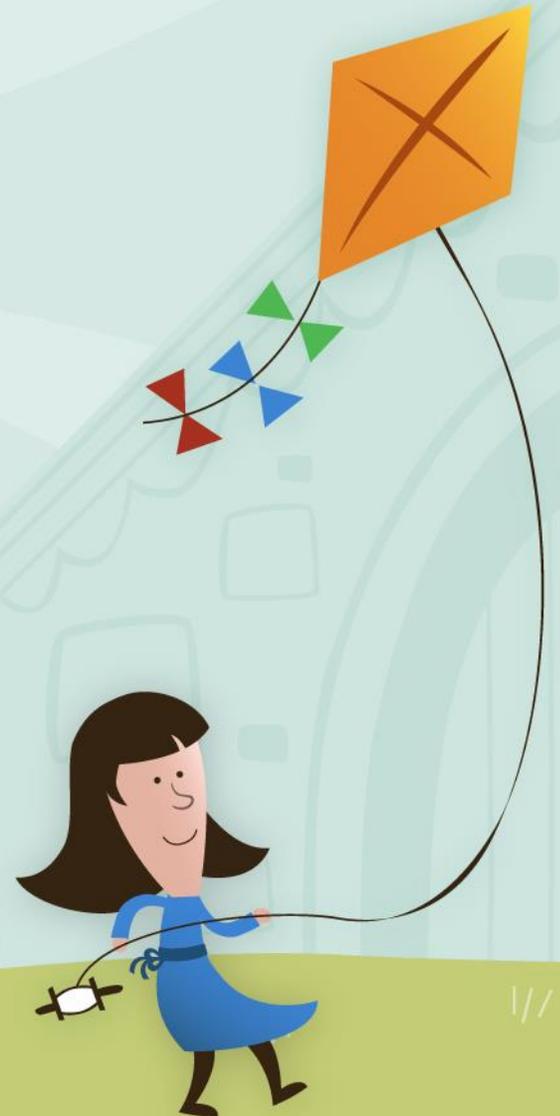


Let's Get Ready

For Nursery and
Reception



Why help your child?



- This 'Let's Get Ready' pack will help to support your child's development
- Use the activity ideas and leaflets at home to prepare them for Nursery/Reception.
- 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.



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 dummies and bottles
- Toilet training



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



How do I get rid of a 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/water bottle at School
- 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 away from the dummy/bottle
- Share a story around brushing your teeth- https://www.youtube.com/watch?v=FGx_JPwsaXQ
- Listen to song around brushing your teeth- 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.



Toilet Training

How can you help your child?



- Ensure it is a stress free time
- Introduce pants/knickers (may be with your child's favourite character on)
- Keep the nappy off throughout the day
- Have access to a toilet/potty 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->



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.

What activities could I do?



Matching game



Ball games



Rice play and water play



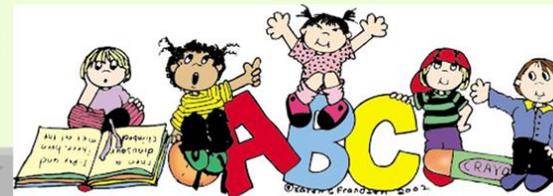
Playdough and Threading



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 for 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
- Build on what they say- i.e. child: 'Dog' adult: 'Furry Dog'
- 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?

- Talk to your child's Nursery/School
- Ask for help from health visitors
- If you think your child has a medical problem please speak to your GP
- Look online for helpful tips and videos

