

# How I grow and learn

My Journey to school



# How I grow and learn



Learning happens everywhere and all the time for babies, toddlers and preschoolers. Your child's experiences in these early years lay the foundation for their learning in later years.

Babies are born ready to learn, and their brains develop through interactions. So your child needs a stimulating environment with lots of different activities that give them plenty of ways to play and learn. They also need lots of chances to practice what they are learning.

Sending your child to school may seem a long way off but the more opportunities you can provide for children to play and learn the better prepared they will be when the time comes.

Babies and young children learn best when they have warm, engaged and responsive relationships with their main carers. So you have a vital role to play in helping your child learn through these early years.

You are your child's first teacher, and your child will keep learning from you as they get older.

Your child's relationships with you, other family members and carers are the foundation for healthy learning and development.

Lots of time spent playing, talking, listening and interacting with these people helps your child learn the skills they need for life, like communicating, thinking, problem-solving, moving and being with other people and children.

# School Readiness...

## Important points for parents and carers:

### During pregnancy

- When you talk to me, I can hear you and I get to know your voice.
- When you sing to me, I feel settled and safe and it helps me grow and develop.
- When you eat, I grow.
- When you stroke your tummy, I feel safe.
- If you take care of yourself, you're taking care of me.



## For children 0-2 years

- When you talk to me, I know I am important to you.
- Hold me close and cuddle me let me see your face, this makes me feel safe and I learn about faces and recognise emotions.
- When you talk to me, I will learn new words and I will try to copy.
- It's fun when we play together and I learn from you.
- I like it when we look at picture books together. I learn new words and start to recognise objects.
- Let me explore my world so that I can learn about it. Let me play on my tummy, on my back and let me touch and feel things.
- When you sing to me, I start to recognise words, patterns and rhythms. I love to hear stories and nursery rhymes too.
- When you feed me healthy food, I will grow and develop. I will let you know when I am hungry and when I am full.
- When I am ready let me try new foods, explore how it feels, looks and tastes. I might be messy but I learn a lot.
- I need to see other people and play with other children.

### **It is also important that...**

- I regularly see the dentist to make sure my teeth are healthy.



- I have my immunisations to protect me from infection and serious diseases
- I have my health checks to make sure I am growing and developing well and to help me if I need additional support.
- You seek advice when I am not well e.g. from a pharmacist, health visitor or Doctor.



## For children 2-4 years

- I like it when we share books together, and make up our own stories.
- I like it when we talk about my day.
- I like to have some routines and boundaries as this helps me to feel safe and understand the world around me.
- Help me to have a healthy diet so I can continue to grow and develop.
- I like to play with others but I also like to play on my own at times.
- I would like to be able to do things for myself like go to the toilet, get dressed, wash my hands, brush my teeth but you may need to help at times.

## It is also important that...

- I regularly see the dentist to make sure my teeth are healthy.
- I have my immunisations to protect me from infection and serious diseases
- I have my health checks to make sure I am growing and developing well and to help me if I need additional support.
- I see other people and play with other children.



All of these help me to learn new things.

I like to explore but I look to you to keep me safe.

I need time to rest to take in what I have learnt today.

I might have some additional challenges that require some specialist support or equipment to help me to achieve my personal aspirations. Please speak to my Doctor or Health Visitor if you think this might be the case.

## What can I do to help my child grow and learn

There are lots of things that you can do to help your child grow and learn including activities within your community.

Visit your library [www.shropshire.gov.uk/libraries](http://www.shropshire.gov.uk/libraries)

Family Information Service directory, has information on a wide range of services/activities visit:

<https://shropshire.gov.uk/early-years-and-childcare/parents-and-carers/shropshire-family-information-service-0-19-years/>  
or phone 01743 254400

Shropshire 0-19 Public Health Nursing Service  
[www.shropscommunityhealth.nhs.uk/health-visiting](http://www.shropscommunityhealth.nhs.uk/health-visiting)

NHS Choices <https://www.nhs.uk/>

Dentists: Need help to find an NHS Dentist?

Call 0113 824 7343 Monday – Friday 8:30am to 5pm

Childcare Choices <https://www.childcarechoices.gov.uk>

## Who can I speak to if I am concerned or want support?

0-19 Public Health Nursing Service

Phone 0333 358 3654 or

Text Health Visitor: 07520 635212 or School Nurse: 07507 330346

Talk to your Midwife, Specialist Public Health Nurse (health visitor/school nurse) Childcare Provider, Nursery or School