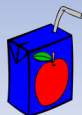


Supporting at home

Here are some ways in which you could help to ensure that your child is ready for nursery:

- Sharing a book each day
- Cooking with them
- Playing games with them
- Using play scissors
- Singing songs and nursery rhymes
- Drink out of a cup or use a straw to drink
- Use crayons and pencils
- Putting their coat on independently



We look forward to meeting you and your child and welcoming you to our nursery.

Other leaflets in this series:

- * At the Park
- * Shopping
- * Bath & Bedtime
- * Mealtimes
- * Toilet Training & Kicking the Dummy
- * In the Car
- * Walking to School
- * Getting Dressed

This leaflet has been produced by the EYFS team at Old Basford School.



Learning Together



Preparing for Nursery

This booklet gives you some useful information regarding the skills and routines you may need to establish before your child enters our nursery. We hope you will find it helpful in preparing your child for starting at Old Basford nursery.



Self Care & Independence

Hygiene and Toileting

Try your best to prepare your child for using the toilet at nursery. Encourage them to know when they need the toilet. Ensure that they can;

- Pull down their trousers, tights, pants, etc.
- Stand or sit to use the toilet
- Wipe themselves
- Pull up their clothes
- Flush the toilet
- Wash their hands
- Dry their hands



This is why it is important for your child to wear loose clothing without tricky buttons, zips and fastenings.

If you feel you need more support with toilet training your child, please contact us at EYFS@oldbasford.nottingham.sch.uk where we can give you further information, or check out our school website 'Early Advice' page at- www.oldbasfordschool.co.uk

Dummies

It is not necessary for your child to have a dummy in nursery; having a dummy can have an effect of the development of speech in a young child.

You could use a reward from the dummy fairy to take the dummy away. Please ask a member of the team for a copy of the dummy fairy / dummy wizard letter.



Routines & Expectations

It is important that your child becomes familiar with routines from an early age.

Bedtime

A good bedtime routine includes:

- Bath and brush your teeth
- A story in bed
- Cuddle and kiss
- Say goodnight
- Lights out



Children need 12-13 hours sleep each night. A sensible time to put them to bed is between 6 and 7pm.

Breakfast

A good breakfast routine includes:

- Being woken in plenty of time for your child to have a calm breakfast and time to get dressed.
- We recommend a cereal, toast or porridge with fruit and a drink.



Dressing

Encourage your child to try to get dressed by themselves, because when they come to nursery they will be expected to;

- Find and put on their coat
- Begin to fasten their coat
- Pull their jumpers on and off when they are hot or cold or playing in the water



It is good to practise these when you are not rushed for time. E.g. weekends, holiday time. Please make sure the children wear clothing that is easy to take off and put back on, e.g. jogging bottoms and leggings are brilliant! Please ensure all clothing is named.

Behaviour

We want everyone to be safe, happy and enjoy learning. Children will be expected to follow simple instructions. You can help them with this by:

- Encouraging them to interact with other children
- Helping them to share and take turns
- Encouraging them to follow simple instructions, e.g. to put on their coat
- Encouraging them to listen to their grown up

Please do not let us be the first person to say "NO" to your child.