



# Dalmain Nursery

Where Creativity Meets Educational Excellence



***“Children make good progress because of the quality of the experiences provided for them.”***

**Ofsted, May 2019**

## **Welcome**

We are thrilled and excited to welcome you to Dalmain Nursery. We understand that some parents may be anxious about the following:

- Will my child make friends?
- What happens if my child has a toilet accident?
- What happens if my child cries?
- Will my child eat if I am not there to encourage or to feed him/her?
- What if my child refuses to go back to nursery?
- What happens if my child does not settle?

I am sure that I could continue to add to this list of questions, as we are aware that the transition from home to nursery can be a worrying time for both children and parents.

We encourage open and honest dialogue between home and school to ensure that the children are having the best possible experience, and we would normally have enrolment meetings in school at which you could ask additional questions, followed by a home visit at the end of the Summer term where we could get to know your child a bit better. This year the meetings have not been possible, so we have drawn up this pack with some additional information which we hope will be of help to you.

Please do not hesitate to contact us if you require any further assistance.

**Miss Reid**

**Nursery Teacher**

## What is included in this pack?

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1. Getting ready for nursery
2. Child development milestones
3. Potty training
4. Suggested reading for starting nursery
5. Separation anxiety
6. Tips for good behaviour
7. Teaching your child to get dressed
8. Healthy packed lunches
9. My child won't eat
10. What do we mean by motor skills?
11. The importance of nursery rhymes in early language development
12. Speech and Language Drop in Clinics

# Helpful hints to prepare your child for Nursery

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As a parent, you will naturally want to ensure that you and your child are prepared for this milestone experience of starting nursery. You may be nervous or uncertain of how best to proceed and what areas to prioritise. If this sounds like you, then this is the document for you!

We have included information on the most frequently asked questions in the hope of assisting you during this period of transition.

## 1. Getting ready for nursery

Click on the link below for information and suggestions.



<https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/getting-ready-for-nurseryschool/>

## 2. Child development milestones

<https://www.nhsggc.org.uk/kids/child-development/>

Skills such as taking a first step, smiling for the first time, and waving “bye-bye” are called developmental milestones. Children reach milestones in how they play, learn, speak, behave, and move (for example, crawling and walking)

Children develop at their own pace, so it’s impossible to tell exactly when a child will learn a given skill. However, the developmental milestones give a general idea of the changes to expect as a child gets older.

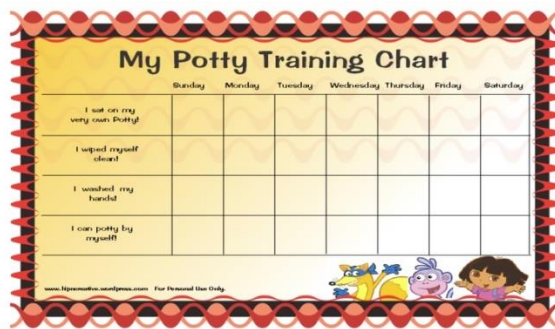


As a parent, you know your child best. If your child is not meeting the milestones for his or her age, or if you think there could be a problem with your child's development, please talk with your child's doctor and share your concerns.



### 3. Potty Training before the start of Nursery.

Please follow the links below.



<https://www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips/>

This website is extremely useful for all matters relating to childhood and parenting, and it is free! It is called Raising Children, an Australian parenting forum.

<https://raisingchildren.net.au/preschoolers/health-daily-care/toileting/toilet-training-guide>

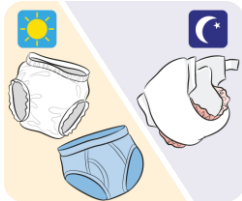
<https://raisingchildren.net.au/toddlers/health-daily-care/from-nappy-to-toilet/toilet-training-pictures>



These are just a few illustrations of what is included on the website. If your child has dry nappies for up to two hours and knows they are doing a wee or a poo, they could be ready for [toilet training](#). It's handy if they can pull their pants up and down.

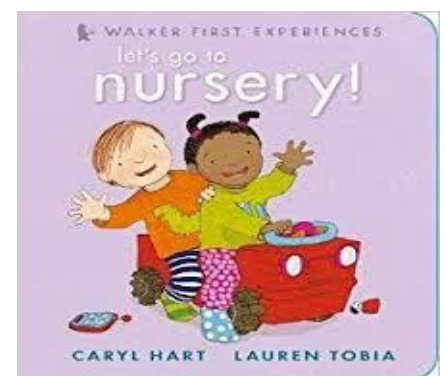
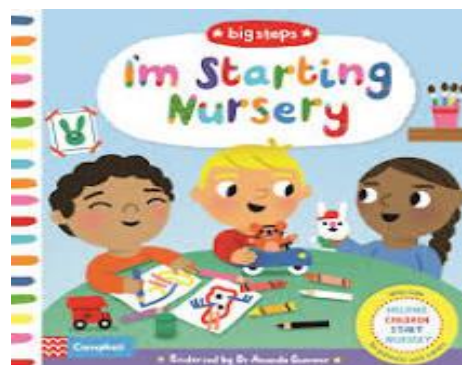
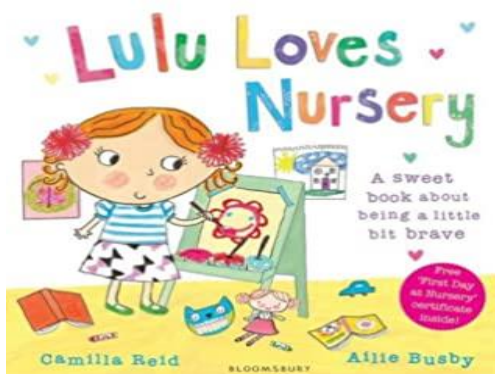
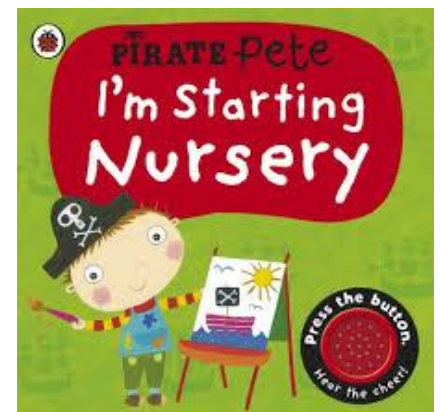
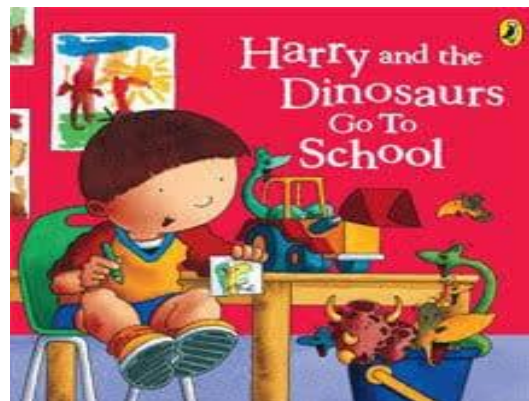
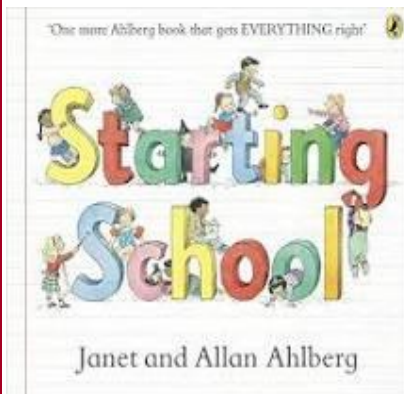


Your child might also be ready if they are interested in the toilet and want to watch you use it. They might tell you if there is a wee or a poo in their nappy.



Your child can use underpants or training pants during the day. They can use a nappy when you cannot get to a toilet easily, or during daytime and night time sleeps.

#### 4. Here are some suggestions of books you might wish to read before your child starts nursery.



<http://youtu.be/MEW4tLWbWWI>



\*Cautionary note regarding the advice to attach your number to your child's labels as suggested in this clip: you may not be comfortable doing this so, this is at your own discretion\*

## 5. Separation Anxiety in Children



<https://youtu.be/qCfx0XOSr-I>

## 6. Tips for good behaviour

- Be a role model. Use your own behaviour to guide your child
- Show your child how you feel
- Catch your child being 'good'
- Get down to your child's level
- Listen actively
- Keep promises
- Create an environment for good behaviour
- Choose your battles

<https://raisingchildren.net.au/toddlers/behaviour/encouraging-good-behaviour/praise>

## 7. Teaching your child to get dressed.

<https://raisingchildren.net.au/toddlers/health-daily-care/dressing/how-to-get-dressed>



Tip and flip method of putting on coat:

<https://youtu.be/mUaRSG6a3JU>



## 8. Healthy packed lunches



<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

This document offers a range of simple nutritious ideas for healthy lunches.

We are part of the Healthy EYFS scheme aimed at encouraging our children to develop a healthy lifestyle. We believe the sooner we begin to instil healthy principles in our children the more likely they are to maintain it throughout their lifetime.

## 9. My child won't eat



<https://youtu.be/f2HF-eRCr4Q>

This is a very common problem which causes endless worry and anxiety in parents. See how this parent handles this situation.

## 10. What do we mean by gross and fine motor skills?

<https://youtu.be/5Oj2JvVTJU4>





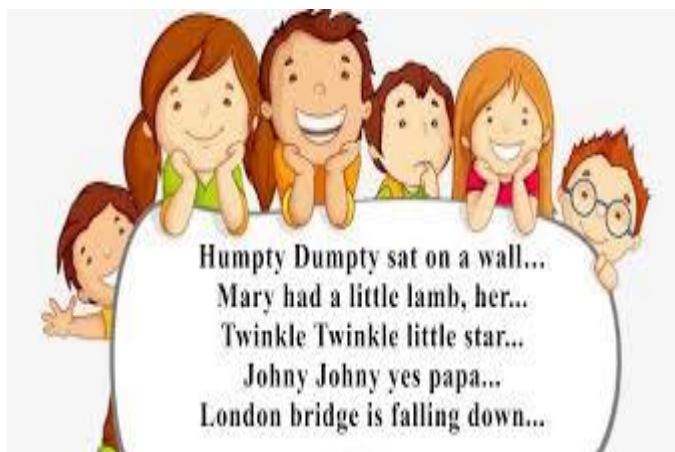
<https://youtu.be/MD86MGSBd8w> <https://youtu.be/8lpITsnjzRc>



THIS  
HELPS  
TODDLERS  
TALK



## 11. The importance of nursery rhymes in early language development



<https://youtu.be/Jo-GGOyPAEg>

<https://youtu.be/JblwY0cgvCg>

## 12. Speech & Language Therapy (SALT) Drop-in Clinics

*No referral or appointment needed*

(Please note your child must be registered with a **Lewisham GP**)



**Are you worried about your child's talking?**

**Would you like advice on how to help your child's communication?**

Why not attend a drop in clinic for a chat with a Speech and Language Therapist? You can get ideas to develop your child's communication and find out about other services that are available in Lewisham.

**Drop-in Clinics are held at the following Health Centres:**

| <b>Monday</b><br><b>13:30-16:00</b>                               | <b>Tuesday</b><br><b>13:30-16:00</b>                           | <b>Wednesday</b><br><b>13:30-16:00</b>  | <b>Thursday</b><br><b>13:30-17:00</b>                    | <b>Friday</b><br><b>13:30-16:00</b>  |
|---|--|---|--|--|
| Waldron<br>Health Centre<br>Stanley Street<br>Deptford<br>SE8 4BG | Honor Oak<br>Health Centre<br>20-21 Turnham<br>Road<br>SE4 2LA | Downham<br>Health &<br>Leisure Centre<br>7-9 Moorside<br>Road<br>Downham<br>BR1 5EP | Kaleidoscope<br>32 Rushey<br>Green<br>Catford<br>SE6 4JF | Sydenham<br>Green<br>Health<br>Centre<br>26<br>Holmshaw<br>Close<br>SE26 4TH |

**\* Please arrive before 15.45, or before 16.45 at Kaleidoscope**

If you have any questions please call the Speech & Language Therapy Admin Team on **0207 138 1464**.

Please contact us at [admin@dalmain.lewisham.sch.uk](mailto:admin@dalmain.lewisham.sch.uk) if you require further assistance.