



Dear Parents,

We would like to introduce you to **SMILE**, a resource to help you support your child's development. It supports 5 crucial areas of learning that enable children to thrive;

- S**elf-talk and positivity
- M**indfulness and Manner
- I**ndependent skills
- L**istening and learning language
- E**xpressing emotions of self and other.

There is a breadth of research evidence that highlights the importance of why children need well-developed personal, social & emotional skills and language skills. This work starts when babies are born. These skills impact on your child's life long successes, in summary;

- These skills are needed for social, emotional, behavioural and academic success during their school years.
- They predict success in going on to further education, higher aspirations, vocational incomes and better financial planning.
- Lower rates of substance misuse, violence and crime and also mental wellbeing.
- Help to build healthier families and communities.

Children need to develop good language skills, be able to self-regulate their behaviour and emotions and understand things from different people's perspective. Attached to this letter is a checklist to support parents in understanding the range of skills their children need to develop.

Don't forget that as parents we need to... SMILE too! Children need parents who can...

Be Positive,

Be supportive,

Be consistent; across all the adults or older siblings in the home. Children need adults who are consistent across each day, week and even months! If our expectations of their behaviour or use of language is inconsistent then our children's development will also be inconsistent.

Hopefully, our **SMILE** resource will help you support your child and ensure that they are able to thrive when then start school and through life.