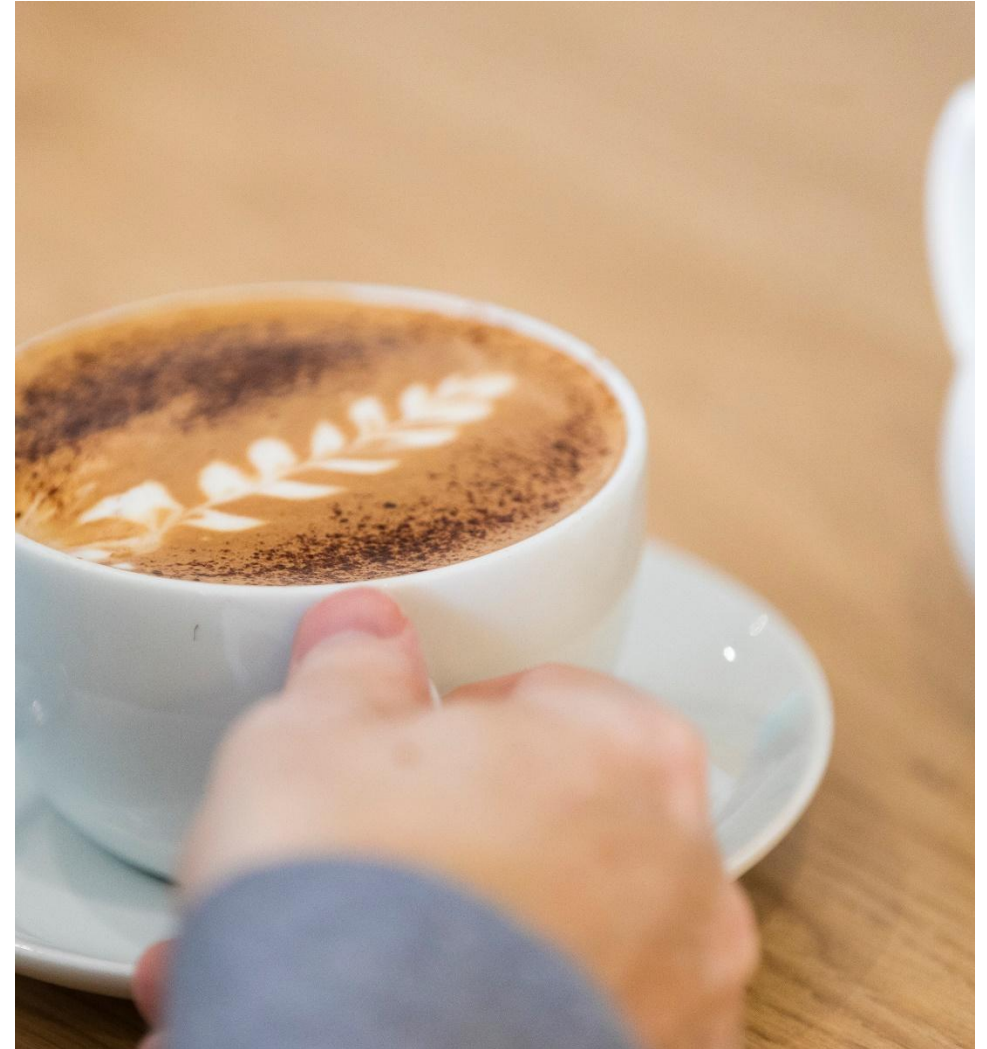
- Home-Start offers no judgement, just compassionate, confidential help and support.
- Starting in the home and at groups, our approach is as individual as the people we're helping.
- We share local expertise to help drive national and regional change for families.

Home-Start UK

Home-Start U.K. and Worldwide

Home-Start began in 1973 in Leicester by Margaret Harrison, a local mum who identified a need to provide informal support and friendship for parents of young children in their home.

Home-Start offers support, friendship and practical help to parents in local communities and worldwide. Countries with Home-Start include: Holland, Czech Republic, Hungary, Norway, Denmark, Australia, Sri Lanka, Uganda, Spain, Turkey, Japan.



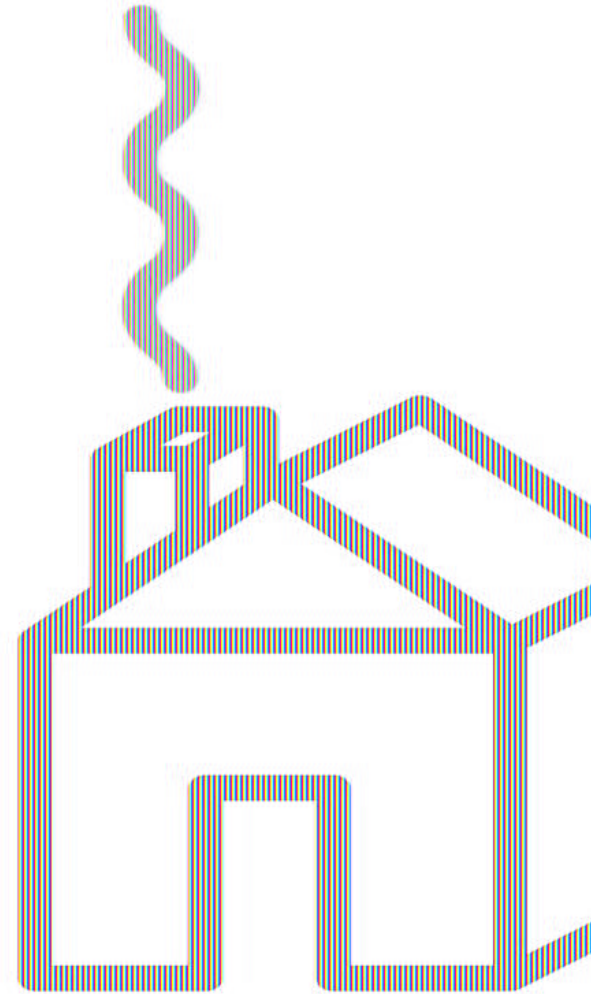
Our Local Home-Start

- Our Home-Start was launched in 1994
- Last year, we supported 250 families
- Which meant **more than 500** children were supported!
- 2/3 of these families were supported by home-visiting volunteers
- 1/3 of these families were supported through groups (Haven, Harmony Drop-In, Wellness Walk, & Bumps & Babies)
- Our Home-Start covers the whole area of Wessex.(from the fringes of Hampshire through to the Purbecks).
- Follow us on:

Facebook: [HomestartWessex](#)

Tik Tok: [Home-Start Wessex](#)

Instagram: [homestart_wessex](#)



Referrals

WHO refers families to Home Start?

WHAT happens when a family is referred to
Home–Start?

The families understanding of & agreement to the
referral



Summary

- Home-Start understands support through a child's earliest years makes the biggest impact
- Local Home-Starts support families across all four nations of the UK and in many countries worldwide
- Home-Start is needed for a variety of different reasons and Home-Start volunteers can provide emotional and practical support that can transform the lives of families

