

How can my family help me get ready for Nursery?

Encourage your child to have a go!

Develop self-help skills

- Encouraging your child to take off and put on their own jumper and coat. (hood, reach back one, reach back two)
- Encourage your child to take their shoes and socks on and off.
- Please talk to your child about what to do if an accident happens, reassuring them and telling them to tell an adult.
- Encourage your child to blow their nose themselves, bin the tissue and wash their hands.
- Teach your child to communicate their needs. E.g. I'm thirsty/hungry/hurt/sad/happy
- Support your child in getting to the toilet in time, wiping, flushing the toilet and washing their hands.



Chat

- Talk about shared experiences that you have enjoyed such as visits, shopping trips, or things you have seen.
- Sing songs and rhymes together which develop their vocabulary.
- Develop children's ability to listen and follow simple instructions by playing games such as snap and giving simple instructions coat on peg, wash your hands
- Talk to your child about starting nursery. How you will be leaving them, but you will pick them up afterwards. Look at the daily routine together so they know what to expect and when. Look at the photos of the staff and name them so that we become more familiar.
- Talk about their name. Write a name card so that they start to recognise what it looks like and that it belongs to them.
- Arrange play dates with other parents and their children. Encouraging sharing, socialising and turn taking.
- Encourage children to talk to different people that you know to develop their confidence and vocabulary
- Recognise and talk through your child's feelings and different emotions, this will help them to understand and communicate how they are feeling with staff



Play

- Play together a wide range of activities such as dolls houses and people, construction toys, play animals, tea sets, trains.
- Spend time in the garden or park developing their physical play with bikes, scooters, balls or climbing
- Gardening allows the children to get messy and spend time experiencing life and changes over time
- Chalking using chunky chinks or painting with water and big brushes
- Water and sand play develop filling and emptying skills
- Play dough in order to strengthen your child's hand muscles
- Practising scissor skills by cutting paper, magazines and pictures
- Making models from recycled materials allowing the children to make choices in how to make things
- Mark making using pencils, paint, crayons and pens
- Play simple turn taking games



Read

- Develop a daily reading routine with your child
- Encourage all members of your family read to your child so that they can see that everybody reads
- Share a wide variety of books together
- Join the library in order to access a wide range of books and activities
- Share your favourite stories together
- Use puppets to act out a story
- Create your own stories using toys and role play

