

Home Confidence Profiles – a key part of supporting practice

Home confidence profiles support:

- Collaborative conversations between school and family
- Family to share confidence in supporting educational outcomes

Purpose is to share insights, not to judge

Home profiles are not mandatory



Early Years

Home Confidence



Home Confidence details – Early Years

Communication and Interaction Confidence

Examples of parents and carers supporting children at home - to guide your answer:

- Respond to your baby's gestures, looks and sounds. When they look at you, make eye contact and talk with them.
 - Talk about everyday things as you go through your day. Ask them to bring you a toy, run and touch the table; sit on a chair; count the plates etc
 - Ask open-ended questions: “What do you think about?”
 - Help children build on their language skills by talking about their ideas and interests and showing that you have listened to them.
- talk about all kinds of feelings, including anger, joy, frustration, fear, and anxiety.
- Watch your child’s facial expressions and body language and show you understand intention.
 - Provide opportunities for children to see and read books; Ask the child how the characters might be feeling and talk about what will happen next.
 - Join in imaginative play with your child;
 - Use visual clues and reminders to help children follow routines
 - Use pictures or photos of the children themselves doing the activities and to help them to make choices
 - Slow down the rate of your speech, simplify your language and repeat new words and ideas often
 - Make sure you leave gaps for them to fill in - to reduce the number of questions you ask and emphasise the important words in the sentence (the ones that carry the information)
 - Use signing system used at your child’s setting
 - Break down instructions and wait until first is completed before next stage is introduced
 - Play word and turn taking games
 - Play sharing games
 - Sing nursery rhymes and songs together
 - Each day have a time when the noise level is low and distractions are kept to a minimum
 - Get your child’s attention when talking to them and encourage eye contact
 - Praise good attention and listening
 - When children are watching TV try to spend a few minutes talking with them about what happened, what they enjoyed, what might happen next time.

Home Confidence details – Early Years

Cognition and Learning Confidence

Examples of parents and carers supporting children at home - to guide your answer:

- Support your child to learn through movement, touch, exploring, and play.
- Encourage their strengths, interests, and abilities.
- Involve your child as much as possible in family life e.g. joining in with cooking, eating together, making time for play.
- When looking at books together, prompt your child to look at the pictures and respond appropriately when they show an interest in something on the page.
- Look at books together and share the experience. Read aloud to your child or talk to them about what you can see. If they are confident verbally, can they name any of the objects or identify any of the letters?
- Support early learning skills by reading stories, reciting the alphabet, colouring, copying letters, writing simple messages, and playing counting games.
- Respond to children's language and build on their ideas and interests.
- Use jig saws to develop their attention and focus.
- Reward them with praise, with words, and positive body language and support them to develop self-esteem.
- Use toys, games, motor activities and opportunities that will stimulate their imaginative play;
- Support them to concentrate by reducing distracting aspects of their environment as much as possible (a quiet place to play).
- Make learning at home fun
- Read to your child and as they get older ask them to read to you, siblings other family members
- Ask them to fill in words in stories, predict what might happen, draw a part of the story and cut out pictures. Give them a note with small tasks to do.
- Ask questions which encourage problem solving
- Play word games which increase memory skills
- Play number games
- Give tasks which involve counting –cutlery, socks etc

Home Confidence details – Early Years

Social, Emotional and Mental Health Confidence

Examples of parents and carers supporting children at home - to guide your answer:

- Play games involving turn taking and talk about how it feels to win and lose
- Role play any areas of difficulty e.g. how to ask for a toy from another child, how to start up a game, how to make good choices, how to say sorry.
- Be aware of changes in behaviour, not wanting to go to school, quieter, more challenging
- Promote good behaviour in social and family activities.;
- Support them to understand poor behaviour and help them to try alternative ways to make their feelings understood
- Be clear about how you expect your child to behave. Use when-then sentences like, “When you speak to me in a calmer voice, then we can talk this through.”
- Try to identify your child’s triggers to prevent a tantrum escalating
- Provide opportunities for activities including sharing toys and games with a friend or family member.
- Set routines for going to bed and getting up
- Routines for healthy breakfast each day
- Have a five minute slot to tell each other about your day - how did you deal with a difficulty – ask your child what they would do.
- Problem solving – give your child situations and ask them what they would do.
- Talk about feelings – being embarrassed, jealous, shy, frustrated.
- Be patient, re-assure and build confidence.
- Diary of the day – ask your child to give smiley/sad face for aspects of their day – understanding, friends etc

Home Confidence details – Early Years

Physical or Sensory Confidence

Examples of parents and carers supporting children at home - to guide your answer:

- Encourage child to crawl, pull themselves up and develop core strength.
- Ensure child is stable when playing with large toys and moving about.
- Provide child wide range of materials and textures to touch and explore.
- Support child to explore their environment and develop their senses.
- Use large sized crayons/ paint brushes etc for children who have difficulty holding small equipment.
- Use push toys to help with walking, balance, and to gain confidence moving around.
- Support for child to develop a range of skills including skills pouring drinks, turning taps, managing steps balancing & climbing.
- Help with exercises and/ or given by a physiotherapist or occupational therapist.
- Supporting child with use of braille or sign language.

Home Confidence details – Early Years

Independence Confidence

Examples of parents and carers supporting children at home - to guide your answer:

- Decide on area – getting ready for nursery, break down the tasks, establish routine, practice, praise, photo/video success; allow time; build on success.
- Let them assist you as often as possible cooking, shopping, choosing between healthy and less healthy options; managing money, time.
- Talk about how to do things safely and differently.
- Identify small steps - and build at child's pace.
- Build confidence; allow them to challenge themselves.

5 to 25

Home Confidence



Home Confidence details – 5 to 25

Communication and Interaction Confidence

Examples of parents and carers supporting children at home - to guide your answer:

- Use visual clues and reminders to help children follow routines
- Use pictures or photos of the children themselves doing the activities and to help them to make choices
- Slow down the rate of your speech, simplify your language and repeat new words and ideas often
- Make sure you leave gaps for them to fill in - to reduce the number of questions you ask and emphasise the important words in the sentence (the ones that carry the information)
- Use signing system used at your child's setting
- Break down instructions and wait until first is completed before next stage is introduced
- Play word and turn taking games
- Sing nursery rhymes and songs together
- Each day have a time when the noise level is low and distractions are kept to a minimum
- Get your child's attention when talking to them and encourage eye contact
- Praise good attention and listening
- When children are watching TV try to spend a few minutes talking with them about what happened, what they enjoyed, what might happen next time.

Home Confidence details – 5 to 25

Cognition and Learning Confidence

Examples of parents and carers supporting children at home - to guide your answer:

- Make learning at home fun and when doing homework use timers to ensure child does not fear homework and it is time limited.
- Ask if the homework can be differentiated and as they get older if it can be emailed to you.
- Read around a topic for your child for 10 mins a couple of times a week.
- Use post it notes on their door which reminds them what they need to take each day.
- Read to your child and as they get older ask them to read to you, siblings other family members.
- Ask them to fill in words in stories, predict what might happen, draw a part of the story and cut out pictures. Give them a note with small tasks to do. Ask them to find particular words (e.g. the) on a page of newspaper.
- Ask questions which encourage problem solving.
- Play word games which increase memory skills.
- Play number games.
- Give tasks which involve counting –cutlery, socks etc.
- Play money games and change giving.

Home Confidence details – 5 to 25

Social, Emotional and Mental Health Confidence

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- Play games involving turn taking and talk about how it feels to win and lose.
- Role play any areas of difficulty e.g. how to ask for a toy from another child, how to start up a game, how to make good choices, how to say sorry.
- Be aware of changes in behaviour, not wanting to go to school, quieter, more challenging.
- Set routines for going to bed and getting up.
- Routines for healthy breakfast each day.
- Have a five minute slot to tell each other about your day - how did you deal with a difficulty – ask your child what they would do.
- Problem solving – give your child situations and ask them what they would do.
- Talk about feelings – being embarrassed, jealous, shy, frustrated.
- Be patient, re-assure and build confidence.
- Diary of the day – ask your child to give smiley/sad face for aspects of school day – understanding, friends etc.

Home Confidence details – 5 to 25

Physical or Sensory Confidence

Examples of parents and carers supporting children at home - to guide your answer:

- Availability of equipment (e.g. headphones for auditory sensitivity, trampoline for sensory feedback).
- Help with equipment e.g. replacing batteries for hearing aids.
- Help with exercises and/ or given by a physiotherapist or occupational therapist.
- Supporting child with use of braille or sign language.
- Adjustment of diet / meals to accommodate sensory needs.
- Supporting child through activities that provide sensory input (e.g. playing catch and swinging/ spinning).
- Help with choosing clothing (e.g. sensory fabrics, velcro fastenings on shoes and clothing, seamless socks/ no socks, sensory friendly shoes).

Home Confidence details – 5 to 25

Independence Confidence

Examples of parents and carers supporting children at home - to guide your answer:

- Decide on area – getting ready for school, break down the tasks, establish routine, practice, praise, photo/video success; allow time; build on success.
- Let them assist you as often as possible cooking, shopping, choosing between healthy and less healthy options; managing money, time.
- Talk about how to do things safely and differently.
- Identify small steps - and build at child's pace.
- Build confidence; allow them to challenge themselves.