

Early Years Foundation Stage

Here are some suggestions to help your child develop emotional resilience when they start at St. Columba's School. We would like children to be able to...

- Happily separate from their main carer upon entry to school.
- Develop the skill of entering school willingly with a positive attitude.
- Show some level of responsibility for personal care and hygiene: asking for items they may need; washing their



- own hands; using the toilet independently (where possible); helping themselves to drinks when needed etc.
- Manage their own belongings by hanging their own coats and bags up independently.
- Once learned, being able to place their drinks bottle in the correct location.

How can you help as a parent/carer?

- Remain focused on an activity for approximately 5 minutes, making a related comment where possible.

- Develop self control in response to unexpected events: managing emotions when things do not go to plan.

- Identify and express their feelings at their level of development, for instance, 'sad, happy'.

- Begin to take responsibility for their own and other's learning by sitting, listening and looking at the adult.



- Show an interest in learning by putting their hands up, making comments and answering questions.

- Begin to take pride in their work.

- Allow your child to independently carry their belongings.

- Encourage your child to learn how to wait patiently.

- Encourage your child to keep on trying.

- Give your children lots of time to play which will build confidence and motivation to try new things.

- Talk to your child about their feelings and help them to label them.

- Teach your child to solve problems and resolve conflicts by helping them identify the problem; think of a positive