

Let's get ready for Nursery

Dear parents and carers,

We have listed some things that your child **should** be able to do by the time they join Nursery Class at St Mary's.

This will help you prepare your child for the start of their education, so we are all ready to learn together.

- ✓ Can say their name: "My name is..."
- ✓ Use the Nursery Booklet to recognise and learn their teachers' names
- ✓ Walk the route to nursery to keep active and familiarise your child with the route to school.
- ✓ Listen to nursery rhymes on the school website 'Nursery' section
- ✓ To recite numbers in sequence to 5
- ✓ To recognise and identify colours
- ✓ To begin to recognise and name emotions e.g. happy or sad

- ✓ To peel fruit e.g. orange, banana
- ✓ To dress and undress themselves

Before your child starts nursery can they

1. Learn to sing 4 Nursery Rhymes:

"Twinkle, twinkle Little Star"

"Humpty Dumpty"

"The Wheels on the Bus"

"5 little ducks"

2. Fill in the missing word or phrase in a known rhyme, story or game, e.g. 'Twinkle, Twinkle, Little ...'

3. Become familiar with 4 Popular Stories / Traditional Tales e.g.,

'Goldilocks and the Three Bears'

'We're going on a Bear Hunt'

'Dear Zoo'

'The Very Hungry Caterpillar'

4. Do the following:

- Ride a trike or bicycle or scooter
- Kick a large ball
- Throw a small ball
- Climb stairs

These activities will greatly improve your child's starting point as they begin their exciting journey with us.

Working Together

Early Years

Home & School



Getting ready for Nursery

Learn. Grow. Achieve. Flourish.

Toilet training

Toilet training takes a lot of patience. Here are some signs that your child might be ready to learn they:

1. Can let you know when their nappy or pants are wet or dirty.
2. Know when they need to wee or poo.
3. May show this by crossing their legs, putting their hand between their legs, or wriggling up and down.
4. Can stay dry for an hour or more.

You can help prepare them by:

1. **Doing all nappy changes in the bathroom, so they begin to associate this room with weeing and pooing.**
2. **Show them that their poo goes from the nappy into the toilet. Then flush the toilet. Explain what you are doing every time.**

Before you begin these activities first check how your child prepares toilet paper for use:

1. Does s/he take too little or too much from the roll?
2. Can they pull the paper apart at the perforations or do they use a grab and pull approach?
3. Is it scrunched up too small or left as a long thin strip?
4. Does s/he know how to fold it ready for use?

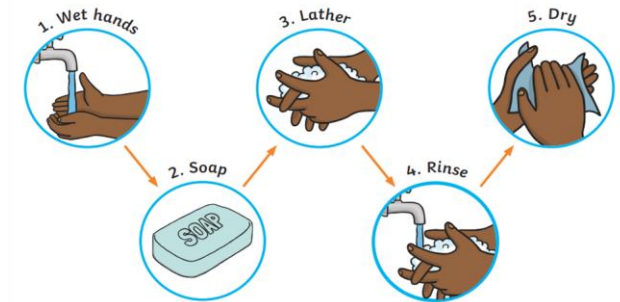
Toilet training visuals



Self-Care

Before starting nursery, please encourage and ensure your child can wash their hands independently.

Wash Your Hands!



Develop good oral hygiene

- All drinks should be taken from a cup, not a bottle.
- **Support brushing twice a day**

Happy Teeth

Five steps to keep your teeth clean and comfortable.

- Put a pea-sized amount of fluoride toothpaste on your toothbrush.
- Brush in circles for two full minutes.
- Rinse well.
- Floss between all your teeth.