

# “Challenges for Infant School”

Helping your child’s  
development

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# School Readiness and Learning

- 40% of children in Greater Manchester not “school ready”
- Social/emotional development is key

- Cognitive ability is less important for school readiness

## Key Skills

- Attention
- Co-operation
- Engagement

- Self care skills

## 3 Skills Areas

- Academic//persistence
- Social
- Emotional

# How can we help?

- Prompting
- Modelling

- Praising

## Coaching through play

- Use of child-led play
- Observing play and commenting on it positively (descriptive commentary)

- Avoiding asking too many questions
- Focusing on an area which needs supporting eg. concentration, taking turns, staying calm

## Emotion Coaching

- Introducing “feelings” vocabulary
- Validating/acknowledging the feeling

- Offer suggestion of positive outcome
- Try not to over problem-solve
- Use of imaginative play- books, puppets, small world figures to role play



# Managing Anxiety

- Praise appropriate “brave” behaviour
- Validate/acknowledge and normalise the feeling – bring out the VAN!
- Give attention to the desired behaviour, not the anxious behaviour
- Don't reassure excessively-set limits around this

- Tackle change using small steps and expect setbacks- discourage avoidance

## Praise and resilience

- Praise encourages compliance and repetition of desired behaviours
- Needs to be specific, immediate and authentic

- Praising the effort leads to increasing the likelihood of success and increased confidence
- Setting a limit can build resilience
- Resilience helps children develop and learn

## Use of reward systems

- Choose one or two positive behaviours

- Remember child's age and development and ensure the child is motivated
- Use social rewards as re-inforcers- praise, hugs, kiss, thumbs up
- Build up to the desired behaviour in small steps
- Keep it consistent and simple and keep monitoring!

# Use of reward systems

- Aim for success- start with something they are already doing- make it realistic
- Be creative- use stickers, grab bag, lego tower, pebbles or anything else your child enjoys
- Don't give the reward until you see the correct behaviour- otherwise it's a bribe!

- Move on when the behaviour is well-established

## In Summary!

- Remember that for learning to be effective, children need to have acquired emotional regulation and social skills

- Concentrate on positive attention through play, coaching and use of praise and incentives
- Strategies used to manage challenging behaviour will not work if there is too little positive attention

