

Getting ready for Nursery

Grove

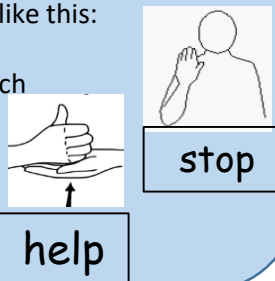
September
2025

Personal, Social and Emotional

Staying safe and asking for help:

Being able to communicate what we want and do not want is very empowering. Teach your child to say "Stop, I don't like it" when something happens that they do not like. Alternatively show them how to communicate 'stop' by pushing their hand forward like this:

It would also be great if you could teach your child to request help. This can be done by helping them use the phrase "Help me" or by using The MAKATON sign for help that looks like this:



Communication and Language

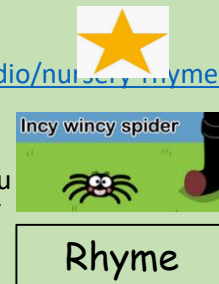
Learn some nursery rhymes:

Learn the words and actions to 'Twinkle, twinkle little star' and 'Incy, Wincey spider'. The following two links have lovely animated versions of the rhymes.:

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-incy-wincey-spider/zr4yt39>

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-twinkle-twinkle-little-star/zds6jvhv>

Enjoy singing them together – maybe you could even make up your own version of these traditional rhymes!



Understanding of the World

Get to know your local area:

Go on a walk to your new nursery. Can you talk about what you see on the way? Maybe you will see some shops, road signs or trees. You could take a picture of what you see on your way to nursery or even draw a map.

Once you get to your nursery maybe you could have a think about the wonderful toys that might be inside and all the friends you are going to make –how exciting!



See

Literacy

Story:



Get some cushions and make a cosy corner or sit on a sofa, snuggle up, and share some favourite books. Point out the title and see if your child can either guess or recall what happens in the book. Look at the pictures and talk about what you can see. Once you have finished reading share your favourite parts.

Mathematics

Play hide and seek:

Count

Hide and seek is a great way to support your child to learn to say numbers in order. It also helps reinforce the idea that everyone will return to be together after being separated. This notion will help your child understand that you will return to get them after they have some time at nursery.

Play



Physical Development

Independence skills:



Help your child get ready for nursery by encouraging them to get dressed independently. Can they put their socks and shoes on by themselves? Can they pull up their underwear and wipe their bottom after going to the toilet? Can they zip up their coat up without help? These skills can be very challenging for little hands – time and practice will help achieve this independence. Don't worry if your child can not do these things before starting nursery. We will be happy to help them develop these skills.

Expressive Arts & Design

Make

Attachment box:

Children can get emotionally attached to objects such as cuddly toys, blankets and even photos. These objects can provide great reassurance and comfort for children. We would love you to make and decorate a special box (a shoe box will do) and put some special items in it. We plan to keep these special boxes at nursery and let your child look in them whenever they want to. The attachment boxes will help build a bridge between home and nursery. Click link to watch a short video explaining how to make an attachment box.

<https://www.youtube.com/watch?v=fDRXXg3NLrA&feature=youtu.be>

NB: Do not put expensive or items that your child will need to take home as the boxes and their content must stay at nursery.



We hope you are all safe and well. Here are some suggested ideas to do over the summer - pick and choose those you feel your child will enjoy - no pressure! The idea is that these activities will help your child prepare for starting nursery both emotionally and in terms of their independence. Have a wonderful summer -we look forward to seeing you in September!