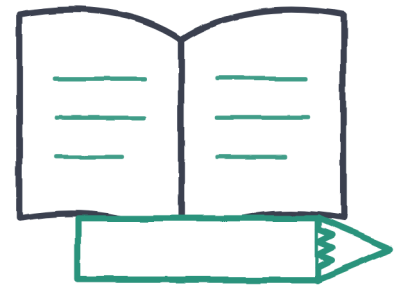


FACT SHEET • PRIMARY

Helping Your Child Get Ready to Learn

A child who arrives at school hungry, rushed or unsettled is not in the right state to learn, however capable they are. The brain needs to feel safe and steady before it can take anything in. Getting ready to learn starts well before the school gates, in the shape of the morning and the night before. Here's what helps most.



TIP 1

Protect the morning routine

A calm, unhurried morning sets the tone for the whole school day. Lay out clothes and pack bags the night before so the morning has fewer decisions to make.

TIP 2

Never skip breakfast

A hungry brain can't concentrate, however good the intentions. Even something small and quick, such as toast, a banana or a yoghurt, makes a real difference to how the morning goes.

TIP 3

Talk about the day ahead

A quick mention of what's coming up, such as a test, a new topic or PE kit needed, helps your child feel prepared rather than caught out once they get there.

TIP 4

Say goodbye warmly and briefly

A long, anxious goodbye at the gate can unsettle a child who was otherwise fine. Keep it short, warm and the same each day, then leave with confidence.

TIP 5

Sort worries the night before

A lost letter, forgotten reading book or unfinished homework found at eight in the morning creates panic that has nothing to do with learning. A five-minute check the evening before heads it off.