

**Hampshire
Healthy
Families**

Today's Health, Tomorrow's Future



NHS

Southern Health
NHS Foundation Trust

**Believe in
children**



Barnardo's

School Readiness Workshop

(Suitable for families with children 3 +)

Based on the Five to Thrive approach, along with the Ready Child, Ready Family, Ready School model, you will discover what you really need to know about a smooth transition to school.

The course expands on the topics covered in our 1½hr School Readiness Workshop, exploring in greater depth, the fascinating way in which your unique child develops, how you can support their learning journey and form an effective partnership with the school.

Starting school can provoke many questions, feelings, and emotions for you and your family, including:

- Will my child be physically & emotionally ready for school when the time comes?
- Do boys and girls learn differently and what influences them?
- How can I help my child to become more independent?
- What resources will my child need for starting school?
- How will I cope when my child starts school?
- Should I expect changes to my child's behaviour, is that normal?
- How will the school help me and my family to settle and feel included?

To book your free space please visit:

<https://www.eventbrite.co.uk/o/hampshire-healthy-families-hhfbarnardosorguk-18591502869>