

Singing songs and nursery rhymes



Recognising their own name



Going to the toilet independently



Getting dressed and undressed independently



# Helping to get your child Nursery Ready



Starting nursery is a big change in a young child's life, and quite an adjustment for parents too! Being well prepared will help to make it a positive and exciting experience for them, and for you.

We have written this guide to offer some useful tips to make it all go smoothly. Please look through this leaflet with your child and check with them if there is anything they do not feel confident about.

If you still have any worries about your child starting nursery, please let us know. We are here to help.

## Recognising their own name



We will be looking at the alphabet and the sounds each letter makes, but it will help your child if they are able to recognise their own name. For example, when they see their name written on a name card, a coat peg or on their belongings they will then be able to find their own things.

Katie knows the letters in her name and has written her name on her painting in large bright letters. She is so pleased that she practised at home before she started nursery. She loves seeing her name on her things.

Teach your child how to use the toilet and to clean themselves afterwards. Explain the importance of flushing to leave the toilet clean for the next child to use. Turn practising into a game by asking them "what comes next?" so they will remember to flush every time. Encourage them to wash their hands thoroughly with soap before drying them. An adult will always be available if they need help but this is an important step to independence for them. Our toilets are very easy for small children to use as they are designed with them in mind.



## Going to the toilet independently

Tyler has used the toilet all by himself and is now washing his hands with the liquid soap, before drying them carefully. It was so easy as everything was just the right height for him. He knows that if he needs help, he can ask his teacher.

## Getting dressed and undressed independently



Your child will be changing their clothes and shoes during the day to go outside to play or to do activities such as PE. To help your child feel more confident about getting changed, make sure that their clothes are easy for them to take off and put on. So think about clothes with easy fastenings or big buttons.

Skirts with elasticated waists and shoes with Velcro fastenings are also great for easy changing. Encourage your child with practice sessions before they start nursery.

Rosa is changing to go outside to play. Rosa loves the Velcro fastenings on her shoes. She can slip them on and off so easily and she is soon out playing with her friends.

We use reading and enjoying stories a lot to help the children learn about the world as well as helping them with their reading and writing. Help them get used to handling books and enjoying stories by sharing and reading books with them at home. Allow them to hold the book and turn the pages sometimes as you read them a story. This will make them feel in charge of the story and will be an important step for them towards handling and reading books on their own.



Tyler's dad reads him a story every night. He loves helping to hold the book and turning the pages as his dad reads the exciting stories in his favourite books.

## Singing songs and nursery rhymes



We use songs and nursery rhymes at nursery as this is a great way to help your child develop their language and communication skills. Please practise these at home with your child. Children love variation in song words and vocal tone. This keeps it exciting for them and helps them to learn about the natural sounds of a language. If you forget the words, make up your own variations. Giving children a sense of joy and excitement about language will naturally help to boost their desire to read and write.

Rhymes also help us to learn to play with words. They tune our ears to all the sounds in the word. By hearing different sounds we learn how sounds combine and blend together to form a word.

Katie is having lots of fun singing her favourite song with her mum. They often recite rhymes and sing together and Katie looks forward to joining in with songs and nursery rhymes at nursery.

## Establishing routines at home for mornings and bedtimes



We know that getting children ready for nursery in the morning can be a very busy and stressful time for families. We recommend establishing regular routines in the weeks before your child starts nursery as this will help everyone. Setting regular times for going to bed with teeth cleaning and story time ensures your child settles down for a good night's sleep. A well-rested child will be ready to get up on time in the morning. Establish a getting-up time that allows everyone in the family time to use the bathroom, get dressed, have breakfast and clean their teeth so you can still get your child to nursery on time.

Rosa's mum is so proud of her. Rosa wakes up with plenty of time to have breakfast and clean her teeth before they leave for nursery in the mornings. Now they have a good routine, Rosa is never late for nursery and never has to miss breakfast because they are running late.



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