



Starting preschool is a big step, for children, and for parents and carers, but a little bit of preparation can help a lot.

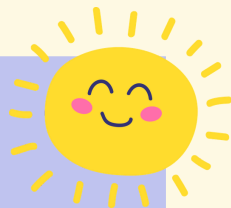
If you are worried about anything, you can talk to the nursery teacher or pre-school leader.

It is a good idea to share any concerns so they can help.



Get ready for a new setting

BE POSITIVE



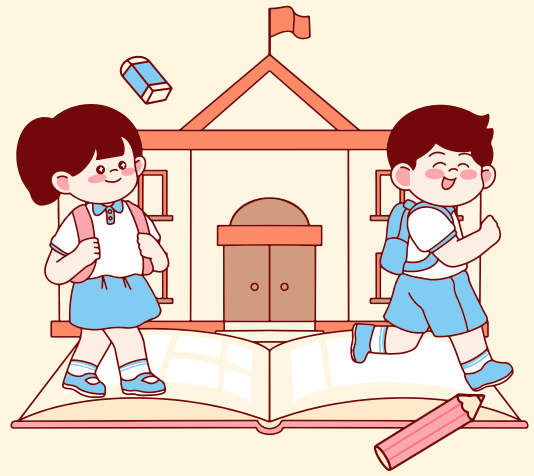
When talking about starting a new setting, be positive. Tell your child they will meet new friends, and they will all have fun learning together. Reassure them that they will be well looked after.

The best thing you can do to help your child develop and grow in confidence is to spend time with them.





VISIT if you can.
If you and your child are invited to the setting, go and see what it is like, and meet the staff.
Point out the new setting whenever you pass it and be enthusiastic about starting.



Preschool will be fun and you will make new friends



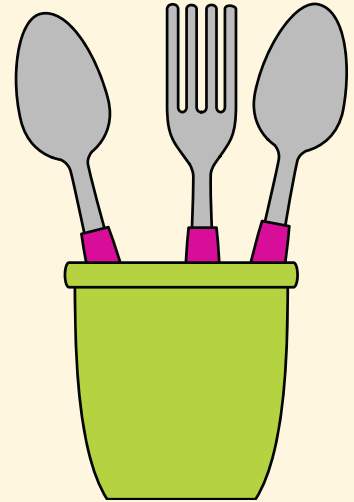
Look at books together that talk about starting nursery or playgroup.

Talk about making new friends and enjoying new activities.



Help your child become independent

Encourage your child to dress or put on their coat on their own, or with less help. Practise using cutlery and drinking from an open cup. Encourage them to tidy toys.



Use teddies or dolls to act out saying goodbye and reuniting later.

Wash the uniform before the first day so it smells familiar like home.



Try to get into a routine with bedtimes to suit getting up for pre-school.



By the time they are starting pre-school or nursery, most children can use the toilet and wash their hands independently. Some children find it easier than others, while others may struggle, especially if there is diagnosed medical need.

If you have concerns about toileting, talk to your health visitor or GP.



More information on helping with play, language, and emotions are available at EA Early Years

Useful Resources and Links



There is a short guide

Help with Toilet Training

available on the EA Early Years Local Impact Teams site which provides some helpful tips and has links to other organisations with more information.

