

A Parent Guide: Everything You Need to

Before Your Child Starts

Talk Positively About Nursery

Children often take their cues from adults. Talking about nursery in a positive and enthusiastic way can help your child feel excited about starting.

You could:

- Read books about starting nursery.
- Talk about the fun activities they will enjoy.
- Visit the nursery environment if possible.
- Discuss the new friends and adults they will meet.

Encourage Independence

There are lots of simple skills you can help your child practise at home:

- ✓ Putting on and taking off their coat
- ✓ Using the toilet (where appropriate)
- ✓ Washing and drying hands
- ✓ Tidying away toys
- ✓ Eating independently
- ✓ Recognising their own name or belongings

Remember, children develop at different rates and we are here to support them every step of the way.

Settling In

It is completely normal for children to feel excited, nervous or even upset during their first few days or weeks.

To help your child settle:

- Keep goodbyes short and positive.
- Reassure them that you will return.
- Establish a consistent routine.
- Share any concerns with nursery staff.

Our experienced team will work closely with you to ensure your child feels safe, secure and happy.

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Uniform

We want children to feel comfortable, confident and ready to learn during their time in Nursery. Our uniform has been chosen to support active play, independence and toileting, helping children take part fully in all of the exciting experiences throughout the day.

What We Ask Children to Wear

- A **light blue polo shirt**
- A **cobalt blue cardigan or jumper**
- Comfortable, **loose-fitting trousers, leggings, shorts** that allow freedom of movement
- **Suitable black trainers with Velcro fastenings or slip-on styles**
- **No lace-up shoes**, as these can be difficult for young children to manage independently

Why Does This Matter?

Nursery children are busy learners! They spend their day running, climbing, exploring, creating and playing both indoors and outdoors.

Loose, comfortable clothing helps children:

- Move freely and safely during play and physical activities
- Develop independence when dressing and undressing
- Manage toileting more confidently, particularly during toilet training
- Focus on learning and having fun rather than struggling with clothing fastenings

We encourage families to choose clothing that is easy for children to pull up and down by themselves, helping them build confidence and self-help skills.

A Helpful Reminder

Please ensure that **all clothing, shoes and belongings are clearly named**. This makes it much easier for us to return items to their owners and helps children recognise and take responsibility for their own belongings.

Thank you for supporting your child in becoming an independent and confident Nursery learner! 😊

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What Should My Child Bring?

Please ensure that all belongings are clearly named.

Every Day

- A named coat suitable for the weather
- A named water bottle
- A change of clothes
- Nappies, wipes and creams (if needed)

Depending on the Weather

- Sun hat
- Sun cream applied before nursery
- Waterproof coat
- Wellies

Building Strong Partnerships

Parents and carers are a child's first and most important educators.

We value working closely with families and encourage you to:

- Share information about your child's interests and achievements.
- Speak to staff if you have any questions or concerns.
- Celebrate learning at home as well as at nursery.
- Check any communication platforms regularly.

Together, we can provide the very best start for your child's learning journey.

Learning Through Play

In Nursery, children learn through a balance of:

- Child-initiated play
- Adult-led activities
- Indoor and outdoor exploration
- Stories, songs and rhymes
- Creative experiences
- Social interaction

Play is how young children learn best and helps them develop confidence, language, problem-solving skills and independence.

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Helping Your Child at Home

Simple everyday activities make a huge difference:

-  Read stories together every day.
-  Sing songs and nursery rhymes.
-  Talk about what you see when out and about.
-  Count everyday objects such as stairs, toys or fruit.
-  Encourage drawing, colouring and mark-making.
-  Spend time outdoors exploring nature.

A Few Final Reassurances

Starting nursery is a big step, but it is also the beginning of an exciting journey filled with learning, friendships and new experiences.

Every child settles differently, and that's okay. Our caring team is here to support both you and your child, ensuring they feel happy, safe and ready to thrive.

We can't wait to welcome your family to Nursery! ✨

If you have any questions before your child's start date, please don't hesitate to contact us.