

# Nottinghamshire Children's Centre Service



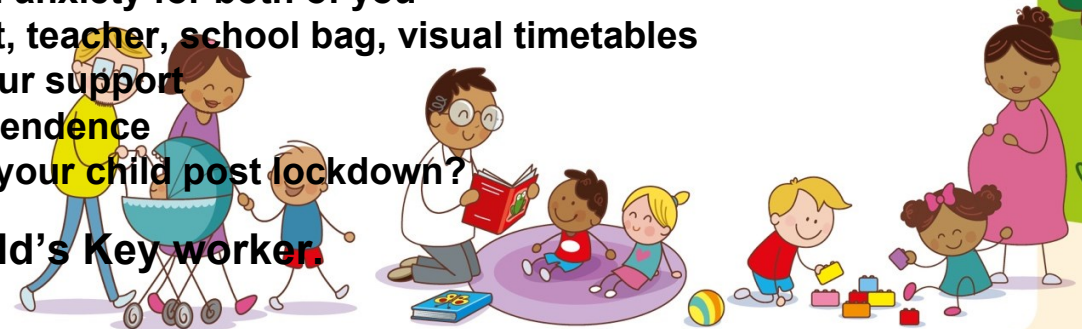
## Transition to school

As your child is due to start school in September, we wanted to share with you some ideas that we can offer to support both of you to get ready for the next stage of this journey. This service can be tailor made to suit your families individual needs. This service can be delivered in several ways from email support, or telephone contact through to 1-1 socially distanced visits and conversations. We are always here to help.

Things we can offer you are:

- All about me activities – self-portrait, comforters, health information, toilet training
- Play, listening and communication – talking walks, stories and singing. Understanding social cues and the emotional needs of your child
- Virtual chats – Support for parents, separation anxiety for both of you
- My school – getting to know my school, layout, teacher, school bag, visual timetables
- Routines and boundaries – Sleep and behaviour support
- Self-help skills for children and building independence
- Facing the world – what does this look like to your child post lockdown?

To access this service please talk to your child's Key worker



W: [nottinghamshire.gov.uk/childrenscentreservice](http://nottinghamshire.gov.uk/childrenscentreservice)

...giving children the best start



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