



Taking part in the BHBF programme will help you to make sure that you and your child are ready to make the change from being at home to going to school.

Support from Home-Start is free and confidential, your volunteer will visit you at home once a week and will respect your privacy.

Home-Start is a national charity with hundreds of schemes up and down the country and we've been supporting families for over 40 years.

All our volunteers are recruited and trained by paid workers in local schemes and they undergo criminal record checks before being carefully matched to a family.

## Big Hopes Big Future

**Supporting parents  
and their children to  
be ready for school.**



For more information, please contact:

Home-Start Portsmouth

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# What is school readiness?

School readiness can be recognised by a number of factors which can be achieved by a stimulating home environment.

- Arriving at school fed and on time
- Playing and sharing with other children
- Using the toilet
- Understanding simple hygiene
- Dressing and putting on shoes
- Eating and drinking unaided
- Coping away from parents
- Recognising own name

There may be one or two of these steps that you feel you and your child could use some help with. That's where Home-Start Portsmouth come in!

Specially trained volunteers will help you engage with your child's early learning and help to establish good bedtime and morning routines.



Volunteers can also help you to access services such as the family hubs and toddler groups. They will help you to use positive reinforcement and praise and support you to create a positive home learning environment.



At the end of the first visit, your volunteer will be asked to fill in a 'BESSI' form (Brief Early Skills and Support Index). This allows us to measure your child's progress from the start to finish of the support. It is based on what the volunteer has observed and they may ask you to score some questions that they have not been able to. For example, they might ask you if your child:

- Can play with lots of children his or her own age
- Does not need help using knife and fork