

# **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](http://www.hampshirehealthyfamilies.org.uk)

Email: [HHF@barnardos.org.uk](mailto:HHF@barnardos.org.uk)



# The Community Offer

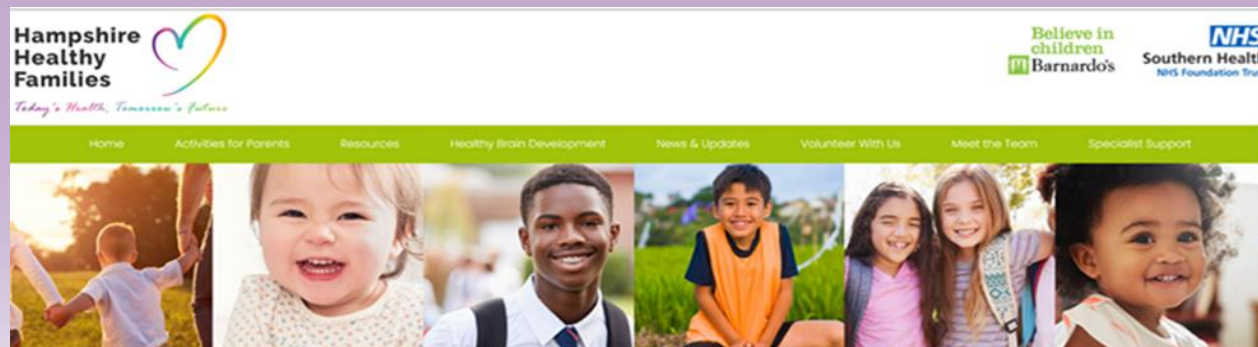
- Public health outreach
- Volunteering opportunities
- Ready Steady Mums
- Befriending services
- Courses & workshops



# 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](http://www.hampshirehealthyfamilies.org.uk)



Facebook

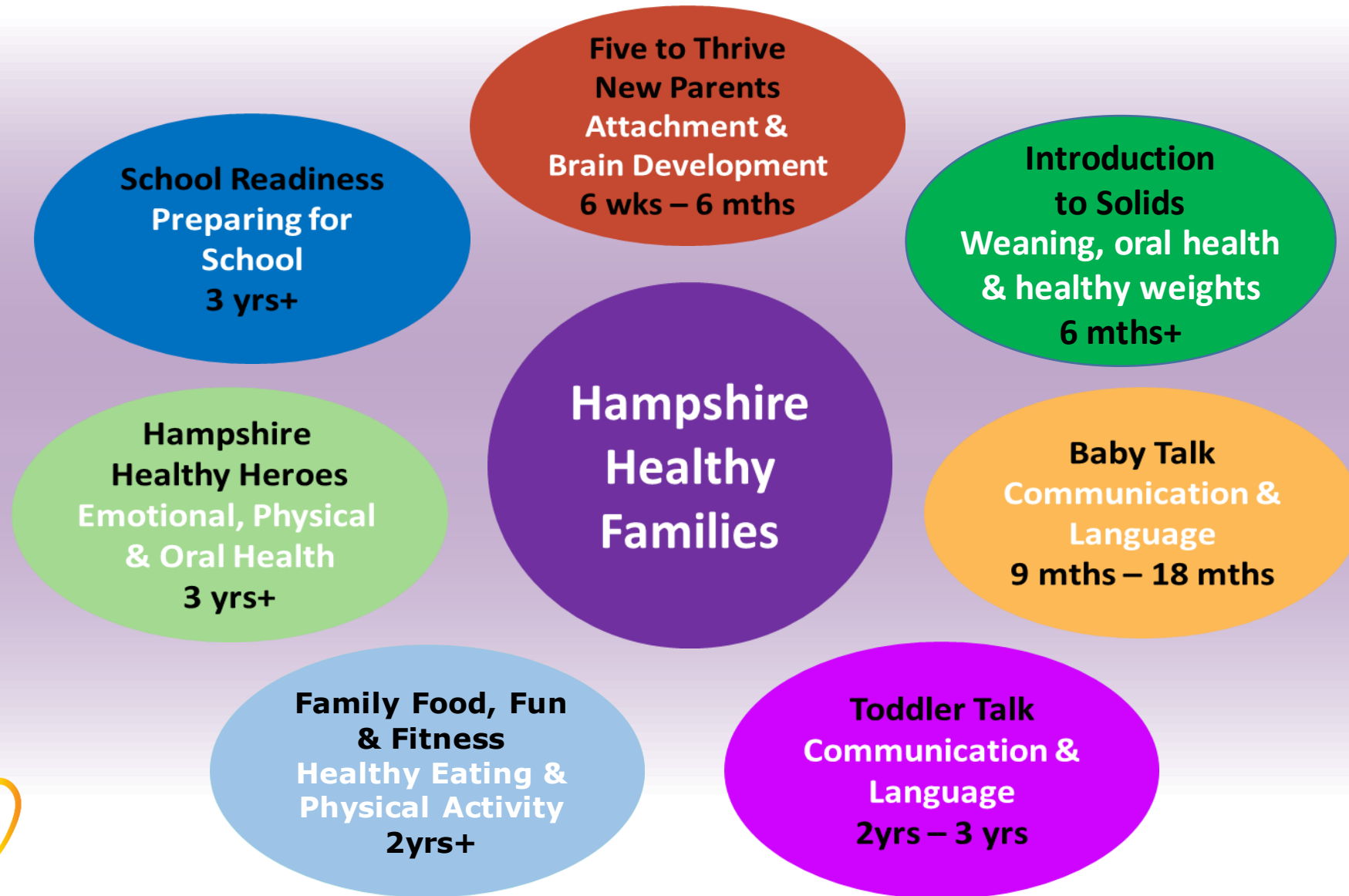


Instagram



Twitter

# Our Workshops & Courses





# Hampshire Healthy Families

**Children's Service Manager, Melissa Lewis: [HHF@barnardos.org.uk](mailto:HHF@barnardos.org.uk)**

## **Community Health Development Workers:**

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