

# 'This Is Me!' – An Introduction

'This is me!' is a Christchurch initiative to encourage children develop their growing independence and provide support to families and children as they prepare for the transition between pre-school provision and their first year in school.

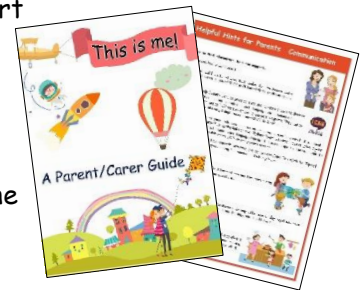
There are two booklets available.

The **small booklet** supports your child as they become more independent in a range of different areas to help them to be ready for life at school. These areas include using the toilet, enjoying mealtimes, getting dressed, following a routine, blowing your own nose, knowing about feelings and how to act and using words to communicate.



Each area is split into small steps that your child can complete in any order. When your child can successfully repeat one of the steps, talk to your early years setting. Your child can then mark this achievement on the certificate in the back of the booklet. You and your child will be able to celebrate their growing number of achievements.

The **large booklet**, available in early years settings and via their website, provides support and guidance for parents and carers. The pages are in the same order as the small booklet. A page will give you ideas including top tips, website links, places or people to contact and activities that you can do together.



All children are different and learn at different rates. They may be very confident in one thing but find something else tricky. That's fine and not all children will be able to do everything by the time they start school but if you have concerns or would like advice, please speak to your child's early years setting or your G.P, health visitor or the school nursing service. If your child is going to school soon and you have concerns you could contact the school your child will be going to.

Here are some more useful contacts:

**Family Information Service**, Dorset, Tel: 01305 221066

**Family Information Service**, Bournemouth, Tel: 01202 456222

**Christchurch Family Partnership Zone** - Email: [christchurchfamilypartnershipzone@dorsetcc.gov.uk](mailto:christchurchfamilypartnershipzone@dorsetcc.gov.uk)

Tel: 01202 225724 - People working with families come together to help and support children, young people and their families with any aspect of family life.

**Children's Centres** - These are run by the Partnership Zone. There are two in Christchurch helping families, from the time of pregnancy through to primary school providing services and activities, information and support. They organise a wide range of groups and activities as detailed on

<https://www.dorsetforyou.gov.uk/children-families/activities-for-children-young-people-and-families/childrens-centres/your-childrens-centre/childrens-centre-activity-programmes/christchurch-fpz-spring-programme-2019.pdf>

Alternatively, search for 'Children's Centre, Christchurch' using a search engine.

The address and contact details are;

Christchurch Children's Centre, 27 High Street, BH23 1AJ, Tel: 01202 225724

Somerford Children's Centre (in the grounds of Somerford Primary School) Draper Road, BH23 3AS, Tel: 01202 225724

**Citizen's Advice Bureau**, Christchurch, Tel: 0344 245 1291

If you have any questions about 'This is me!', your child's early years setting will be happy to help.