

# Let's Get Ready For Nursery



# Why help your child be ready for nursery?

- ▶ This 'Let's Get Ready for Nursery' pack will help to support your child's development for nursery.
- ▶ Use the activity ideas and leaflets at home to prepare them for nursery.
- ▶ Remember children need to develop independence skills, for example washing hands, attending toilet needs and getting dressed.
- ▶ Children need to be confident in their physical skills, to enable them to carry out simple tasks and activities.
- ▶ Help them to build confidence in a new environment and in taking part in activities.
- ▶ Helping children develop communications skills so that they can communicate their needs and feelings to adults and children.



# Week 1 - Personal, Social and Emotional development

## What can I do?

Teach your child skills to support their independence-

- ▶ Dressing up- i.e. putting on their coat, gloves, hat and learn how to zip up
- ▶ Self-care- encouraging children to Wipe their nose and wash their hands regularly
- ▶ Get Rid of the Dummies and bottles (please see slide four)
- ▶ Potty training (please see slide five)



Bed time routine song:  
[https://www.youtube.com/watch?v=R\\_mLv19rTS0&feature=youtu.be](https://www.youtube.com/watch?v=R_mLv19rTS0&feature=youtu.be)

## Having a Set Routine:

Daily Routines are important to help your child to become familiar with set times. Here is an example:

- ▶ Waking Up
- ▶ Brushing Teeth
- ▶ Getting Dressed
- ▶ Washing hands
- ▶ Snack Time
- ▶ Playing Time
- ▶ Dinner Time



### Bed time routines

- ▶ Quiet time before bed time
- ▶ Bath
- ▶ Brush teeth
- ▶ Story time
- ▶ Bed time by 7pm-7.30pm latest

# How do I get rid of the Dummy and Bottle



## Why no dummy/bottle?

- ▶ Helps reduce dribbling and sore chins
- ▶ May reduce the risk of ear infections
- ▶ Gives children more opportunity to develop their language
- ▶ Child will be using a cup at nursery
- ▶ Reduces tooth decay



## What could I do?



- ▶ Try making a clean break over a weekend, or at a time when you have support. You may have a couple of days when your child is upset, but they will soon feel better.
- ▶ Your child may agree to throw the dummy away in exchange for a favourite treat
- ▶ Distract your child with other toys/ activities so their attention is distracted them away from dummy's/ bottles.
- ▶ Share a story around brushing-  
[https://www.youtube.com/watch?v=FGx\\_JPwsaXQ](https://www.youtube.com/watch?v=FGx_JPwsaXQ)
- ▶ Listen to song around brushing-  
[https://www.youtube.com/watch?v=wCio\\_xVlgQ0](https://www.youtube.com/watch?v=wCio_xVlgQ0)
- ▶ It may be stressful seeing your child upset but remember they will get used to it. Be consistent in your approach.



# Potty/ Toilet Training

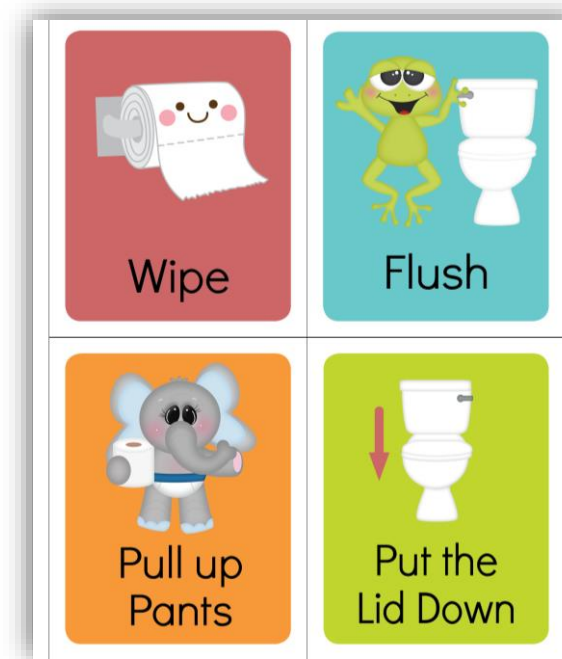


## How can you help your child?

- ▶ Ensure it is a stress free time
- ▶ Introduce pants/knickers (may be child's favourite character pants/knickers)
- ▶ Keep nappy off throughout the day
- ▶ Have access to nappy/toilet throughout the day
- ▶ Encourage your child to sit on the potty or toilet
- ▶ Give lots of praise such as "well done" "good job" with a smile
- ▶ Accidents are inevitable. Have patience and there will be success

## Useful video links:

- ▶ <https://www.eric.org.uk/pages/category/potty-training>
- ▶ <https://youtu.be/KwJ8SFDFEP->



# Week 2- Physical development

## Physical development

**Physical development-** enables children to learn how make small and big movements

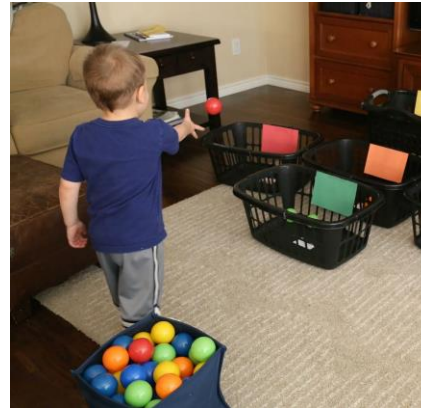
- ▶ Threading cheerio's- helps develop their finger muscles
- ▶ Play dough, Paint brush and paint/cornflour/shaving foam - helps fine motor skills such as rolling, squeezing and poking.
- ▶ Ball games- activities such as throwing and catching the ball help develops gross motor skills.
- ▶ Water play activities- pouring and filling up jug- always supervise your child
- ▶ Food play- To encourage hand and eye coordination and also encourage independence.



Playdough



Threading



Matching game



Ball games



Rice play



Water play

# Week 3- Communication and language development

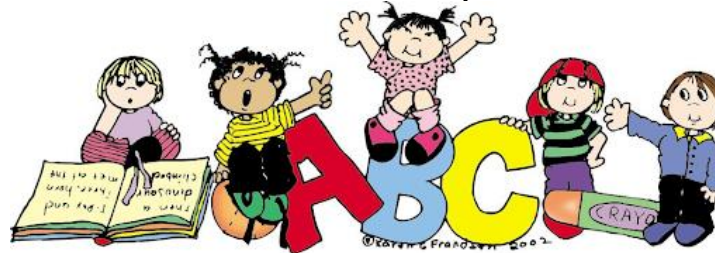
## Supporting my child's communication and language?

- ▶ Sharing books and rhymes
- ▶ Bilingual books are good in the child's home language
- ▶ Puppets- use this to create a two way conversation i.e. how are you today?- happy, sad, excited and wait for a response
- ▶ Getting your child to follow instruction games." Can you go and get your shoes and put them in the cupboard" 2 part instruction as an example.



## Top Tips of Talking:

- ▶ Get down to your child's level when talking to them
- ▶ Turn off all devices and sounds in the background
- ▶ Get your child's attention-Face to face
- ▶ Repeat what you say
- ▶ Have fun together singing songs- Use actions, make funny faces and props
- ▶ Limit the Dummy as it makes it easier for your child to talk
- ▶ Build on what they say- i.e. child; 'Dog' adult: 'Furry Dog'
- ▶ Speak in your home language
- ▶ Give your child time to respond to questions
- ▶ Use comments and not questions



# What do I need to do next?

## Key points to remember:

- ▶ Everything takes practice and patience so please continue to repeat each week once completed the 4 weeks
- ▶ Give your child lots of praise for their achievements
- ▶ Remember to continue to practice the skills through out the summer
- ▶ Good luck and we are here if you need further support

## Need extra help and advice?

There are some great website links to access that can help:

Check out our web/ Facebook/Instagram page

Web: <https://find.redbridge.gov.uk/childrenscentres>

Facebook: <https://www.facebook.com/childrenscentresredbridge/>

Instagram: <https://instagram.com/redbridgechildrenscentres?igshid=39wihize2zfl>

- ▶ Speak to the Nursery your Child will be attending
- ▶ Use our ready to learn tool kit  
[https://find.redbridge.gov.uk/kb5/redbridge/fsd/family.page?familychannel=2\\_10](https://find.redbridge.gov.uk/kb5/redbridge/fsd/family.page?familychannel=2_10)
- ▶ Ready to learn workshops are available via our children's centre. For further information email us@[childrens.centres@redbridge.gov.uk](mailto:childrens.centres@redbridge.gov.uk)



Best of luck!

