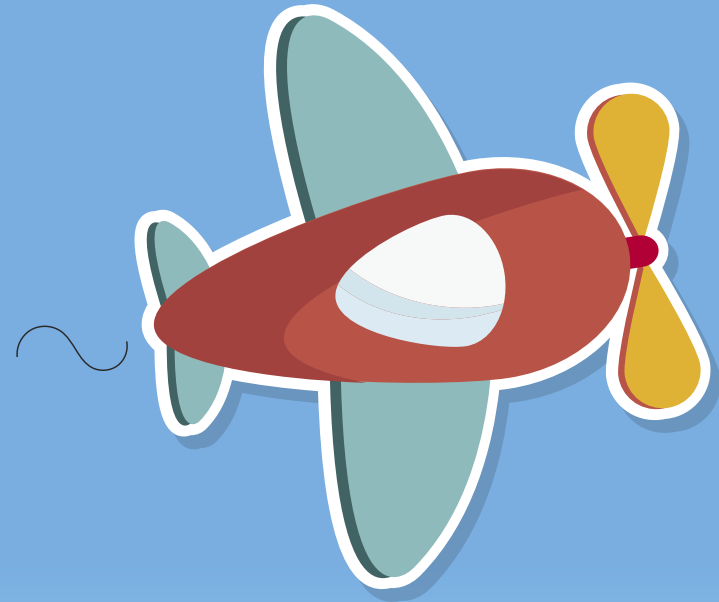
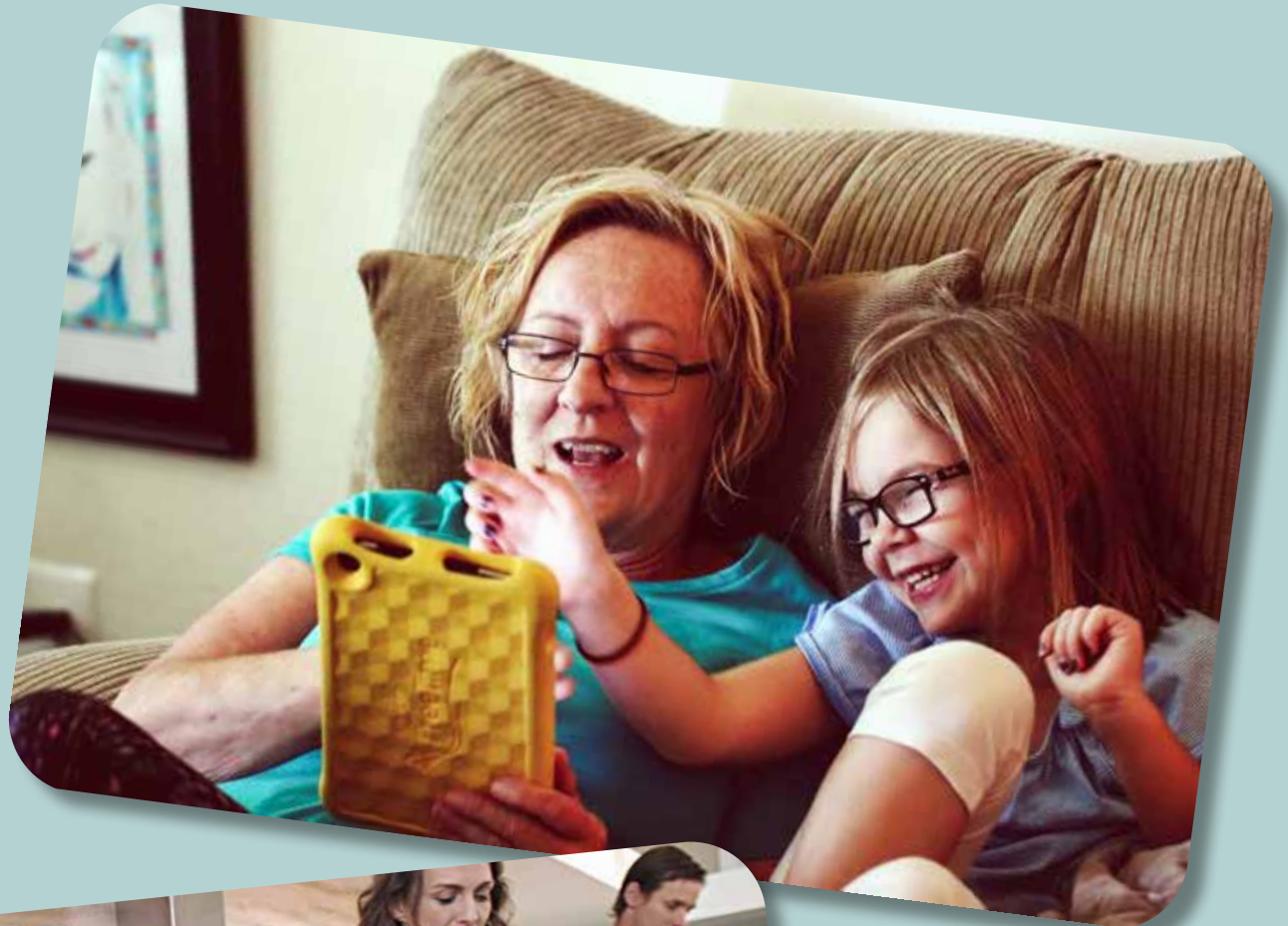




**FLYING START**



**Getting your child's education off to a FLYING START  
during this challenging time**





You may feel a lot of emotions about your child starting primary school. It is normal to be concerned about how your child will settle into their new school. Try to remember that making the transition to school is a time of excitement and new beginnings for your child.

School readiness describes how ready your child is socially, physically, and intellectually, to start school. It is about your child having the skills to get the most from school. Being school ready means that your child will be able to do things like get along with other children, follow instructions and communicate their needs. You can do many things to help build your child's school readiness skills. This Summer Planner will help you to work with your child to build those skills during the months before they start school.

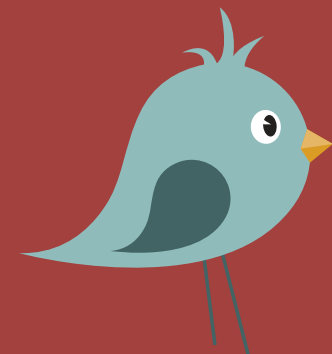
## The Flying Start Initiative

Supporting Transitions in the lives of Parents and Children

When it comes to parenting, one thing you can be certain of is change. We call the different stages of change in a child's life 'transitions'.

For more information on the transitions you and your child will go through in their first five years please visit:

[www.flyingstart.ie](http://www.flyingstart.ie)



# CHILD DIRECTED PLAY

Play is a child's way of making sense of the world. It is how they learn and develop. To help your child develop new skills and master skills they already have, encourage them to play as much as possible. For your child to get the most from play the play needs to be child directed. This means that your child decides what and how they play, and you follow their lead.



## Creative Play

Dancing, painting, playing with junk and recycled materials, working with play-dough and clay, and using their imaginations.

## Games with Rules

Even babies and toddlers can partake in these, as peek-a-boo and turn-taking games have rules. In the beginning children often play by their own rather flexible rules! In time they also partake in more conventional games with 'external' rules.

## Physical

Physical play involves children developing, practising and refining bodily movements and control. It includes whole body and limb movements, co-ordination and balance. These activities involve physical movements for their own sake and enjoyment. Children gain control over their gross motor skills first, before refining their fine motor skills.

## Language

Involves children playing with sounds and words. It includes unrehearsed and spontaneous manipulation of these, often with rhythmic and repetitive elements. Children like playing with language - enjoying patterns, sounds and nonsense words. They also love jokes and funny stories.

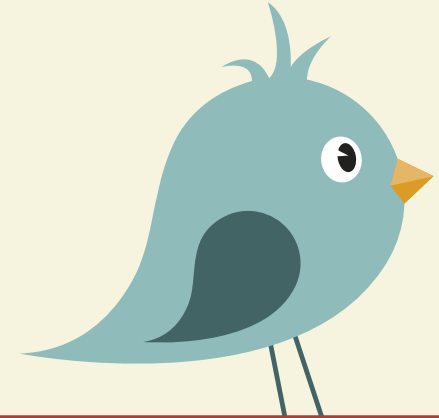
## Pretend

Pretend, dramatic, make-believe, role, and fantasy play involves children using their imaginations. It includes pretending with objects, actions and situations. As children grow, their imaginations and their play become increasingly complex. Children use their developing language to move from thinking in the concrete to thinking in the abstract.



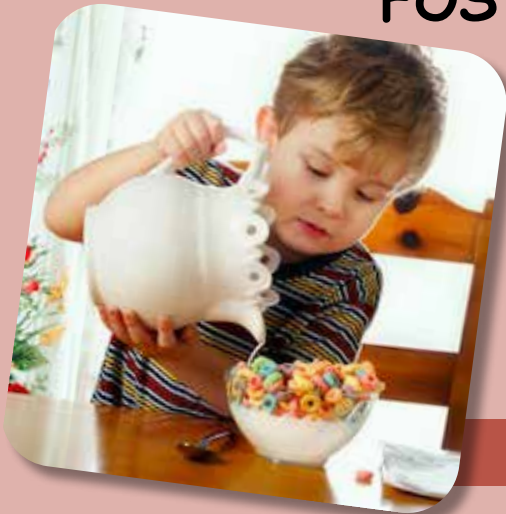
# July

It shouldn't matter how slowly some children learn as long as we are encouraging them not to stop



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| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  | 31  |     |

# FOSTERING YOUR CHILD'S INDEPENDENCE



Your child needs time to learn and develop independence. During the summer months make an effort to encourage them to do more things for themselves. This will help your child to become more independent before they start school. The key to successfully helping your child to learn any new skill is Praise.

Remember to take **SMALL STEPS** towards independence and to **PRAISE THE PROCESS**. Your child will not master every task straight away. Be patient. To encourage your child to succeed praise their efforts. This will help your child to keep trying even if they do not get there first time.

## What type of Self Care Skills should I encourage and praise?

### 1. Feeding Independently

Make mealtimes fun. Allow your child to help prepare the food. Chat with your child about school. Ask them what they are excited or anxious about. Practice opening and closing lunchboxes.

### 2. Taking Responsibility for their Own Belongings and Tidying Up

Put name labels on your child's coat and other belongings during the months before school. This will help your child to learn how to recognise their name on a label. Encourage your child to take care of their belongings. Ask them to tidy up after play time. This will help them to get used to taking responsibility for their pencils, books, colours, copies and lunch boxes, at school. You can use songs and rhymes to make tidying up more fun. You can use role play to practice this skill.



### 3. Dressing Independently

Lay out your child's clothes in the order they put them on. Praise them each time they put an item on correctly. Pretend play the morning school routine. Practice this a couple of times a week before the first day arrives.

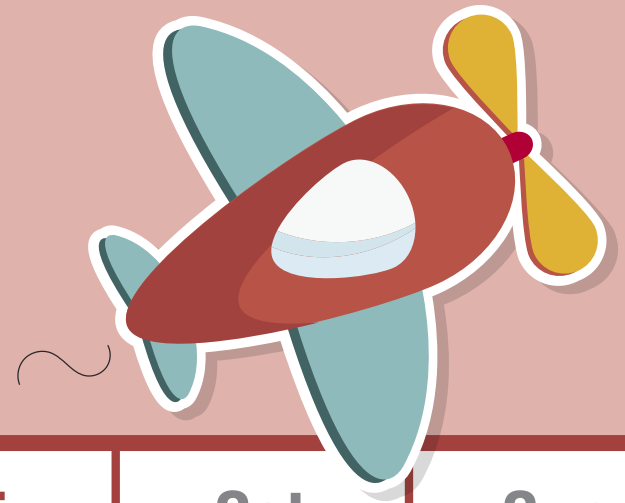
### 4. Playing with Other Children

In the lead up to starting school try to make as many opportunities for your child to play with other children as possible. A trip to the local playground or park is an ideal chance for them to mix with others. It is by playing with others that your child learns valuable social skills such as sharing and turn taking.



# August

You're braver than you believe, stronger than you seem and smarter than you think



| Mon                                     | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------------------------------|-----|-----|-----|-----|-----|-----|
|                                         |     |     |     |     |     | 1   |
| 2<br><small>August Bank Holiday</small> | 3   | 4   | 5   | 6   | 7   | 8   |
| 9                                       | 10  | 11  | 12  | 13  | 14  | 15  |
| 16                                      | 17  | 18  | 19  | 20  | 21  | 22  |
| 23                                      | 24  | 25  | 26  | 27  | 28  | 29  |
| 30                                      | 31  |     |     |     |     |     |

# Parents as Coaches

You are the expert on your child. You are their constant source of guidance, support and encouragement. Talk to your child. Watch what they are doing and describe the things that you would like to encourage. Use positive language. Play with your child. Use play time to help them develop their social, emotional and academic skills.

By describing and praising the skills listed above, you are letting your child know that their play and learning is important to you. You are telling them that you know they are trying and developing.

| Social Skills     | Academic Skills | Emotional Skills |
|-------------------|-----------------|------------------|
| Sharing           | Numbers         | Happy Feelings   |
| Turn Taking       | Colours         | Sad Feelings     |
| Using their Words | Shapes          | Excited Feelings |
| Being Kind        | Patterns        | Nervous Feelings |



By describing and praising the skills outlined above to your child, you are validating that their play and learning is important to you, and you are recognising their efforts.



# September

Play is a child's favourite way of learning



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| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
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# First Day, First Week, First Month



## First Day Nerves

It is normal for your child to feel nervous on the first day of school. Having a familiar face can help your child with their first day nerves. Remind them that they will see friends from pre-school at their new school. If your child does not know any of the children starting in their class, you can ask the school to put you in touch with some of the other new parents.

Separation anxiety is extremely common. Your child's new teacher is used to dealing with tears on the first few days of school. If your child does cry reassure them that they will be fine, say goodbye, tell them you will be back at home time and leave.

## First Day Tips

- A positive 'Goodbye' will help your child feel at ease. If your child sees that you are not worried leaving them they will learn that they have nothing to worry about too.
- Tell your child that they will have a successful day. Remind them that you are looking forward to hearing all their good news later.
- Make sure your child knows who will be collecting them, where they will be collecting them from and at what time of the day they will be collected.



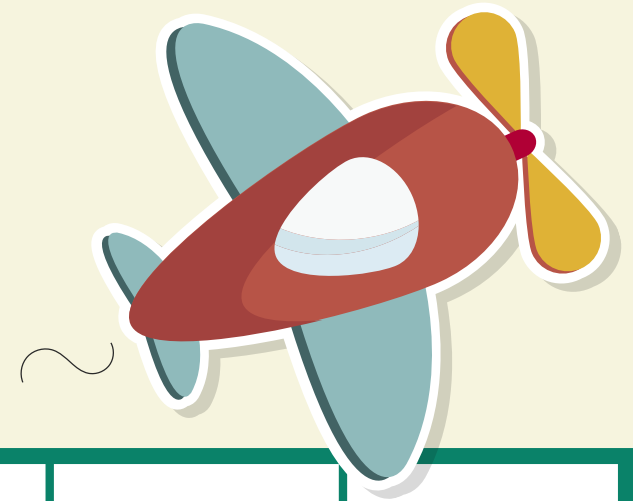
## The Weeks Ahead

- Do not compare your child to other children of their age. All children are unique. Your child will learn and develop in their own way.
- Teach your child to be organised. Make a daily schedule with your child. Having a set routine will help them to be organised. Having a specific place where they store their school bag and books can be helpful.
- Establish a good relationship with your child's teacher. Getting off to a good start with the class teacher means that you will be comfortable approaching them if you have any concerns throughout the year.



# October

Behind every young child who believes in themselves is a parent who believed first



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| 11                 | 12  | 13  | 14  | 15  | 16  | 17  |
| 18                 | 19  | 20  | 21  | 22  | 23  | 24  |
| 25<br>Bank Holiday | 26  | 27  | 28  | 29  | 30  | 31  |



Supporting Transitions in the lives of Parents and Children

