

# Ready to learn with Coltale



Get your child  
ready for school



# What is ready to learn?

Being “ready to learn” means your child is ready to explore new things. For a 4-5 year old, this means feeling curious, calm, and excited to discover the world of school.

Young children learn best when they feel safe and supported. You can help by creating a positive environment where your child can play, ask questions, and try new activities without fear of making mistakes.

Making sure your child gets a good night’s sleep, breakfast and is feeling healthy is an important part of being ready for school. A tired and hungry child finds it harder to focus or enjoy activities. Routine also helps when children know what to expect, they feel more confident and ready to participate in school activities.

Learning at this age should be fun and active. Singing songs, reading stories, playing games, and exploring outside will help your child learn new skills. Encourage curiosity by asking questions and letting your child share their ideas. Praise their efforts, not just their results.

Being ready to learn means feeling happy, curious, and confident that every day brings a new chance to grow and discover something wonderful. You can help your child by supporting them in developing skills so that they are healthy, confident and ready to learn!



# I can...

hold a pencil  
and make  
marks

say how  
I feel

recognise  
some  
numbers

run, jump  
and climb

think and  
solve a  
problem

listen  
carefully

take turns

eat my food  
on my own

dress myself

use  
the toilet

clean my  
teeth



# SEND: Ready to Try

For children with special educational needs and disabilities (SEND), these skills may look different, but they are just as important for helping to get ready for school. For example:

- Using words, sounds, signs, pictures, or other ways to communicate needs and interests.
- Enjoying stories, songs and recognising their own name in ways that are meaningful to them.
- Enjoying problem-solving activities for example sorting or matching objects, counting with support, and enjoying simple cause-and-effect or puzzle activities.
- Learning to take turns, playing, learning alongside others, and beginning to understand and express emotions.
- Developing fine and gross motor skills for activities such as drawing, making marks and construction toys. Moving confidently in their own way, and working towards personal care skills'.
- Making relationships with trusted adults who can support them in developing their independence skills.



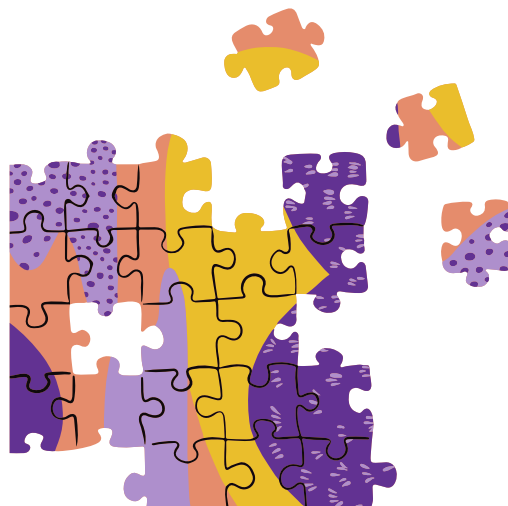
# Why is this important?

When children start to develop key skills that help them do well they continue to develop and achieve good outcomes that will support them into adulthood. Some of the most important skills are:

- Language: Being able to understand and use words, enjoy books and learn to read.
- Understand numbers, count and solve simple puzzles.
- Take turns, share and manage emotions.
- Use hands for things like drawing or cutting.
- Move confidently, try physical challenges and use the toilet independently.

Research shows children do better when families and early years settings are supportive and encouraging and celebrate the uniqueness of every child.

Together these skills help children feel confident in the classroom, engage in learning, and build on their success as they grow.



# Supporting you as a Parent

Research shows that children are more likely to do well in school and in life when parents and families have access to:

- Good maternal and paternal mental health.
- Learning activities at home with their child, such as reading, talking, and play.
- Regular physical activity with their child to support early brain development.
- Secure, loving relationships that help children feel safe and supported.
- Consistent routines and positive parenting practices.
- Opportunities for social interaction with other children and adults.
- Support with nutrition and healthy eating habits.
- A stable home environment, including safe housing and financial security.
- Access to parenting support programmes.
- Early identification and support for developmental or emotional needs for you and your child.
- High-quality early education and health support for you and your child.



# Tips on using books

- Read books about starting school to help your child feel prepared.
- Pause while reading and ask questions like “How do you think the character feels?” or “What would you do?”
- Connect the story to real life, e.g., relate the character’s school routine to your child’s routine.
- Re-read favourite books to build familiarity and confidence about school situations.
- Use books to discuss problems such as making friends, feeling shy, or following school routines.
- Act out parts of the story through role-play or play with toys to practice school situations.
- Talk about feelings in the story so your child can understand and express their own emotions.
- Focus on positive aspects of school like learning, activities, and meeting friends.
- Let your child choose which book to read so they feel more interested and involved
- Have fun learning together!



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