

Preparing your child for Nursery

Health and Self-Care



Toileting and keeping clean...

- ❑ **Going to the toilet** - Support your child to be confident about getting to the toilet on time and wiping properly. Do you have a different phrase/word for going to the toilet at home? Letting the class teacher know what this is will ensure they understand what your child is trying to ask. Please reassure your child not to worry if they have an accident, the adults will always help them.



- ❑ **Washing their hands** – Talk about the importance of good handwashing with soap and water, especially after going to the toilet or handling animals.



Here is a song you could learn.....
Wash, wash, wash your hands
Make them nice and clean
Wash the front and wash the backs
Fingers in between.
(To the tune of 'Row, Row, Row your Boat')

Top Tip.....

A good way of showing how germs can linger is to let your child cover their hands in paint (pretend germs) and then try to wash it all off.



Dressing skills...



- ❑ **Dressing and Undressing** – Let your child practise putting on their school clothes and taking them off, especially if there are fiddly fastenings such as buttons and zips. Clothes with elastic waists and shoes with Velcro are easier to handle for young children in Nursery– no laces please unless they can tie their shoes independently.

With our children going to Forest School and learning outdoors everyday, your child should be able to put their coat, socks and shoes on by themselves.

Top Tip...

Have you heard about the 'Flip Trick' for putting on a coat?

Put your child's coat upside down on the table or floor in front of them. They can put their hands in the armholes and flip the coat over their head- a handy way for your child to put their coat on by themselves!

www.youtube.com/watch?v=w9Hohc3mkjA



Food and drink at school...

- ❑ **Feeding Themselves-** The Nursery children are able to help themselves to a snack everyday. They are encouraged to peel the fruit themselves. We also expect them to sit down for snack and tidy away when they are finished. This is something you could practise with your child at home.
- ❑ In class the Nursery children are encouraged to pour themselves a cup of water from a jug, this is something you could practise with your child at home.
- ❑ **Nursery** children are asked to **bring** in fruit to share at snack time.

Chase Bridge are part of the '**Cool Milk Scheme**'- this means your child will receive a **free** carton of milk from Nursery up until their 5th birthday. If you would like your child to have milk thereafter, it will be at a small cost- please see the 'Cool Milk' website for more details.

www.coolmilk.com

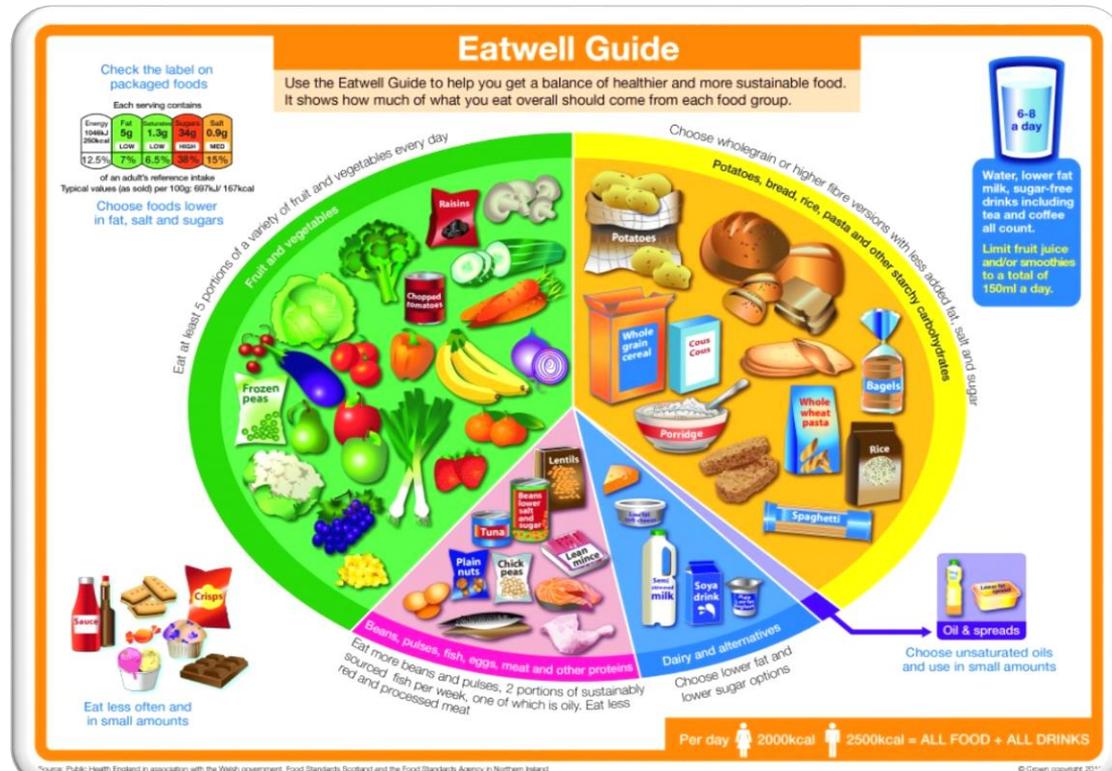


Keeping healthy...

There is evidence to prove that happy, healthy children do better in school so please ensure that your child:

- brushes their teeth morning and evening.
- enjoys a nutritious breakfast before school to help them concentrate
- has a regular bed time routine with around 8 - 10 hours of sleep so that they are well rested to cope with the demands of the school day

www.nhs.uk/Change4Life/Pages/healthy-eating.aspx



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

Looking after themselves and their things...

❑ **Using a tissue** — introduce your child to the routine of ‘catch it and bin it’- catching their sneeze or runny nose in a tissue, putting it in the bin straightaway and then washing their hands to kill the germs. Some children find nose-blowing difficult, so play games to practice nose control- blowing a feather into the air, for example.

❑ **Tidying up** — Try and get your child into the habit of hanging their coat up, putting their toys away, clearing the table and so on, to prepare them for doing these things at school.



Can Do Attitude...

Help to develop your child's independence and 'can do' attitude by giving them a few everyday responsibilities as they get closer to school age. Perhaps they could help lay the table, feed a pet or put their own laundry away.



Parents/Carers first week checklist...

- Do you know exactly where to take your child and what time?
- Do you know where to collect your child and what time?
- Have you put name labels on absolutely everything?! Show your child where the labels are and make sure they are easy to find.
- Does your child know who will be collecting them each day? If they are being picked up by a childminder/nanny?
- Have you spoken with the Welfare Officer (Amy Gray) and the class teacher if your child suffers with a medical condition? (e.g. any allergies)
- Have you put the school number in your mobile in case of emergencies?
- Have you spoke with the class teacher if you have any concerns or worries?
- Try to set aside some special time with your child to talk about their day.



Useful information...

Chase Bridge School Nurse – Natasha Hart

Chase Bridge Welfare Officer - Amy Gray

Chase Bridge Family Support Worker - Sue Wood

Chase Bridge Assistant head of EYFS and Key Stage – Iris Klever

Chase Bridge SENCO – Kate Gauvain



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Learning begins at home

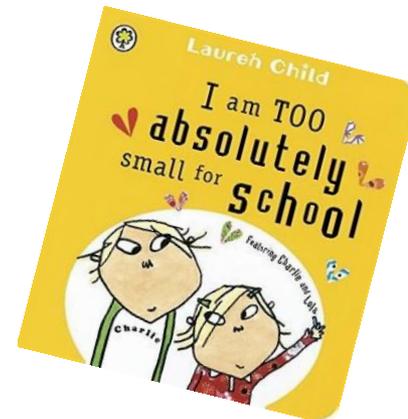


Start school with a smile...

Starting Nursery is an exciting time for young children and their parents. It can be a daunting time too. With a little preparation and encouragement, most children will settle in easily at school.

Using picture books about going to school may be helpful..

- I am too Absolutely Small for School (Charlie and Lola) by Lauren Child
- Topsy and Tim Start School by Jean and Gareth Adamson
- Harry and the Dinosaurs Go to School by Ian Whybrow and Adrian Reynolds



Starting Nursery – preparation

Preparation is key...

- ❑ Attend any open mornings or events (Friends of Chase Bridge Summer Fair) so your child feels comfortable in their new school environment.
- ❑ Try to make links with other families (Nursery open days) so that you can arrange ‘play dates’ over the holidays with children in your child’s class.
- ❑ Make a ‘countdown calendar’ a week or two before their start date. This could show the number of ‘sleeps’ before starting Nursery.
- ❑ Practising getting ready for Nursery can be exciting. Encourage your child to be independent.
- ❑ Go and buy the school book bag together.



Key dates – Nursery

- 19th June, 20th June, 21st June, 25th June and 27th June – new family open days in the Nursery. Come along and visit with your child for half an hour (9.30 – 10/1pm – 1.30pm)
- 26th June – New parent meeting 5pm
- 6th September/7th September – open day in Nursery for 1 hour (9.15 – 10.15/1.30 – 2.30)
- 10th September – 14th September – Home visits all week



Learning starts at home...



There will be a curriculum evening later this term where we will talk in more detail about the learning your child will be doing in Nursery. Here are some activities you can try with your child between now and September...

- ❑ Talk, talk and talk. Ask your child questions when you are out and about. What can they see? Hear? Smell? What is the smallest/biggest thing they can see? Encourage curiosity.
- ❑ Go to the park, walk in the woods, play in the back garden – explore different textures, smells and sights.
- ❑ Snuggle up and share as many books with your child as you can – we want them to have a love of reading and to understand how to talk about stories. Join the local library and go along to story sessions – this will help your child get used to sitting with others and listening to an adult for 5 – 10 minutes. Visit your local Children's' Centre – they provide lots of great activities, advice and information.
- ❑ Listen to music and recite nursery rhymes – this will help your child to develop their listening skills and also their ability to hear rhyming words (links to reading and writing).
- ❑ Get messy! This could be anything from mud pies in the garden, baking cup cakes or splashing through puddles. Your child will be learning outside for part of everyday and will be encouraged to explore the space using their senses.



Starting Nursery – a quick goodbye...

- ❑ On the way to Nursery, talk to your child about all the exciting learning they will be doing.. 'I wonder if the dinosaurs will be out today', 'Your teacher may have made some glittery play dough', 'I wish I could have a go on the scooters in the playground!'



- ❑ Remind them of the friends they will be seeing.
- ❑ When it is time to drop them off, say goodbye, tell them you have to go but you love them (give them a hug/kiss/high 5).
- ❑ Drop off with a smile (even if you are struggling to fight back the tears). Assure them that they will have fun at school, learning new things. If you look scared or anxious it will make them feel unsure about the situation – be the best actor you can be!
- ❑ If your child is upset, it is helpful to remind them of what they will do after Nursery - going to the park, off to the high street, nanny and granddad picking up. Saying this in front of the teacher/teaching assistant will also help them to talk to your child about what they have to look forward to, 'I heard you are going to the park after school. I love the swings, what is your favourite thing at the park?' This helps to distract your child and gives them something exciting to focus on.



I am independent

Put my shoes on and fasten them (Velcro only please)		
Put my coat on		
Wash my hands before eating and after going to the toilet		
Four myself a drink		
Put my jumper on		
Take my jumper off		
Go to the toilet by myself		
Put my toys away where they belong		
Wipe my nose and put the tissue in the bin		



Any questions?



Preparing your child for Nursery

Happy families



Role of the family worker...

I am here to support you. Here are some different aspects of my role in school:

- Supporting parents/families.
- Monitoring lateness and attendance.
- One of the adults responsible for safeguarding in school.
- Liaise with the educational welfare officer.
- Work with the Inclusion Manager to help support families where they may have concerns about their children.
- Liaise with the team at Heathfield Children's Centre to encourage parents to access the activities and support on offer.



Activities and support in the community...

www.richmond.gov.uk/heathfield_summer_programme_2017.pdf

Where are we?

Heathfield Children's Centre
Powder Mill Lane
Whitton
TW2 6EX
020 8734 3405
heathfieldcc@achievingforchildren.org.uk



Find us online at:
www.richmond.gov.uk/childrens_centres
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Translation Advice

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Phone: 020 8891 1411
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Summer Programme 2018



West Cluster Children's Centres serving:

Hampton, Hampton Hill, Teddington,
Twickenham, Whitton, Hampton Wick
and St Margarets

 **achieving
for children**



Challenges when your child starts school...

You may notice a change in your child's behaviour when they start school. Here are some top tips that might help you...

- It is important to be punctual and get your child to school on time. It is best to arrive around 10 minutes early, so you have an opportunity to meet other parents. We find if you arrive too early the children get bored and restless. Please make sure they are not late for school, it is unsettling for your child as you will need to bring them to the front entrance and one of the office staff will take them round to their classroom.
- If your child is unwell, please telephone school as soon as you know they will not be attending. You can leave a message on the answerphone. You will need to give a reason for your child's absence.
- You may notice your child is tired and/or hungry when you pick them up from school. Try giving them a healthy snack (e.g. banana) when you greet them. If they are tired, they may not want to talk about their school day as soon as you see them – it might be better at dinner or bedtime.
- Try to keep routines consistent and if you have more than one child, allocate a 'special time' to talk about their day – dinner time, bath time or bed time.



How can you support your children's learning?

- When asking about your child's day, try to be specific,
“Can you think of 2 friends you played with today?”,
“What did you play with outside?”
“Do you remember which fruit you had for snack time?”
“Did you build a model? What was it?”
- Relax and read a story with them whenever you can.
- Take time to listen.
- Ask open ended questions- “How are they feeling?”
And “What would you do if?”
- Offer to come into school and share your experiences.
- Go on school outings or trips if you can.
- Talk to your child's teacher about the projects that they are doing and bring in things from home that might help.
- Communication communication communication.



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West Cluster
Richmond upon Thames
Heathfield serving Twickenham and Whitton

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18 April to 21 July

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