

Children will settle best into Nursery if they can do the following things:

- \* show an interest in activities;
- \* engage with the Nursery Environment;
- \* separate from main carer with support;
- \* listens and responds;
- \* is able to make needs known;
- \* is toilet trained; and
- \* no longer requires a daytime sleep

## St Philip's Marsh Nursery School



**Some tips  
to help  
your child  
get ready  
for  
Nursery  
School**

Your child is about to start Nursery School. This is a big change in their life. Parents need to be thinking ahead and getting their children into a suitable routine for school. Obviously late nights are not appropriate for a child starting school. Please read our handout a 'sensible routine for 3 year old child'. Start as early as possible so that your child has a settled routine and has the energy necessary for school life.

All children are different and have varied needs and experience. Some of the following tips may help to prepare your child for school. Most are things that your child will be encouraged to do for themselves at nursery, so why not give them a head start and start practicing some things at home.

If your child has never been cared for by anyone but his/her parents, they may find it difficult to leave you at nursery. Why not try leaving them with a trusted relative or friend, just for 15—30 minutes, so that they become used to you going away, but will also trust that you'll return to them! Try this regularly until they are happy to be left with another person.

Some of the following things will also be helpful for your child to learn:

Encourage them to put on their own coat—don't expect them to do it immediately, but given time this is something they can achieve. If they manage this early, how about teaching them to fasten it?

If your child is having cooked dinners he/she will be expected to use a knife and fork at lunchtime, so encourage your child to hold their cutlery correctly. They will also be encouraged to try a small taste of all foods, so try and vary their meals as much as possible. Don't worry if your child is a 'fussy eater', all our staff are understanding and no child will be forced to eat anything they dislike.

Of course when you and your family know your child so well, you easily understand when they want or need something. Your child may be used to just giving gestures or one word when they want a drink or need their shoe fastening. Try and encourage them to speak to you about what they need, for example:

"Please could you fasten my shoe" or "Could you help me please"

This will make it so much easier for them to be understood at school.

If you are reading this and thinking 'my child can already do these things' that's great; maybe you could teach them some other skills. For example:

- To recognise some colours
- To recognise their own name
- To listen to a story for about 10 minutes
- To wash and dry their own hands
- To be able to wipe their own bottom after going to the toilet, with wet wipes if necessary
- To share toys with other children (If you are playing a game with your child, don't always let them win!)

If you would like any more advice, you can speak to the staff and we'll try and help you as much as possible. We all want you and your child to have a happy and positive experience of nursery school.

### **With your support we can work**

**together** to help your child make good progress throughout their time here, and to become an independent, confident individual.