

# Milltimber Nursery



## Working Together To Be the Best We Can Be

### Practical Things You Can Do To Help Your Child Become More Independent

The list of suggestions below will help you prepare your child for starting Nursery.

- ❖ Practise doing up buttons or zips
- ❖ Practise putting on shoes and boots and fastening them
- ❖ Practise putting on and taking off their own coat, hat and gloves
- ❖ Encourage your child to practice social skills and turn taking, following directions and making choices with friends
- ❖ Teach simple chores that may be useful in nursery e.g. packing away their own toys
- ❖ Help your child to recognise their name - most children can't read or write yet, but they may be able to recognise the first letter of their name or even the whole thing
- ❖ Talk about routines of your day at home
- ❖ Help your child with toileting, encourage them to clean themselves and wash their hands afterwards
- ❖ Let your child help to serve food at meal times and tidy up after e.g. put dirty items in the dishwasher
- ❖ During mealtimes encourage your child to sit at the table and join in conversations
- ❖ Play games with your child and encourage them to stay focused on an activity
- ❖ Read stories to and with your child. Children love to join in stories which rhyme or have patterns
- ❖ When playing outside discuss risk with your child and talk about rules