



Preparing Your Child for Nursery



Starting nursery is a big step for children and families and it is completely normal for this time to feel both exciting and a little worrying. For many children, this may be their first time separating from parents and carers and being part of a school environment. It is also natural for parents to feel anxious about how their child will settle, make friends and manage new routines. At Beechwood, we understand these feelings and are here to support you and your child every step of the way. Helping your child to develop confidence and independence at home can make this transition feel calmer and more positive for everyone. Supporting your child's independence at home plays a key role in nursery readiness. When children can begin to do things for themselves, they feel more confident and ready to take part in nursery life.

There are lots of ways you can help your child be ready for starting nursery. Before and as your child starts nursery, it will help if you were able to do the following:

Getting themselves ready and developing independence	Speaking, listening and sharing	Asking for help	Trying different food and tools	Toileting
✓ Show your child how to put on their clothes, shoes, socks and coat and encourage them to keep practising ✓ Allow extra time in the mornings or when going out ✓ Choose clothes and shoes that will be easier for them to get on and off ✓ Make sure clothes and shoes have name labels ✓ Practise making sure clothes and shoes are the right way around ✓ Practise using buttons and zips ✓ Teach your child how to drink water from a cup ✓ Make sure your child is no longer using a dummy ✓ Give positive praise for trying	✓ Talk to your child about what you are doing in the house ✓ Sing songs, read stories and share books and talk about the pictures every day ✓ Borrow books from the library ✓ Take your child to meet and play with other children. This could be an opportunity to give your child time away from you to develop their confidence ✓ Switch off technology for a while ✓ Talk to your child about their day ✓ Encourage taking turns and sharing within in the family ✓ Praise your child for follow clear and simple instructions. Simple games like 'Simon says' support this ✓ Go on a listening walk to identify different sounds	✓ Encourage your child to have a go and ask for help if needed ✓ Model how to ask for help using a full sentence "Please can you help me?" ✓ Teach your child it is okay to ask for help ✓ Play alongside your child and talk about what you are doing ✓ Let your child ask others for things in shops, cafes etc and involve them in choosing and paying when they are old enough ✓ Visit the library to choose a book with your child ✓ Talk to them about who they can ask for help when they start nursery e.g. teacher, nursery staff and other children	✓ Regularly take part in fun activities to get hands and fingers moving e.g. playdough, Duplo, threading ✓ Sing and play finger rhymes e.g. Incy Wincy Spider, Five Little Ducks ✓ Use pencils, crayons and paintbrushes to practice making marks ✓ Eat family meals together at a table ✓ Buy and explore new foods together ✓ Show your child how to use a knife, fork and spoon ✓ Give your child child-sized portions of food ✓ Praise your child for trying new foods and tools	✓ Talk to your child about going to the toilet ✓ Read age appropriate books about toilet training with your child ✓ Encourage your child to say when they need to go to the toilet ✓ Show your child how to wash and dry their hands ✓ Remind your child to wash their hands after using the toilet and before eating ✓ Make sure your child wears clothes they can take down themselves ✓ Try using a reward chart to encourage your child ✓ Ask for support from your health visiting team (0-5 years) ✓ Use the useful links on our EYFS page on the school website to support you when toilet training your child.