

Skills to help your child on their Nursery journey

To give your child the best opportunities and start to their nursery journey, here are some great skills for them to be learning not just in school, but at home.

Getting dressed

A great life skill to have is being able to get dressed on your own. We understand that sometimes in the morning, the easiest method is to dress your child to save some time, so it can be done in the evening or at night. Let your child choose an item of clothing, e.g. t-shirt, socks, jumper, trousers etc. and begin by assisting with how to put it on. Make sure to explain HOW you put these on, and remember, there is no 'right' way to do this. For example, when putting on a jumper, you could go head first or arms first, do whatever works best for your child. Children will be encouraged in Nursery to put on and take off their jumpers and cardigans independently.

Putting on your coat

Unfortunately we are not very lucky with the weather in Wigan, so we do wear our coats most of the time when we are outside. Children can access outside whenever they want, so it is important that they can put on and take their coats off without much support. Zips can be tricky too, but with lots of support and determination, we know every child will be able to zip their own coats up!

Putting on your shoes

Each morning when we come into Nursery, we change from our outside shoes, into our pumps. When we go outside we put our wellies on, and when we come back in we put our pumps back on. Then at the end of the day we put our end of the day shoes back on. It's a lot of changing and swapping, but it develops great independence and a sense of achievement.

Using the toilet independently

Your child might be toilet trained, but can they use a toilet independently?

- Can they flush the toilet?
- Can they pull up their own trousers?
- Can they wash and dry their hands?

Using cutlery

Can you use a spoon to feed yourself?

We practice using knives safely in nursery, to butter bread and cut sandwiches. This is an important life skill that will set children up, ready for their dinners within school, as knives and forks will be provided for children to cut up their meals.



Key Skills
to set you
on the
right path!

St Bernadette's
Catholic Primary
School







Talk, Talk, Talk!

Language that children are exposed to is the greatest tool for development.

We want children to have a love for reading, try sharing stories and discussing what is happening in the pictures, retelling the story after, describing what you can see.

Keep calm and turn the TV off!

Share books together, take turns, play repetitive language games e.g. nursery rhymes, copy what your child is doing, enjoy your time together, play people games e.g. peek-a-boo.

You are your child's best entertainment.

Try to limit the amount of time on phones, tablets and computers. They will learn their best speech and language from the adult around them.

Ditch the Dummy

Dummies are used as a comfort tool for babies and young children. If used for too long, they can affect your child's speech and language.

A dummy can make it hard for a child to talk to you (imagine trying to talk with something stuck in your mouth).

Dummies can cause a delay in speech as it interrupts babbling and talking.

Using a dummy stops the mouth and tongue moving correctly, sounds can then come out 'slushy'.

Try swapping out a dummy for a different source of comfort e.g. a toy

Using rewards e.g. a star chart (not sweets)

Praise your child for being grown up

Leave the dummy out for the Dummy Fairy/Father Christmas



Communication and Language

St Bernadette's Catholic Primary School



