

# A Flying Start to School



## Active Children

- Running, climbing and jumping develops physical skills
- Drawing, jigsaws and craft gets ready for writing
- Be active for 3 hrs a day (NHS advice)
- Limit technology and TV time

## Inquisitive Children

- Follow your child's interests
- Discuss what you see, hear, feel, smell and taste
- Count, sort and measure in everyday activities.
- Explore nature and get out in the fresh air



**Flying Start**  
**0-5 years**

## Healthy Children

- Involve your child in cooking healthy meals
- Visit the dentist and help them brush their teeth
- 11 hours of sleep at night recommended (NHS)
- Encourage your child to be independent when going to the toilet and washing hands

## Social Children

- Play games together
- Model language to help children describe their emotions
- Mix with other families and children
- Make meal times a time to talk

**For more information:**

**[www.westberks.gov.uk/flyingstart](http://www.westberks.gov.uk/flyingstart)**

**Accelerate your child's learning from the ground up....**

**Chat and sing to your child**  
**Give lots of cuddles, smiles and praise**  
**Join the library and look at books together**  
**Play together inside and outside**



**WestBerkshire**  
C O U N C I L