



READY TO LEARN EVERY DAY!



Getting the most out of school:
A short guide for parents

READY TO LEARN

This joint NAHT and Family Action guide is based on the latest research about what helps children to succeed at school



Talking and listening

It is really important to talk to your child and listen to them. Finding time for both can be so difficult with busy lives!

- Set aside time for talking – without being interrupted by phones, TV, radio, computer etc!
- Tell them about your day and encourage them to tell you about theirs
- Don't interrupt your child, be patient and allow them time to speak
- Ask your child for their opinions and value what they say



Spending time together

You can help your child if you:

- Share books and games in a quiet environment – not in front of the TV!
- Play games together as a family that encourage concentration, such as jigsaws and board games
- Encourage physical play and exercise by taking a trip to the park or the local leisure centre
- Give lots of hugs and praise



Being prepared!

- Check your child has their name in everything they bring to school
- Make sure your child remembers to bring everything they need each day – reading book, PE kit, homework
- Keep in contact with the school and let them know if you change phone numbers and addresses
- If you have concerns about your child's wellbeing, tell school as soon as possible so they can help to find solutions to any problems

RN EVERY DAY!



Working out a family routine

- Children like routine so try to have regular times for going to bed and getting up, mealtimes and family time
- Make sure they have a healthy breakfast at home or at the school's Breakfast Club
- Have a regular time for a meal together in the evening
- Try to make time for homework, reading and talking together and bedtime stories



Getting enough sleep

- Children need sleep to develop, to concentrate in school and to learn well
- Under fives need up to 15 hours, primary children about 10 hours and even older children still need 9 hours
- Too many late bedtimes can make it hard for them to learn
- A good night's rest will help your child feel happy all day long



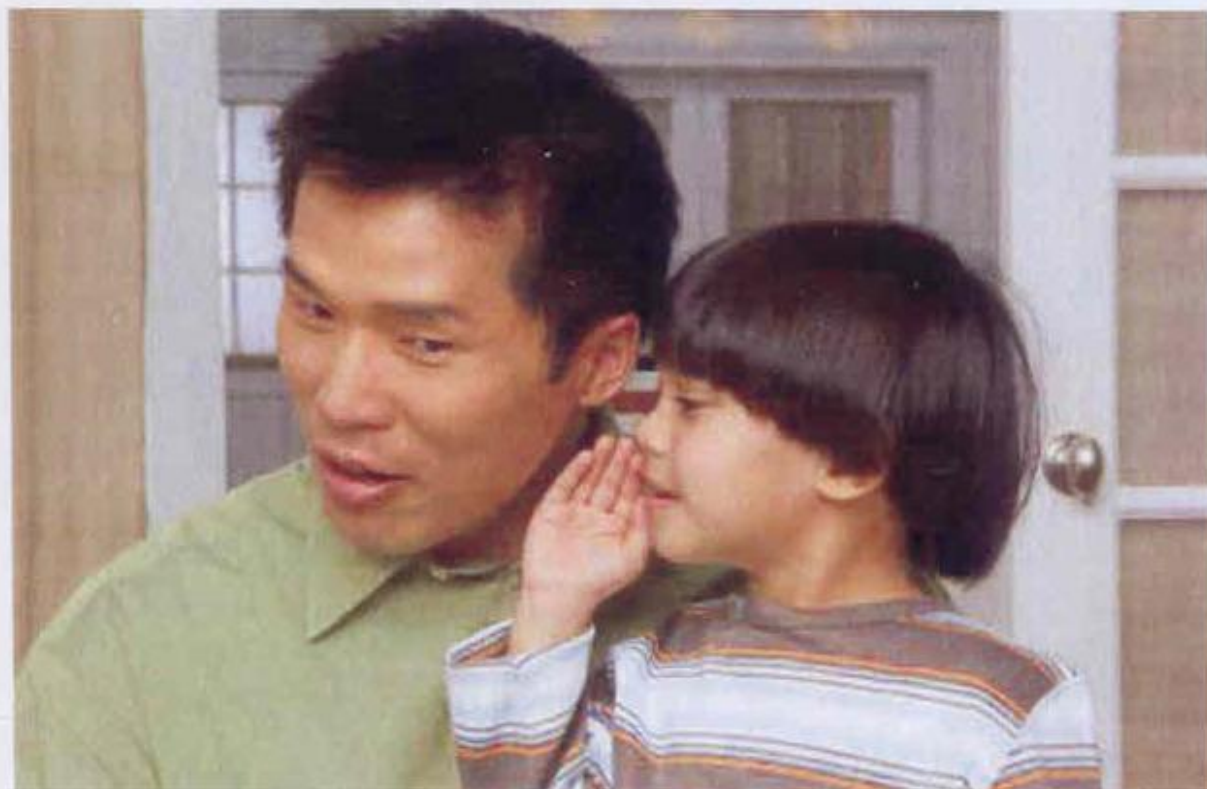
Behaving well

- Agree clear and realistic rules and stick to them!
- Encourage your child to always say 'please' and 'thank you' and not to interrupt you or others when you are talking
- Support school rules and encourage your child to follow these
- Ask for help if your child's behaviour is proving difficult at home

We want to work together with you to make sure your child feels happy, cared for, safe and ready to learn



READY TO LEARN EVERY DAY!



Speaking and Listening:
A short guide for parents

READY TO LEA

NAHT and Family Action have based the advice in this leaflet on the latest research about what helps children to speak and listen well.

Your child: speaking and listening



It is important to help your child with speaking and listening because:

- Your child's ability to speak and listen well will be a good foundation for their future learning
- If they are good speakers and listeners they will do better at reading and writing
- If they can communicate well with others, it will help them to make friends more easily
- They will become more independent and be able to learn about the world
- Your child will learn to express their feelings and not become frustrated so easily



At school younger children will learn to:

- Think about what they say and choose the right words
- Speak fluently and confidently
- Listen to instructions from the teacher
- Listen to their classmates before speaking and take turns



As they get older they will:

- Join in group discussions and make useful points
- Present to an audience, expressing their opinions clearly
- Take part in decision-making and debate
- Learn how language varies in different situations

RN EVERY DAY!

Your child: what you can do to help



Put listening to your child first:

- Show your child how to be a good listener by listening to them and others
- Be patient: don't interrupt or finish their sentences for them
- Give your child your attention: don't check your mobile phone at the same time as they are talking to you
- Show you're listening: ask questions about what they say, ask their opinions
- Listen to your child reading aloud regularly



Be a clear speaker:

- Speak confidently, using the right words and set an example by talking in full sentences
- If English is not your first language, the most important thing is that you speak your own language confidently and well
- Use clear, simple directions for tasks and behaviours
- When your child follows directions, show you notice: praise them for listening to you



Get involved every day:

- Discuss their day with them when you see them after school
- Try to have a family meal together as often as possible
- Encourage your child to talk about their views and interests with others
- Ask them about their homework and get involved with it
- Switch off television and laptops well before bedtime: chat or read a bedtime story together instead

Have fun speaking and listening together

- Play family games together, like I Spy, Charades, Chinese Whispers and Articulate
- Nursery rhymes, songs, jokes and puppets are an important way of helping younger children learn language
- Re-tell familiar stories and have fun making up your own
- With older children, read books and poetry aloud together
- Discuss and debate issues in the news

And look at these websites for a few more ideas:

www.bbc.co.uk/cbeebies/songs

www.ican.org.uk

www.literacytrust.org.uk

www.britishcouncil.org

www.talkingpoint.org.uk



Family Action provides practical, emotional and financial support to over 45,000 vulnerable children and families every year. Registered charity in England and Wales no. 264713
www.family-action.org.uk



NAHT is a professional association and trades union with members in all phases of education. We represent 28,500 school leaders in their quest to develop great schools and improve the lives of children.
www.naht.org.uk



READY TO LEARN EVERY DAY!



Giving your child a helping hand:
A short guide for parents

READY TO LEA

This joint NAHT and Family Action guide is based on the latest research about what helps children to succeed at school

Helping hand: at home



- Help your child to have all the equipment they need for learning
- Ask your child what they have learnt at school and take an interest in these topics
- Allow your child to help you with shopping, cooking and other jobs around the house
- Be patient when your child is helping
- Make time for regular reading with your child including books, magazines, newspapers and online



Helping with homework:

- Provide a quiet place for your child to work
- Help your child develop a routine and set dedicated time aside
- Give encouragement and support to help your child complete their homework
- Help your child to learn the basics such as spellings and tables
- Take time to answer your child's questions and address their concerns



Helping your child to learn in and out of the home:

- Link your child's learning to family activities. The school can give you ideas (or see the back page)
- Look for things in your local area that will help your child to learn such as nature reserves and museums
- Spend time playing outside and talk about the world around them
- Get to know what your child is learning and ask the school about it
- Take time to listen to your child and explain things carefully, developing their understanding and vocabulary

RN EVERY DAY!

Helping hand: at school



- Offer to help out with educational trips, visits and clubs when you can
- Ask your child's teacher how you can help in class e.g. with reading and practical activities
- Attend as many parents' meetings as you can, especially ones that are about learning
- If your school offers family learning, try to get involved

SCHOOL

HOME

Helping with communication:

- You and your child's school both want the best for them so don't be afraid to ask questions
- Read the information the school provides – letters, leaflets, emails, texts or online
- Keep the school informed about family changes that might affect your child's learning, however small
- Respond promptly to school communications and let school know if you change your contact details



Helping with school life:

- Join the PTA and get involved with fundraising to support your child's school
- If your school has a Parents' Forum, use this to share views and ideas
- Take part in a Parent Helper Training Programme; this will help your own child as well as other pupils
- Give constructive feedback to your child's school about what is working well

Exciting things to do together:

There are lots of fun activities you can do as a family to help your child with their learning and to support the school curriculum

- Visit a museum or historical site
- Walk in a woodland
- Visit the library and choose a book
- Plan a route using maps, compass or GPS
- Look at the stars at night and find out about the planets
- Go shopping and use real money
- Plant seeds and watch them grow
- Make a tent, indoors or out!
- Search for mini beasts or go pond dipping
- Make a model, picture or collage with everyday household items
- Find time to sit together and think and dream



Family Action provides practical, emotional and financial support to over 45,000 vulnerable children and families every year. Registered charity in England and Wales no. 264713

www.family-action.org.uk



NAHT is a professional association and trades union with members in all phases of education. We represent 28,500 school leaders in their quest to develop great schools and improve the lives of children.

www.naht.org.uk