

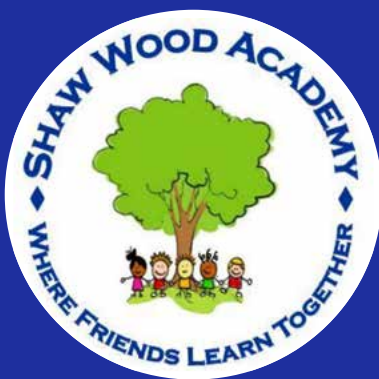


HELPING TO GET YOUR CHILD NURSERY READY

Starting nursery is an exciting time for young children and their parents. Parents often ask us how they can help their child get ready for nursery. We have written this guide to help.

We want you and your child to feel happy and confident when you join our nursery. There are a few key skills to concentrate on which will help your child to settle in. Read through this leaflet with your child and practise anything they feel unsure about.

If you have any worries about anything in this leaflet or any other concerns about your child starting school, please let us know. We are here to help.



WHERE FRIENDS LEARN TOGETHER

GETTING DRESSED AND UNDRESSED INDEPENDENTLY

Throughout the school day, your child will have to become independent in putting on aprons and outdoor clothing. They may need to take off and put on cardigans or jumpers. To help your child feel more confident in doing this, please practise putting on and taking off their school uniform independently before and after school.

Millie has taken her coat off and is now hanging it on her coat peg. The big buttons on her coat make it so easy for her to take off and put on.



BEING ABLE TO HOLD AND USE PENCILS

Children will be drawing and mark making when they start nursery, so it helps if they already know how to hold a pencil properly to draw and make marks on paper. This is a very easy one to practise! Show them how to hold a pencil and draw lines and shapes on any available paper. Then let them try. Help them hold the pencil correctly if they struggle at first. Then let them have a go on their own so they can see how easy it is, once the pencil is held in the correct way.

Alfie is drawing a house. He practised using a pencil at home and now knows how to hold his pencil when drawing.



FEEDING THEMSELVES AND USING CUTLERY

At snack and meal times, children will need to be able to feed themselves and to use cutlery. Adults will always be available to help the children if they need it, but it will help your child to feel more confident when eating if they can feed themselves and use a knife and fork independently. Help your child practise feeding themselves and using cutlery correctly at home.

Victoria is using cutlery as she eats her food. She is so glad she practised feeding herself and using cutlery at home before she started nursery.



TAKING SHOES OFF AND PUTTING THEM ON

Children take their shoes off and put them on throughout the school day. We find that most children struggle with laces at this age. We recommend that you think about shoes with easy fastenings such as Velcro as they are quick and easy for children to use. You can also help your child by getting them to practise taking their shoes off and putting them on at home.

Alfie has come in from playing outside and is putting his school shoes back on. He finds it really easy to put on his school shoes because they have Velcro fastenings.



GOING TO THE TOILET INDEPENDENTLY

We encourage children in nursery to go to the toilets independently, although an adult is always available if they need help. Our children need to be able to clean themselves and flush when they have finished. They also need to wash and dry their own hands. If your child does not usually go to the toilet by themselves, help them practise before they start school. Our toilets are very easy for small children to use as they are designed with them in mind.

Victoria has used and flushed the toilet all by herself and is now washing her hands. Everything is so easy for her as she practised at home with her grown-up before she started nursery. She knows that if she needs help, she can ask her teacher.



RECOGNISING THEIR OWN NAME

Please don't worry if your child doesn't know the alphabet when they start nursery. We will teach them how to recognise numbers and letters. However, it will help your child if they are able to recognise their own name, for example, when they see it written on a coat peg or items of clothing and belongings. Help them practise before they come to school by showing them what their name looks like and encouraging them to find objects with their name on that you have placed around your house.

Millie has found her name card. She is so pleased that she can recognise her name and find her things when she needs them.



AND FINALLY....

USING TISSUES TO WIPE AND BLOW THEIR NOSE

Children often have frequent colds in their early school years. Please show them how to wipe and blow their nose.

Armthorpe Shaw Wood Academy

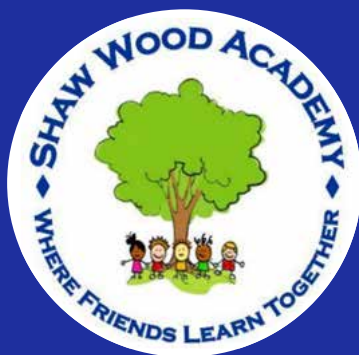
Mere Lane
Armthorpe
Doncaster
DN3 2DG

Phone: 01302 831307

Fax: 01302 832007

Email: admin@shawwood.doncaster.sch.uk

Web: shawwoodacademy.co.uk/



Devised and produced by Stoneworks Education Ltd www.stoneworkscommunications.co.uk/Education

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