



St Pauls
Nursery School & Children's Centre

**Helping your Child
Thrive at Nursery**

This booklet is all about how we can work together to help your child thrive at Nursery.

There's lots you can do at home to build your child's confidence and independence, helping them feel emotionally and practically ready for Nursery.



You are already helping your child to thrive by talking, playing, relaxing, cuddling and responding to them.

Your child's relationship with you is the most important factor in their development.

Your child is unique and will be developing and learning in their own unique way.

They can practise what they know and master new skills as they start Nursery.

Here's some key skills to develop that will help your child thrive at Nursery.



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Growing Independence

Developing independence and supporting children to do things for themselves builds confidence and self-esteem.

We want children to have confidence in their own abilities, make decisions for themselves, find out and explore and be lifelong independent learners.

How you can help at home

- Practise putting on/taking off coat and shoes
- Practise tidying up and taking care of their things
- Develop their play skills by playing alongside them, helping choose what toys to play with and how they can be used
- Establish predictable routines for meals, dressing and arrival at Nursery

At Nursery, we will

- Model how to do things, give time to practise new skills and have high expectations of taking care of resources
- Have predictable routines that promote independence, i.e. planning time, explore time, tidy up
- Help children find things for themselves with an environment that is well-labelled, i.e. coat pegs, toilets, baskets of resources
- Offer choices about what resources to use, celebrating effort as well as achievement in trying new things

Developing resilience and self-regulation

Helping children understand and regulate emotions, thoughts and behaviour helps them resolve upsets and grow resilience.

Self-regulation grows from co-regulation with attuned adults.

It includes impulse and behavioural control, emotional awareness, and the ability to “bounce back” from frustration and upset.

How you can help at home

- Set “loving limits” on behaviour so children experience boundaries and expectations
- Help them wait their turn or persist at a task—developing concentration, impulse control and delayed gratification
- Be alongside them when they have “big feelings” and talk about how to “bounce back” from upset
- Help them feel confident in saying goodbye to you

At Nursery, we will

- Provide warm, responsive relationships so children feel they are connected and valued
- Teach self-regulation skills, i.e. being absorbed, manage distractions, keep trying, bouncing back
- Offer clear, consistent boundaries and high guidance, i.e. label feelings, set limits, problem solve together
- Offer “stop-start” games to help children practise physical and mental control
- Offer sensory experiences so children rest, refuel and relax i.e. body awareness

Developing social skills and relationships

Playing and learning with others helps children develop their sense of self, well-being and resilience.

By developing social skills, children can collaborate and share experiences, listen and empathise, build respectful and positive relationships.

How you can help at home

- Practise sharing and taking-turns
- Practise joining in, i.e. “Can I play with you?” or “Come and play with me”
- Play together to build or make something to help collaboration, shared attention and problem-solving
- Talk about feelings – helping children to recognise and name emotions
- Encourage how to set boundaries for themselves and others, i.e. how to say ‘no’ and ‘no thank you’

At Nursery, we will

- Build warm, trusting relationships with your child
- Model ways to imitate and learn from others
- Talk about how to invite each other to join in and play together
- Help children understand their feelings and the emotions of others, i.e. using feelings cards
- Help children resolve conflict and learn how to solve problems

Developing confidence in toileting

Learning self-care and how to use the toilet are important for your child's self-esteem and growing independence, their bowel and bladder health.

Some children will learn to use the toilet quickly, others will need more time. Most children are ready to start toileting training from around 18 months, but can practise sitting on the potty and being familiar with washing hands much earlier.

How you can help at home

- Help them be familiar and confident with using the potty, toilet and bathroom
- Help grow independence in pulling clothing up and down
- Sitting on and flushing the toilet
- Using toilet paper and wiping themselves
- Washing their hands and face

At Nursery, we will

- Support children to be confident and capable in a new bathroom at Nursery – some children have more accidents at Nursery when they start
- Model independence in self-care, i.e. with clothing, wiping, washing hands
- Share advice and guidance around toilet training, i.e. ERIC-trained practitioners, guidance from ERIC, DfE, Dingley's Promise

What to pack for Nursery?

Here are some essentials to bring to Nursery. Thank you.

Bag and spare clothes

TWO sets of spare cloths, including socks and pants.

Coat - waterproof and warm

We go out in all weathers—so warm and waterproof coat if possible.

Wellie boots and inside shoes

Wellies can be kept here in the welly box in the garden.
Please ensure they have shoes for inside the classroom too.

Sun hat and suncream

Please put suncream on before your child arrives at nursery

Winter hat, scarf and gloves

Please name hats, scarves and gloves.
Gloves that attach to your child's coat are helpful.

Nappies, wipes, nappy cream if needed

Please let us know if you have nappy cream to apply—this is stored safely in our bathroom.

And for Nursery School Children only (3-4yr olds)

A piece of fruit to share

Please put this in our fruit basket outside the classroom door.
We have fruit time every day and regularly make healthy juices and smoothies from the fruit you kindly donate. Thank you.

A healthy packed lunch if needed

We support healthy eating. Please see our guidance on how to create a healthy packed lunch. And no nuts please.