

## How to Support Your Nursery Child

### 1. Encourage independence

One of the biggest factors that can help children enjoy a smoother transition to FS1 is having the confidence that comes with learning to be more independent. There are many ways parents can support this, by talking through the school experience to get them excited, for instance, and encouraging them through play and by taking on simple tasks around the house

### 2. Start them young

Mastering simple skills will help children on their way to becoming model Nursery FS1 children eg Putting on own coat, putting sleeves right if inside out, packing their school bag, giving them instructions to follow to do things.

### 3. Be their cheerleader

When your child is learning something new, make sure you offer lots of encouragement and praise.

### 4. Get them talking

For FS1, children will need to demonstrate good communication skills such as being able to engage in basic conversation and answer open-ended questions. Key to developing good communication skills is to talk a lot with your child. From chatting through your daily journey or routine and what you see around you to saying "good morning" to people you meet along the way - all this helps to engage the brain as well as speech and language skills. If we feel children are having some issues with speech, we can tackle it early with simple exercises such as bubble blowing to help get the mouth moving, as well as repetition of simple words.

[https://small-talk.org.uk/3-5-years/?gclid=EAIaIQobChMIxemE6OHN6wIVhbp3Ch3dFAqsEAMYASAAEgKJ5fD\\_BwE](https://small-talk.org.uk/3-5-years/?gclid=EAIaIQobChMIxemE6OHN6wIVhbp3Ch3dFAqsEAMYASAAEgKJ5fD_BwE)

### 7. Get on top of self-care

Encourage your child to feed and dress himself and take ownership of his belongings - something that's expected of all children from the beginning of FS1. Parents are often concerned about children being able to manage their self-care skills independently. We do encourage parents that all children are toilet trained before they join us in FS1 but we do support children who need it when using the bathroom, dressing themselves or feeding themselves during snack and lunch time."

### 8. Help set the boundaries

As children settle, there may be some issues around learning how to manage their emotions and behaviour. As a school we will communicate any issues with parents and work together to ensure we are support the child to build relationships and manage their own behaviour in and outside of school.

## 9. Support their learning

- Children often come to school writing in capital letters and saying alphabet names for sounds. Parents work with them at home and have good intentions to support their reading and writing, however this does often mean we have to un-teach and re-teach content in school. We would ask that parents only model writing in lower case letters and when learning letter sounds to only teach them the 'pure' sounds. Learn the Jolly Phonics songs.

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

- Talk about the characters and settings in stories.
- Read rhyming Stories eg books by Julia Donaldson, Dr Seuss. Make up funny rhymes eg Humpty Dumpty sat on a mat, Humpty Dumpty had a great cat." (Rhyming awareness is great for developing reading)

- Sing Songs and Rhymes ( good for children learning English too)

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-songs-medleys/zf2792p>

- Counting objects, noticing shapes and signs around us.
- Develop core body strength with climbing, swimming, gymnastics, ballet
- Develop hand strength by squeezing small balls, construction such as Mobilo and Lego, playing Hand and Finger rhymes such as 'Open Shut them'.

<https://www.ot-mom-learning-activities.com/hand-exercises-for-kids.html>

- Let them see you writing and encourage them making their own marks, however they look!
- Help them to be creative by playing with them, valuing and following their ideas and helping them to realise their ideas

## **10. Send out positive vibes**

Although it can be an anxious time for parents, it's important to show children how excited you are and how important it is that they come to school in order to help their brain grow. It is a very special time when a child starts school so please trust in the school that we are doing everything we can to help your child feel confident, safe and happy.

**For additional ideas for supporting your child**

[https://www.foundationyears.org.uk/files/2015/03/4Children\\_ParentsGuide\\_2015\\_WEB.pdf](https://www.foundationyears.org.uk/files/2015/03/4Children_ParentsGuide_2015_WEB.pdf)