



Thomas Coram Centre and Nursery School

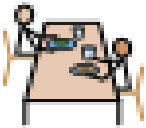
Getting Ready for Nursery School

Starting nursery school is an important and exciting time for you and your child. Here are some hints and tips which you will hopefully find helpful.

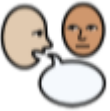
Before your child starts - support them with developing their practical skills!



Encourage your child to start dress/undress themselves



Encourage your child to feed themselves using a knife and fork and broaden the range of foods they eat. By two years old, children can drink from cups and do not usually need a feeder cup.



Take every opportunity to talk with your child and listen to their answers, this is a really important activity and builds language skills and social skills.

The NHS suggests children stop using a dummy completely by 12 months- to help children with their speech development. If you are weaning your child off their dummy, restrict it to short periods of time when they are relaxing. Always ensure your child removes their dummy when they are talking.



Playing games, doing role play or dress up can help to get them ready for school and build their confidence and skills.



Read as often as possible with your child. Let your child hold the book and turn the pages as you read the story. Children often ask for the same story over and over again. This should be encouraged, as it shows an interest in reading, and will assist in developing the language of writing, value your child's choice and encourages decision making.



Sing nursery rhymes and songs that children like that have repetition in them as these will help them to remember new words.

Practise the school morning routine, including getting dressed and eating breakfast in time to leave. Encourage your child to walk some of the way and talk as you walk. Reduce the amount of time you spend on your mobile phone as you journey to and from nursery school so that you can chat and encourage your child to enjoy the day ahead.

Always arrive on time so that your child feels happy and relaxed about their fun day ahead of them.

Children starting in toddlers are not expected to be toilet trained. By three years old 95% of children are toilet trained (NHS advice).

Don't worry, children have varied abilities when they start nursery school and we will work with you to help them progress at their own level. They don't need to be able to read, write or do sums before they start.

If your child has any additional needs link with our SENCO before they start. Contact our office team and they will put you in touch with Jan or Kate.

On your child's first day

We aim to make the move from home to nursery a gradual process. This is important for your child to get to know and trust new adults and children, and for you to see how the nursery works. On your first day, we ask you both to stay for just a short while to help your child become familiar with their key person and see where they can play and learn.

Please feel free to take your child around the rooms and garden. Your key person will let you take the lead. It is important that your child can see you are relaxed and happy to be here. It is important to have fun together, so please settle in and read to them, sing songs, play together, and talk about anything and everything. If your child sees that you trust us, then they will too!

When it is time for you to leave your child

We understand that separation can be a difficult and emotional time. We will help your child to know what they can do to help regulate their emotions and make themselves feel better. This might be taking deep breaths, looking at their transition object, or repeating a supportive mantra like, "I will come back". We always encourage you to say goodbye before you leave.

We are looking forward to working with you and your child to make the time at Thomas Coram happy and rewarding. Please don't hesitate to ask us about any questions you may have, however small they may seem. Please also visit our website for more information -<https://www.thomascoram.camden.sch.uk>