

# Preparing your child for Nursery or Reception

Learning begins at home

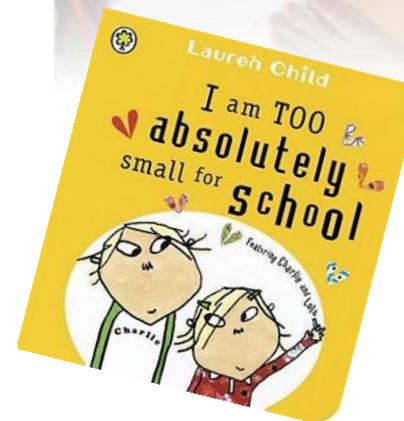


# Start school with a smile...

Starting Nursery or Reception 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 School – preparation

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## 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 (Bushy Park Picnic) 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 school.
- ❑ If starting Reception, trying on their school uniform and practising getting ready for school can be exciting.



# 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 or Reception. 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 School – a quick goodbye...

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- ❑ On the way to school, talk to your child about all the exciting learning they will be doing.. ‘I wonder if the dinosaurs will be out today’, ‘Mrs Davies 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 school – 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.



# Any questions?

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