



Getting Ready to Learn (GRtL) 2025-26

We hope you are enjoying the programme.

www.gettingreadytolearn.co.uk



Getting Ready to Learn (GRtL) supports pre-school education settings with Department of Education funded places to encourage and develop parental involvement in children's early learning. Settings can choose to deliver up to 4 themes.

Programme delivery includes parent information sessions and workshops/stay & plays, and lending packs with books and activities.

TRY TO REDUCE SCREENTIME

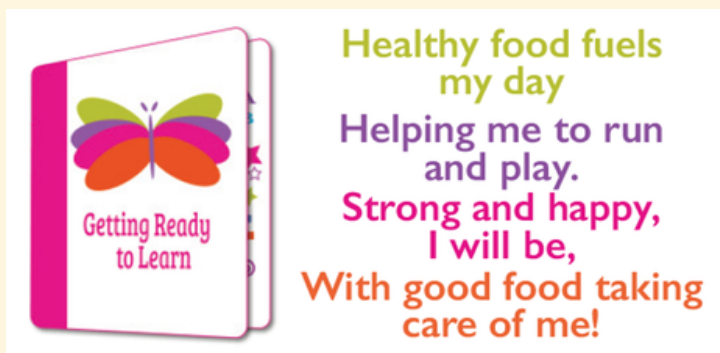
The World Health Organisation recommends **less than an hour** of screen time a day (phone, tablet, video game, TV) for 3-4 year olds.



2026 is the National Year of Reading

- Sharing a book is a great way to spend quality time together.
- It helps language & listening skills.
- Children love rhyme & repetition.
- Storytelling helps imaginations grow.
- Reading together shapes brain development.
- Reading boosts learning, confidence & wellbeing.





5 portions of fruit & vegetable



I need vitamins to help me grow and stay healthy.

Milk and dairy products



Milk, cheese and yoghurt gives me calcium to make my bones grow strong

Children under 5 need to eat regularly – 3 meals plus 2 or 3 healthy snacks each day.

Snacks should be sugar-free to prevent tooth decay.

Milk & water are the recommended healthy drinks.

A child's portion is smaller.

2 servings of protein



Meat, fish, eggs or beans/pulses help me grow big & strong.

Starchy carbohydrates at every meal



Some potato, pasta, rice or bread gives me energy



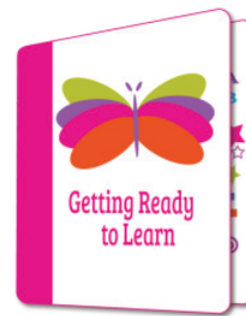
LET'S GET MOVING!



Between the ages of 3-5, children need at least 3 hours of physical activity every day. This helps gross motor skills - running, jumping, climbing.



Active children are happier, healthier and sleep better.



Move and play,
jump up high,
Dance and stretch,
reach for the sky!
Every wiggle,
every run,
Keeps us healthy
and full of fun.

HAPPY HEALTHY KIDS



Physical activity for early years (birth - 5 years)

Active children are healthy, happy, school ready and sleep better



Every movement counts

Aim for at least
180
Minutes per day
for children 1-5 years



Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019



Why not make your own playdough?

For a recipe and tips, check out

[CBeebies Parenting](#)



Have fun playing with the dough together



Fine motor skills are important too



Squeezing, building, fastening, cutting and puzzles all help with using cutlery, getting dressed and future writing skills.



GETTING READY TO LEARN



For more information
on Healthy Eating,
check out the
booklet:

[5 Getting a Good Start .pdf](#)



EarlyMovers.



Early Movers
have lots of
ideas for
physical
activities



Click on the images below or scan the QR codes for more information

**NHS
Healthy
Start
Scheme**

NHS

If you're pregnant or have
a child under the age of 4,
you could be eligible for the
NHS Healthy Start Scheme

To check if you're eligible
for Healthy Start, visit:
www.healthystart.nhs.uk

DoH
www.health-ni.gov.uk



TOGETHERNESS

Bringing the Solihull Approach to the world

Every interaction or chat you share with your child
can help grow their brain. Learn more about
understanding your child with **Togetherness**. The PHA
has funded access for all NIFAMILIES using the access
code below:

NIFAMILIES

