

Getting Ready for Nursery

Bedtime

I can brush my teeth.



I can listen to a story.



I can go to sleep early.



Look after myself

I can go to the toilet by myself.



I can wash and dry my hands.



I can use a spoon and fork.



I can wipe my nose. Put the tissue in the bin.



I can put on my coat.



I can put on my wellies and shoes.



Listen & talk

I can follow an instruction.



I can ask for help.



I can join in with rhymes and songs.



I can share and talk about a book.



I can talk about what I see.



I can say how I am feeling.



Play and make friends

I can choose a toy to play with.



I can tidy away my toys.



I can play with other children.



I can share with other children.



I can take turns.



Ready to learn

I can walk to nursery.



I can build with blocks.



I can make marks.



I can do a simple puzzle.



I can sort and match things.



How you can help your child get ready for Nursery:



Talk with your child.

Have lots of conversations throughout the day.

* Remember: dummies delay children's speech.



Support your child to get into a **regular routine**.

For example: getting up, meal times and bedtime.

(NHS recommends at least 11-12 hours sleep)



Limit screen time [television and ipads]

The less time your child spends on a device the better.



Share, read and talk about **books** with your child.

Try visiting your local library.



Move and have fun outside.

For example: play in the park, ride a balance bike and ball games

(NHS recommends at least 3 hours a day of physical activity)



Spend time together **out and about** in your local community.



Plan for your child to **play** with **other children**.