

Born Ready, School Ready, Bexley Ready!



Calling all parents and carers! For those of you with children who are just about to start nursery, playgroup, childminder or school, please take a few minutes to think about all the things your child can already do. Walk, talk, sing some songs, make choices, use the toilet, eat using cutlery, recognise their belongings? Who taught them all these skills? It was you!

Calling all parents and carers! For those of you with children who are just about to start nursery, playgroup, childminder or school, please take a

As a parent/ carer you have helped your child/ren learn so much already. As they start the next part of their learning journey, your support shouldn't stop. The continued experiences and activities parents do at home with their child are crucial to their success at school and in later life.

Do you know that school readiness starts from conception? From conception and throughout childhood, it is a crucial time for brain development and children's brains are like sponges. Healthy brain development means that children learn and develop well, helping them to be ready for school and beyond.





An online resource

has been developed for families with children under 5 years. It provides ideas about how you can help your baby/ child's brain development and support learning at home. There are ideas for:

- ▶ activities
- ▶ talking with babies and children
- ▶ looking at books
- ▶ play
- ▶ outings
- ▶ stay and play groups
- ▶ sleep
- ▶ diet
- ▶ behaviour
- ▶ toileting
- ▶ language development



- ▶ health information
- ▶ child care and how to access nursery and school places
- ▶ You can also find out where to get support if you're worried about your child in any way. A one stop shop for anything child related.



Visit www.bexley.gov.uk/born-school-ready to find out more!

