

Preparing for change - How can I help my child settle in at nursery?

At Fraserburgh South Park Nursery we really do not see children as 'being ready' for nursery. Each child is an individual and there is no tick list of things they 'should' be able to do before they attend nursery. When they do come each child will be treated as an individual and bearing in mind, we have children from aged newly 3 to turning 5 before they leave, and we are aware they are all at very individual developmental stages.



This is not guidance, we just want to ensure you are fully supported at this really important time for your child. We have pulled together some things that are intended to be used to support you as a parent, identifying areas that your child might still need some help in. This is not intended as a list you work through in order to see if your child is ready for nursery or return to nursery, in some cases, but as something you can use between now and August to support your child develop at their own pace.

Remember all children learn at different rates so please remember the skills below are just a guide, and it is okay if they are finding skills difficult or not yet at the stage to do them. For some of the skills there are examples of activities you could be doing at home to help achieve this skill. Its' aim is to support parents and carers to ensure our children are ready to learn.

There is unlimited research explaining the benefits of family learning and parental engagement. These are wide-ranging and include:

- improved educational outcomes for children
- effective ways of engaging parents in their children's learning
- improved communication between parents and practitioners
- a first step back into learning for parents
- improved relationships between parents and children

Parental Involvement Act, Scottish Government (2006)

You will find below the following. . .

- **I can help my child work towards being able to . . .**
- **Getting ready to learn grid of fun home learning tasks**
- **Nursery related stories and a handy webpage to help me with any concerns I may have.**

I can help my child work towards being able to . . .



Listening and understanding

- I can follow simple rules and routines.
- You are letting me know the nursery staff are there to help me and I can ask them for help anytime.
- I can sit still for a short amount of time and listen.
- I can follow and carry out simple instructions.
 - For example, "Put your coat on", collect a "plate and cup for snack".
- I enjoy listening to stories and can speak or answer simple questions about the book.
 - Did you like or dislike the story - this can be as simple as thumbs up or down.
 - "Look at his face, how do you think he is feeling"?
 - "What can you see in the pictures"?



Literacy and Speaking

- I am understood when I talk or have strategies to help me (gestures).
- I am able to talk about myself, my thoughts and feelings.
- I am exploring and interested in books and music.
- I am able to recall and sing some nursery rhymes.
- I can sit and listen to others and take my turn.



Maths Skills

- I am aware of numbers and what they mean.
- I join in with numbers in rhyme, songs and play.
- I experiment with emptying and filling sand/water containers.
- I understand numbers, counting and am beginning to understand amounts.
- I look at numbers in my community.
 - When you are out for a walk look to see where you can see numbers - buses, houses, shops, cars etc.



Social and Emotional

- I am being prepared for being away from my mummy, daddy, or main carer.
- I am able to express my emotions, thoughts and needs to be met, in my own way.
- I am able to ask for help if I am struggling or I will learn and be supported to do this.
- I am willing to try - I am taught that I can do anything if I try.
- I am learning to take turns and beginning to share with others
- I can interact and play games with others.
- I am making friends or are ready to begin making friends.

We are very aware that leaving parents for the first time will be very difficult for some children and comes easy for others. This can apply to parents too - leaving your child in someone else's care can be challenging. Every child as we know is very different. We aspire to know and care for your child, which then helps us get them settled in. We can update you by phone call and/or at the end of each session if you have any concerns. If your child is upset when dropped off it will ease your mind to know that the majority of children begin to feel settled within the first 10-15 minutes of their parents leaving- this can continue for a few days or several weeks, but we always get there in the end together. Here at our nursery, we aim for happy nurtured children, happy parents and an attentive warm team.

We look forward to welcoming every child, either returning or just beginning their journey, along with every parent, carer and family to Fraserburgh South Park Nursery.

Getting Ready to Learn

Home Learning Tasks



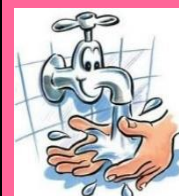
Practise putting on and taking off your own coat



Do some funky finger activities.
Can you handle little objects?



Practise washing and drying your hands



Practice to pour your own milk or water and drink from a cup



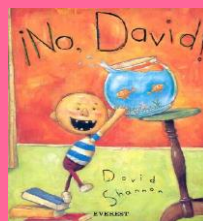
Can you tidy your own toys away



Try brushing your teeth on your own. An adult might need to finish it off for you.



Listen to a story and speak about the pictures in the book



Practise changing your shoes all by yourself



Enjoy some mark making - use paint brushes and water, sticks in the sand..



Choose a fun game to play with your family - practise taking turns



Go for a walk on a sunny day. What interesting things can you see?



Remember to say please and thank you.



Be kind to your family. Share your favourite items.



Can you spot any numbers when you are out and about?



Try your best to do up your zips and buttons all by yourself



Well done!

Nursery related stories that may help with transition . . .

Wooly and Tig - first day at nursery

<https://www.youtube.com/watch?v=p0xeVIP3ypQ>

My first day at nursery school, Becky Edwards - read aloud for kids

<https://www.youtube.com/watch?v=FMSZkcyXqew>

Georges fist day at playgroup - Peppa Pig stories for kids.

<https://www.youtube.com/watch?v=GwxE9dXJVBq>

First day of school - nursery rhymes and sing a long's relating to first days

<https://www.youtube.com/watch?v=Oq61TxejZ5g>

The night before pre-school, Amy Wummer

<https://www.youtube.com/watch?v=jHmtsAMcUxY>

Other websites.

'bumps 2 bairns' Early help for Highland children' is a fantastic site to ease concerns and gives advice on direct areas of worry such as communication, movement and on fun outdoor learning games, rhymes and advice on how to make learning fun.

This link will take you directly to the areas of concern section where you can click directly on each area.

<https://bumps2bairns.com/which-is-your-area-of-concern/>