

## **Resources to Support School Readiness: Nurturing Young Brains 1.5hr Workshop**

### **Supporting Video Clip from the workshop:**

- The Triune Brain (voice of the child):  
<https://www.youtube.com/watch?v=eVhWwciaqOE>

### **Hampshire Healthy Families:**

- Selection of FREE parent workshops and courses to help families with children aged 0-19 years
- Health information for children aged 0-19 years, including support for anxiety and mental health concerns via: **Healthier Together, Health for Under 5s, Health for Kids** – select icons from Hampshire Healthy Families Portal Page:  
<https://www.hampshirehealthyfamilies.org.uk/>

- **Childhood Vaccinations:**

<https://what0-18.nhs.uk/parents/carers/keeping-your-child-safe-and-healthy/childhood-vaccinations-essential-information>

- **ChatHealth** text messaging service for the health visiting & school nursing teams – select icon from Hampshire Healthy Families Portal page or access via: <https://www.hampshirehealthyfamilies.org.uk/chathealth>

### **Hampshire County Council:**

- Hampshire School Readiness Leaflet (3 pillars): A great simple tool with a Ready Child, Ready Family and Ready School checklist & signposting for local support
- Hampshire Starting School & Applications Guidance:  
<https://www.hants.gov.uk/educationandlearning/admissions/applicationprocess/changeorlateapplication/startingschool>
- Guidance and information for **inclusion** in early years settings and school for Special Educational Needs & Disabilities (SEND) or development concerns:
  - School transition support
  - SEND for over 5s
  - Hampshire Local Offer
  - EMTAS (Ethnic Minority & Traveller Achievement Service)
  - Hampshire SENDIASS (Special Educational Needs & Disability Information, Advice & Support Service) for parents & carers:  
<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/childcare/developmentconcerns>
- Play Ideas for Families at Home; Home Learning Environment:  
<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/childcare/home-learning-environment>
- HC3S School Meals (Menus):  
<https://www.hants.gov.uk/educationandlearning/hc3s/education-catering/menu-primary>

**Childcare Choices:**

- Do you wish to find out more about childcare choices and **free funded places** for a preschool child? Find out more via:  
<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/childcare/payingforchildcare/freechildcare>

**PACEY (Professional Association for Childcare & Early Years):**

- School Readiness Parent Toolkit: Guidance, resources & activities for Preparation, Starting & The First Year:  
<https://www.pacey.org.uk/parents/toolkit/>

**BBC Tiny Happy People & Hungry Little Minds**

- Ideas & activities for play including the evidenced most impactful activities for learning at home:  
<https://www.bbc.co.uk/tiny-happy-people> &  
<https://theinstituteofwellbeing.com/hungry-little-minds/>

**Chat Play Read (CPR) – National Literacy Trust:**

- CPR – great age-appropriate activities to encourage good communication & language development:  
<https://wordsforlife.org.uk/activities/chat-play-read-interactive-activity-booklets/>

**Words for Life & Speech and Language UK:**

- Super resources, ideas, songs & rhymes, and support for children's speech & language development:  
<https://www.wordsforlife.org.uk/> & <https://speechandlanguage.org.uk>

**ERIC:**

- Guidance for toileting with young children, including top tips & fun resources to help your child:  
<https://www.eric.org.uk/>

**ROSPA:**

- Teaching Road Safety: A Guide for Parents:  
<https://www.rospa.com/road-safety/Resources/Free>

**Better Health Healthier Families:**

- Healthy meals and lunchbox ideas and ways to stay active for at least 180 minutes a day:  
<https://www.nhs.uk/healthier-families/>

**First Steps Nutrition:**

- Healthy Meals for families, lunchboxes, vegan diets:  
<https://www.firststepsnutrition.org/eating-well-early-years>

**Allergies:**

- What to do if you're worried about allergies:  
[At School](#) | [Allergy UK](#) | [National Charity](#)

**Sleep Council:**

- Guidance for healthy sleep routines – top tips:  
<https://sleepcouncil.org.uk>

**Place2Be Talking to children about coronavirus:**

[www.place2be.org.uk/coronavirus](http://www.place2be.org.uk/coronavirus)