

Western Nursery

HELPING YOUR CHILD GET READY FOR NURSERY AND
SCHOOL

Our Vision

At Western, we aim to develop kind, ambitious, curious, confident and successful young people who are excited about their futures.

Be kind

Be curious

Be ambitious



Being Independent

You can help your child get ready for nursery and school by helping them learn to put on their coats.

The videos on this page show two really easy ways to teach your child this skill.

The 'Flip' method

https://app.seesaw.me/pages/shared_item?item_id=item.b1b09185-7c71-4af9-8ce9-9610fc2d5cc2&share_token=mchSjilxSfyL4_vylaA8YQ&mode=share

Superhero method

https://app.seesaw.me/pages/shared_item?item_id=item.151d2db2-b5da-449c-ad23-45e6320864b3&share_token=qR3ehvBJSoOkzYlJhPEUjw&mode=share

Nursery and school staff will always help children with tricky fastenings but it is important children learn to try.

Please ensure your child recognises their own coat too!

Remember to label all your child's clothing with their name.



Being Independent

Toileting

Once your child is out of nappies and they are going to the toilet, please encourage them to try and wipe themselves if they can.

Children will also need to learn to wash their hands using soap and rinse them properly.

Staff will help if needed.

Independence

Help

We encourage children to tell us when they need help. This is something you can support at home. Model saying the phrase: "Can you help me please?" Encourage your child to use this phrase when they need help.

Manners

We encourage our children to say, please and thank you when they are asking for something. You could use the Makaton signs to help prompt them.



Listening skills



At nursery we encourage the children to put up their thumb when they have something to say and wait their turn. This is the same system children use when they start school.

- 1) Child raises thumb to indicate they wish to Speak.
- 2) Adult raises thumb to acknowledge child is waiting.



For many children this skill takes time. You can help with this by making your child wait their turn to talk at home when you are talking to someone else. Praise your child for waiting.

Talk to your child about listening and what this looks like. At nursery we remind them to 'switch their listening ears on'. On the next slide are some ideas for listening games to develop your child's skills.

Listening Games



Name that noise

Encourage **children** to close their eyes, or use a blindfold and guess the sounds they can hear.

I spy.

This classic **game** is beloved by **children** and is a wonderful tool for teaching kids to closely listen to details.

Copy Cat

Sit across from your child and instruct him/her to copy what you do and say. Here are some different things you can do for your child to mimic:

Clap your hands twice

Sing a line from a simple song like "Mary Had a Little Lamb"

Stomp your feet

Snap your fingers

Make an animal sound

Click your tongue

Websites with other ideas:

Listening Games

<https://www.virtualspeechcenter.com/blog/2014/20-listening-games-and-activities-for-preschoolers>

17 Listening games for pre-schoolers

<https://www.pinterest.com/pin/69383650485961481/>

Listening games for kids

<https://www.encourageplay.com/blog/10-listening-games-for-kids>

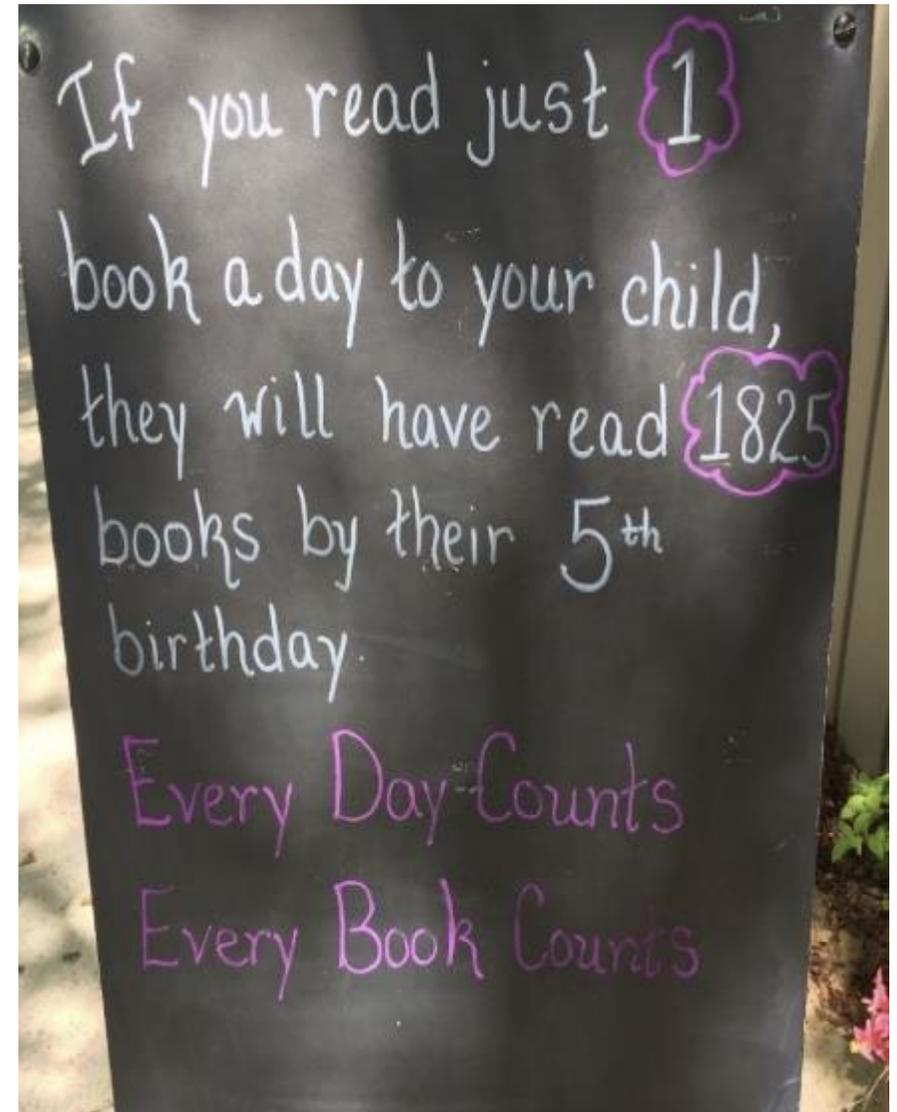
Stories and Rhymes

Exposing your children to as many stories and rhymes as possible is essential in nursery.

Children should be able to join in with repetition in rhymes and stories.

Encourage your child to talk about the pictures and whether they liked the story.

Can your child tell you what happened in the story?



Get ready for reading:

- Encourage your child to recognise particular sounds in the environment. Listen for birds singing, vehicles, animal sounds, water boiling, leaves rustling etc.
- Sing nursery rhymes with your child. They are a key part of developing children's rhyme and rhythm.
- Model alliterative play with your child e.g. "I'll have some peppery, pepperoni, pizza, please!"
- Make full use of i-pads, story CDs, tablets to share stories, rhymes and songs.
- Sing songs with claps, pats and stamps such as 'Happy and You Know It.'
- Add body percussion to rhymes, performing the sound of the beat and then add movement.
- Invest in some rhyming stories such as 'Oi Dog' by Kes Gray, 'My Friend Bear' by Jez Alborough or 'This is the Bear' by Sarah Hayes and Helen Craig to name but a few.
- Encourage children to use their voices to make loud and soft noises, high and low sounds, scary voices, singing voices and add voices of characters when you are reading to them.



Learning Alphabet Sounds

Phonics is a way of teaching reading where your child is taught to read letters or groups of letters by saying the sound(s) they represent. Children can then start to read words by blending the sounds together to make a word.

Sounds should be pronounced softly and in a clipped, short manner. Not with a 'uhhh' sound. E.g. Not

Cuh aaa tuh - C-a-t

Please watch the videos where Mrs Magill will show you how we say the letter sounds in school and the action which goes with each sound. Careful pronunciation of sounds is *very* important to ensure that we are good language models to children.



Pre- Writing Skills

Before children are ready to write, they need lots of fine motor skills to develop their hands in preparation for holding a pencil.

Some ideas include:

- Threading, posting and slotting toys for babies and toddlers.
- Poking straws into holes.
- Pasta necklaces.
- Monster play dough.
- Weaving around cardboard.
- Fairy sparkle playdough.
- Pipe cleaners and colanders.
- Beads on spaghetti.



Here are some links to lots of ideas to support fine motor skills.

Activities to get children ready for writing

<https://www.yourtherapysource.com/blog1/2017/05/18/children-ready-for-prewriting/>

The Parents' Guide to Fine Motor Skills

<https://empoweredparents.co/fine-motor-skills-for-preschoolers/>

40 fine motor ideas for pre-schoolers

<https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/>

Pencil Grip

Your child may not be ready to hold a pencil properly. Below are the stages children go through when learning to hold a pencil. Start with chunky crayons, chinks and pencils and decrease the size as your child's grip improves.





Pencil Grips

Pencil grips which can be widely purchased, may help your child to hold their pencil correctly when they are ready.

Or try the pinch and flip method below

<https://www.youtube.com/watch?v=VhtdJ4D0OtQ>



Names

It is really great when your child can recognise their name. Help them identify the starting letter.

If your child is ready to write their name, it is important that they are not taught this incorrectly.

Please do not teach your child to write their name in capital letters. Their name should start with a capital but the rest must be lower case letters.

e.g. William

Please see the video below as to how we teach letter formation at Western.

<https://vimeo.com/188956390>



Maths

Children should practise counting from 0-10, always starting with 0.

Children should share lots of counting songs and rhymes.

Children should spot numbers in the environment e.g. house numbers, numbers on price tags, cards etc.

Children should practise counting out a number of objects e.g. Can you give me three apples?

Children should recognise numbers that are important to them e.g. their age, house number

Children may recognise some simple shapes e.g. circle, square, oblong and triangle.

Children can show you the corresponding number of fingers. Get them to show you the same number of fingers in different ways.





Turn Taking

Playing games with your child and teaching them to take turns is really helpful in preparing them for nursery and school.

Teaching your child that they may not always win is a difficult lesson for young children to learn but is essential for when they are learning to play with others.

We encourage all our children to use gentle hands and not to snatch what they want. By modelling language such as please can I have a turn, we can support children to learn to engage and interact with their peers.





Helping out at home

Children can learn lots of skills by helping at home.

- Setting the table and counting the place settings.
- Sorting the washing by colours, matching the socks.
- Tidying away their toys when they have finished playing.
- Baking with a family member.
- Preparing food with an adult.

School Readiness

Tips for Parents

When your child starts Western there are a number of skills that they should ideally have mastered. We are on hand to help with the ones which your child still finds tricky.

Self-care

- I know when to wash my hands
 - I can wipe my nose
- I can ask for help if I don't feel well

Speaking and Literacy

- I am interested in reading stories and looking at picture books
- I am able to talk about myself, my needs and feelings
- I am practising recognising my name when it's written down

Getting Dressed and Undressed on my own

- I can button and unbutton my clothes
- I can put my own shoes and socks on
- I can put on my own coat and use a zip

Independence

- I am comfortable being away from my mummy, daddy or my main carer
- I am happy to tidy my belongings and look after things
- I am becoming confident about starting school

Listening and Understanding

- I am starting to sit still and listen for a short time
 - I can follow simple instructions
- I understand the need to follow the rules

Sharing and turn taking

- I can share toys and take turns
- I can play games with others
- I can interact with other children

School Readiness

Tips for Parents

Interest in the world and new activities

- I enjoy learning about the world around me
 - I am interested in new activities
 - I like asking questions

Eating

- I can use a knife and fork
- I can open my own packed lunch box
- I can open my own wrappers and packaging

Writing Skills

- I like tracing and colouring in
- I enjoy experimenting with different patterns/ scribbles
- I am practising holding a pencil correctly

Counting skills

- I enjoy practising and counting objects
- I know some number rhymes and counting songs
- I can recognise some numbers when they are written down
 - I know how old I am

Routines

- I am practising putting my clothes on and getting ready to leave on time
- I have a good bedtime routine so I'm not too tired for school

Going to the toilet

- I can go to the toilet on my own and wipe myself and flush the toilet
- I can wash my hands after using the toilet