



Salford Care Organisation
Northern Care Alliance
NHS Foundation Trust

Getting ready for School IN Salford

These ideas will help you and your child prepare for school



Libraries:
www.salfordcommunityleisure.co.uk/libraries/our-libraries

Speaking & Literacy

- Read stories and look at picture books with your child as much as you possibly can.
- If your child has a dummy, use it only for sleep time so that it doesn't hinder your child's speech.
- Help your child to talk about themselves, their needs and feelings

Physical development

- Help your child to be physically active by giving them opportunities jump, run, walk, dance and balance.
- Help your child to brush their teeth twice a day.

Childrens Activities:
www.salfordcommunityleisure.co.uk/whats-on/childrens-activities

Listening & Understanding

- Help your child to sit still and listen to a short story
- Help your child to understand and follow clear safety rules such as "hold my hand when we walk along the road"
- Give your child opportunities to play with other children so they can share toys and take turns

Self Care

- Help your child to be able to wipe their nose by themselves
- Teach your child to dress and undress themselves as much as they can.
- Support your child to have a good bedtime routine so that they aren't feeling tired

Healthy Start helps parents to buy healthy food and milk:
www.healthystart.nhs.uk



Eating

- Help your child to feed themselves using a knife, fork and spoon.
- Support your child to eat healthy foods
- Only offer your child milk and water to drink

If you would like more support, please contact your 0-19 service (School Nurses & Health Visitors):
www.northernalliance.nhs.uk/our-services/childrens-0-19-universal-services

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Toileting

- Help your child to go to the toilet on their own, wipe themselves and flush the toilet
- Teach your child to wash and dry their hands without any help

Independence

- Encourage your child to tidy up their own toys and belongings.
- Where you have the opportunity, help your child to get used to being away from you for short periods of time.

Family Hub Activities and Sessions:
www.mybestlife.org.uk/Salford-Family-Hubs



For more information call
0161 778 0384

For more information:

Holiday Activities and food programme (HAF)

Children and young people aged four to 16 who are eligible for benefits related free school meals can access a range of fun free activities throughout the year. Funded by the Department of Education, Salford's Holiday Activity and Food programme is a package of support for children and young people on benefits related free school meals.

The programme provides free access to multiple activities and food during Easter, summer and winter school holidays. Whether its arts and crafts, dance, sports or drama, Salford's HAF programme has something for everyone!



www.salford.gov.uk/haf

Family Hubs

Salford Family Hubs are places in the local community where different organisations, including the community and voluntary sector, work together, to offer a one stop shop, for families with children aged 0 -19 and up to 25 for children and young people with SEND. We have lots of activities and sessions for children, young people and families in Salford, as well as a range of resources to support with antenatal, postnatal, child health, targeted early help, relationships, parenting, SEND provision, perinatal parent infant mental health services (PPIMHS) and youth service provision.



www.mybestlife.org.uk/Salford-Family-Hubs

Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. You can use your card to buy milk, formula and healthy food. You can also use your card to collect Healthy Start Vitamins.



www.healthystart.nhs.uk

Salford Community Leisure

Salford Community Leisure provide a range of activities after school and during school holidays for children and families. Sessions and events run from local libraries, gyms, museums and art galleries. SCL offer activities specifically for children with SEND such as dance classes, choir, swimming sessions and sensory bags are available at some venues.



www.salfordcommunityleisure.co.uk/whats-on