



Home learning ideas for starting nursery

Here are some general ideas for you to follow at home with your child to help him/her before they start nursery.

Most importantly, talk to your child/ren about starting nursery. Reassure them that they will enjoy going and although you will be leaving them there eventually, you will always be back to pick them up at the end of the day/ session. There are many lovely books out there that help with getting children used to starting nursery. Every child will need their own time to process new information about leaving home, leaving you and starting a new adventure on their own. Take it day by day. Your child may not want to talk about going to nursery too often and others may need to discuss it daily. Work with your child to do what you think is best. If you are unsure, please ask us.

Below are some activities to help your child prepare for starting nursery. Have a go at them at your own pace. Give plenty of praise and encouragement and above all HAVE FUN whilst playing with your child – it won't be long before they are all grown up and won't want to play anymore. Starting nursery is a once in a lifetime transition, make the most your time together.

Personal, social and emotional development

Make and play with playdough together (Playdough is also great for building communication and language as well as fine motor control)

Playdough recipe-

2 cups plain flour (all purpose)

2 tablespoons vegetable oil (baby oil and coconut oil work too)

1/2 cup salt.

2 tablespoons cream of tartar.

1 to 1.5 cups boiling water (adding in increments until it feels just right)

Food colouring (optional)

Physical development

Draw and paint pictures (this helps children to build their fine motor skills for writing).

Have a go at using scissors.

Do a run in your garden.

Go for a welly walk. What do you see around you?

Set up an obstacle course.

Go to a park, climb, balance, jump, run, hop!

Ride a bike or scooter.

Learn to put on your coat and shoes.

Encourage your child to be dry and out of nappies during the day.

Promote good handwashing and hygiene skills.

Adopt a routine. If you haven't got one yet, start a routine that has set lunch, dinner and bed times and could also include times like, outdoor play, crafts, story time.
Encourage rules and boundaries. Help your child to understand other people's feelings, how their actions might affect others and how they can make them 'happy' again.



Communication and language

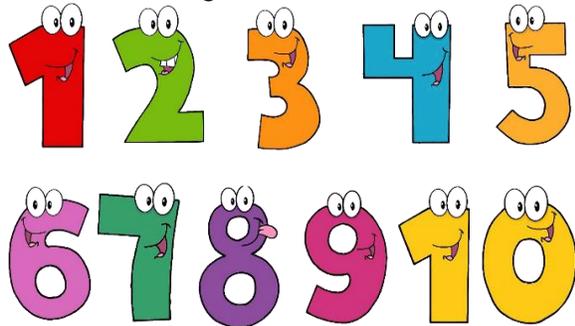
Talk, talk and talk some more!
Play a game.
Make a puzzle.
Play 'Simon says'.
Learn a new rhyme or song.
Play 'I spy with my little eye'.
Make a DIY telephone.
Listen to an audio book.

Literacy (reading and writing)

Help them to recognise their name.
Draw lots of pictures, can your child tell you what they are drawing even if it is squiggles?!
Share lots of stories together as a family
Read lots of stories together. Do they have a favourite? Can they repeat the story back to you? I would not expect it word for word but maybe the general gist of the story. For example, they may say 'The three pigs built a house, wolf blew it down!'.

Maths

Do they recognise any numbers? They may know significant numbers like their age.
Talk about numbers around them, how old are they, the number that they live at, the number on the buses, the numbers on the car registration plates, the numbers when shopping i.e. prices etc.
Do some baking, weighing ingredients out.
Go on a shape hunt. What shapes do they recognise?
Play hide and seek with a teddy or toy. Use positional language – eg over, under, between, through as clues on how to find it.



Expressive arts and design

Sing a song, learn a new one!
Dance to music.
Make a model from junk materials.
Can you build a shop/ castle/ den to play in?
Play with small world/ dress up and role play items.
Recognise and learn colours.



Understanding the world

Talk/ write and draw your family. Look at baby pictures!

Technology- Play a number or listening game on a computer/ tablet etc

Grow a plant/ cress



Websites with free resources;

Twinkl

<https://www.twinkl.co.uk/resources/parents>

Oxford Reading Tree

<https://www.oxfordowl.co.uk/welcome-back-for-home/reading-owl/kids-activities>

Outdoor learning

<https://www.outdoorlearningmadeeasy.co.uk>

Cbeebies for stories and activities

<https://www.bbc.co.uk/cbeebies>

Phonics play for phase 1 listening and attention activities

<https://www.phonicsplay.co.uk/resources/phase/1>

Top marks for math interactive games

<https://www.topmarks.co.uk/Search.aspx?Subject=37>