

Getting My Child Ready for Nursery



Top tips

- 1: Get your child in a routine: a few weeks leading up to September.
 - Waking up having breakfast
 - Getting dress themselves in time to leave
2. Get your child use to drinking some water throughout the day.
3. Get your child use to sitting for some activities: listening to a story
4. Teach your child their ABC: sing the song get them to recognise some letter.
 - Can they identify some letters in their name?
5. Get your child familiar with numbers: can they recite numbers to 10.
 - Use number nursery rhymes
6. Toilet training: if your child is still in a nappy and is **ready** please make a start on toilet training.
<https://www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips/>
7. If your child likes to be pushed in a buggy try getting them to walk even if it is part of the way.
How about getting a bike or scooter?
Children who walk develop better physical skills: This helps develop their core muscle to become better writer later.
8. Try and mirror nursery routine, doing different fun activities such as: reading, physical play
Mid- morning fruit snack with milk or water.
- 9 Talk positive about nursery in front of your child: do not let your anxiety show.
10. Go shopping for uniform together.
11. Find photos of you and other family members at school, and talk about happy times you spent at school.
12. Talk to your child about starting nursery or school. What do they think it will be like? What are they looking forward to? Is there anything they are worried about?