

Want to find out more?



TIP SHEET
FOR PARENTS OF **3-11** YEAR OLDS

HELPLINES & WEBSITES

- **Manchester Children's Information Service**
0800 083 7921
www.manchester.gov.uk/children/parents
– for copies of tip sheets and other leaflets, parenting courses and local services/events
- **Parentlineplus**
0808 800 2222
www.parentlineplus.org.uk
- www.bbc.co.uk/parenting



Visit your local library for more information and access to the internet

For more information and support, you could try talking to your:

- CHILD'S TEACHER
- SCHOOL NURSE
- GP

BOOKS

- **Help Your Child To Succeed**
by Bill Lucas and Alistair Smith
(Published by Network Educational Press)



In this leaflet, the term 'parent' includes carers, such as grandparents, foster carers or step-parents



You are the most important teacher in your child's life – you can really make a difference to their learning.

They **value praise** from you more than from anyone else – and it gives them the **confidence** they need

to achieve. **Sharing** new experiences and doing everyday things together helps them **develop skills** and learn about the world.



Build a good relationship with your child's school – and show an interest in what they are learning.

Plenty of sleep and healthy food will help your child think and learn.

ਵਿਜ਼ ਪੜ੍ਹੇ ਲੀ ਵਧੀ ਪੰਜਾਬ ਵਿਚ ਸੈਂਟ ਕਲੀ ਵਿਰਧ ਵਰਕੇ 'ਚਿਲਡਰਨਜ਼ ਚਿਲਡਰਨਜ਼ ਸਰਵਿਸ' ਤੇ 0800 083 7921 ਤੇ ਸੰਪਰਕ ਕਰੋ

للحصول على هذه المنشورة باللغة العربية الرجاء الإتصال بالهاتف بدائرة معلومات الأطفال على الرقم 0800 083 7921

Si aad ku hesho nusqada warqad yarahan iyadoo af Soomaali ah faadlan telefoon u dir Adeega Warbixinta Caruurta ee 0800 083 7921

اگر آپ کو یہ پبلک اڈریس چاہئے تو چلڈرن انفارمیشن سروسز کو 0800 083 7921 پر فون کیجئے

لغفاً برای دریافت این جزوه به زبان فارسی با سرویس اطلاعات کودکان

(Children's Information Service) به شماره 0800 083 7921 تماس بگیرید

加拿大取道傳單的中文版，請致電 0800 083 7921 聯繫兒童資訊服務

বাজার এই নিবন্ধটির একটি কপি ক্রমা দ্বা কবর টেলিফোন করুন বাচ্চাদের ডায়েরি সার্ভিসে 0800 083 7921 এই নম্বরে।



At home...

NEW EXPERIENCES

Join the library as a family – there are lots of **fun** things to do there. Manchester has lots of **free** family events and activities for children. Look at www.familyfriendly.org.uk for information.

Exercise and fresh air are good for your child's brain – do **active** things together.

DEVELOPING SKILLS

Play **games** with your children to help teach numbers, words, memory and social skills. Board games, cards, singing or guessing games are all good.

Ideas from www.bbc.co.uk

Let them **help** with cooking or jobs around the house. **Make** something together.

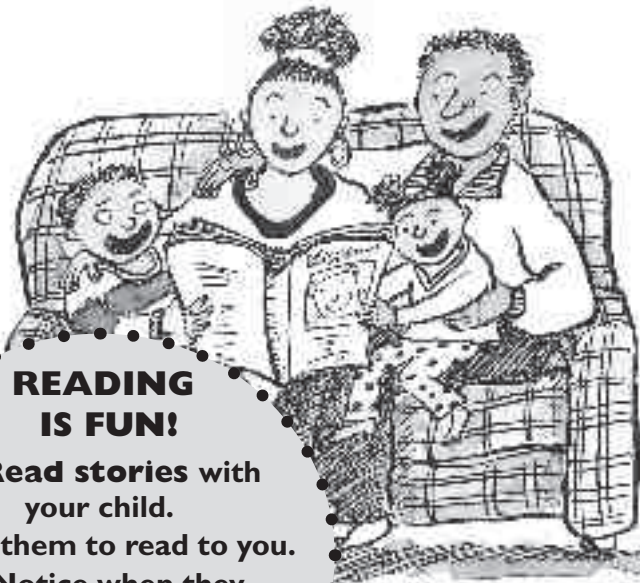
FOOD

Children need energy to enjoy learning.

Give your child as **healthy** a diet as you can with plenty of fruit and vegetables – and wholegrain cereals or bread to give them **energy** all day.

GIVE THEM ATTENTION!

Talking helps your child develop – make time to **chat** about their day and yours.



READING IS FUN!

- Read stories with your child.
- Get them to read to you.
 - Notice when they learn new words.
 - Share funny things you read in the paper.

REST

Children need enough **sleep** – from around 12 hours at age 3, to around 9 hours at age 11.

Stick to a set bedtime and **routine** on school nights.

Make the hour before bed a quiet time – wind down with a bath or story.

TURN OFF THAT SCREEN!

- Cut down your child's time with TV, computer or playstation – give them time for more active things.
- Find programmes you can watch together and try educational computer games.

At school...

KEEPING IN TOUCH

Expect school to take your child's needs seriously. Ask for help if your child has learning or behaviour problems.

Talk to school if you have any worries about your child.

Show your child you are working with the teachers and that you respect them.

TAKE AN INTEREST

- Take every chance to go into school and get to know school staff - remember to appreciate them.
- Visit your child's classroom to see their work and what they are learning.
- Go to parents' evenings – show teachers you have high expectations for your child.
- Help with homework – ask school for support or information if you need it.
- Look on www.parentcentre.gov.uk for ways to help your child with reading, writing or topics at school.

START EARLY!

Every 3 or 4 year old can have a free part-time place in a school, nursery or playgroup. Ring the Children's Information Service (see back page)

GETTING TO SCHOOL

Cut out stress — set a morning routine that leaves plenty of time for getting to school.

Help them get things together the night before school.

Make sure you know what they need.

BOOST YOUR CONFIDENCE!

Find out about family learning and parents' courses – there's plenty going on to help you support your child.



CONFIDENCE AND PRAISE

Show you believe your child will do well. Praise them when they try hard. Find ways to boost their confidence if they have problems.