

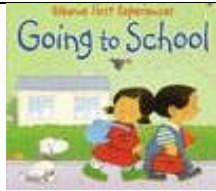
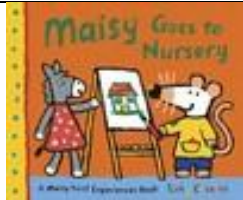


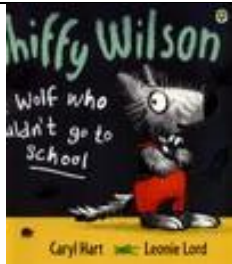


## Top tips to prepare your child for starting our Nursery

### Talk about starting school

- What do you think it will be like?
- What are you looking forward to?
- Is there anything you feel unsure about?
- When I was at school, I loved ...

### Read together books about starting school, here are some examples.

Title	Author		Brief annotation
Going to School	Anne Civardi		One of the 'Usborne First Experiences' series, "Going to School" uses simple text to introduce very young children, in an amusing and friendly way, to a new situation.
Maisy goes to Nursery	Lucy Cousins		Maisy loves going to nursery. There's so much fun to be had, with all her friends and their teacher - singing at music time, a nap at quiet time, listening at book time and then play time in the garden.
Spot loves Nursery	Eric Hill		Join Spot in a story all about his first day at nursery school. There are lots of friends to meet and fun things to do before Mum comes to pick Spot up at the end of the day
Harry and the dinosaurs go to school	Ian Whybrow and Adrian Reynolds		It is the first day at school for Harry and his bucketful of dinosaurs and they're excited to be going - all except Stegosaurus who's very nervous.
Whiffy Wilson the wolf who wouldn't go to school	Caryl Hart and Leonie Lord		Whiffy doesn't know how to hold a pen and has never looked in a book, but fortunately his friend Dotty is on hand to show him that school is fun. Banish first day at school jitters and discover, like Whiffy, that school is the best thing ever.

Take a walk past the school one day and talk about the journey to school.



## Developing independence and managing self-care

- Get your child into the habit of hanging their coat up, putting their toys away, clearing the table, etc to prepare them for doing these things at school.
- Help your child to be confident about getting to the loo in time, wiping properly, flushing and washing their hands.
- Being able to blow their nose into a tissue is another useful skill.

## Be prepared

- You will find your child is tired when they start nursery and will need at least 12 hours' sleep each night.
- Try to make a routine for getting up, going to bed, mealtimes and family time.

## I am starting school: 5 ways to help support me to be confident, curious and ready to learn more.

### 1. Being independent

- I am happy to be away from you as I know you are coming back.
- Give me opportunities to meet other children and adults and to spend time away from you.
- Help me develop and practice dressing, eating and going to the toilet so that I can care for myself.

### 2. Feeling good

- I can talk to you about how I feel and any worries I may have.
- I know how to keep myself safe and understand there are rules about what I can do.
- Make sure I have a healthy diet, lots of opportunities to play outside and be active, and time to sleep at night.

### 3. Love learning

- I am interested in finding out about things that interest me.
- Provide me with opportunities to be creative; talk to me about my drawings.
- Take me to the library and look at books with me; point to pictures and name them clearly, and talk about what we can both see using simple phrases. Tell me stories too.
- Talk about what you are doing using a simple commentary; count out the number of apples put in the bag at the shop, and say what we see on the way.

### 4. Making my voice heard

- I can listen to others; help me practice taking turns and understand sharing.
- I can ask for help.



- Talk to me using words I can understand, and add words to help extend my vocabulary. This will help me to express what I want, so that others can understand me
- Let me sing songs and rhymes.
- Provide me with opportunities to meet other children and adults so that I can practice these skills.

### 5. Doing my best

- I am asking questions about my new school.
- Help me be the best I can be and have high hopes for me.
- Let me have plenty of opportunities to practice new skills, to make mistakes and try again.
- Be positive about going to school; talk to me about school, show me pictures of the school and visit the school.
- Talk to me about what I am going to do.

