

An  
introduction  
for parents  
and carers



# Welcome to Good Start Great Start!

We hope you and your child will have a wonderful time with us and enjoy the six sessions of this programme.

Good Start Great Start has been carefully designed to support parents and carers with young children of 3-5 years of age.

Families with children who will soon be leaving nursery in order to start school or may perhaps have even recently started in their new reception class will particularly benefit from taking part. We call this important period "transition" and Good Start Great Start has lots of elements which directly support children and families at this time.

During the Good Start Great Start programme you and your child will be taking part in some simple and enjoyable activities which are designed to create not just a good start, but a great start to your child's learning journey. All the activities have lots of theories and research behind them which underpin their value and they all work together in order to develop and strengthen the sorts of skills which will help your child to be ready to learn and to settle more quickly into life at school.



ASAS focuses on things like:

- Active listening
- Attention and concentration
- Language development
- Following instructions
- Task completion
- Building independence
- Supporting social and emotional development
- Developing routines and structure
- Broadening an understanding of the world around us
- Opportunities for physical development
- Foundations of mathematical awareness
- Creative and critical thinking



## What happens in the programme?

GSAS has six sessions each of which last about an hour and a half and follow a similar agenda.

### Good Start Great Start AGENDA

#### SUPER SNACKS

We share a simple nutritious snack together



#### MAKE AND DO

We complete a different fun and practical task each week

#### ME TIME

We have some play and chat time with our peers



#### STORY TIME

We look in a bag and make up some stories together about the things inside

#### MAKE A MEMORY

We write and draw in our memory book



#### ALL JOIN IN

We sing and talk all together



The adult's "ME TIME" is often one of the most popular items on the GSAS agenda. During this part of the session you have the chance get to make new friends and to talk about the ups and downs that we all face in the challenging role of caring for our young families. Each "ME TIME" session follows a theme and you will also be given some home-play resources and suggestions for things you can take away to do at home.

The ME TIME themes include things like:

- Introducing the programme content in more depth
- Tips for managing challenging behaviour
- Stress management and self care
- Communication skills and top tips
- Building independent and resilient learners
- Getting ready for school

## EVALUATION



Good Start Great Start (GSGS) is evaluated and so we ask all our participants to complete two confidential questionnaires. One before you start the programme and one afterwards. This is so we can measure any changes you might experience and learn more about how to continue to improve the programme. You will receive a letter explaining all about this and also have a chance to talk to a member of staff and ask any questions.

When you have completed GSGS you and your child will receive a certificate in celebration of your achievement.



Here are some of the things other parents have said about taking part in Good Start Great Start

“This has been so invaluable for us. Thank you!”

“My child has really enjoyed taking part and I have made many new friends.”

“I wish that every parent could do it, we both have more confidence now.”

“I was very shy about taking part but I am so glad I did it. I have learnt lots.”

“The resources have been very helpful.”

“I felt so looked after and my child loved it.”

“I believe in myself now, I’m actually a really good mum.”

“I have learnt some really good techniques for communicating with my son.”

“I think its hugely beneficial”

