

Great Bridge Primary School

Nursery



A guide to preparing your child for nursery

Your child's journey to nursery school begins at home.

Part 2



How can you help to prepare your child for nursery?

- Your child will have lots of new activities and routines to get used to when they start nursery school.
- There are some things need to do more independently than they might have before.
- Research shows that a child's relationship with their parents is the most important factor in their development, and there's a lot you can do at home.
- When your child is at home with you or another caregiver, you can practice as a family with fun activities.
- Some of these skills take time to master, so it's good to introduce them gradually as part of your daily routine.

What if my child has additional needs?

- If your child needs additional support to settle into Nursery, make sure you share as much information as possible with their new teacher. They can work with you to find strategies to support your child.
- Summer born children, or those speaking English as an additional language (EAL) may need more support.
- If you know or suspect your child has suspected or confirmed special educational needs (SEND), developmental differences or delays, some of these skills may not be achievable for them at this point.
- Early support makes a big difference – ask your child's pre-school, health visitor, local children's centre or family hub for help.

Starting Nursery 3. Physical Development

Getting moving for at least three hours a day.

Walking up and down steps (one foot at a time,
using the wall for support).



Climbing, running, jumping and playing.



Catching a large ball (most of the time)



Doing simple puzzles and craft activities



Starting Nursery 4. Healthy Routines

Going to bed around the same time each night,
waking up in time to get ready for school
(at least 10 hours sleep)



Limiting screen time to the recommended daily
amounts (one hour with adult interaction for positive
learning for children under 5 years)



Eating a healthy diet and trying new foods



Brushing their teeth with fluoride toothpaste
twice a day (you'll need to supervise this until
they are at least 7 years old)

