

# Little Acorns Pre-school: Information leaflets for parents

## Preparing for Pre-school



### Prepare your child socially

- Attend Toddler Groups (e.g Little Monkeys at Father's House on Fridays at 9.30am; The Sure Start Children's Centre has activity groups; the library has reading events; Toddler Music sessions).
- Organise play dates with other children.
- Practise separating from your child by leaving them with someone else. This might be just 10mins to begin with then gradually increased.
- Play peek-a-boo & hide and seek games so that your child starts to realise you may go, but will return. Encourage independent & self-care skills
- Get your child used to drinking from a cup not a lidded beaker.
- Encourage your child to sit at a table to eat and drink, remaining there until they have finished.
- Encourage your child to dress themselves and put on their own shoes. Choose clothes that are easy to put on/off e.g leggings or joggers; shoes with easy fastenings such as velcro.
- Start toilet training your child. We have a leaflet about this too which is on our website.
- Get your child used to walking short then longer distances, rather than always using the buggy.

## **Talking together**

- Give your child lots of opportunities to chat with you.
- A dummy inhibits speaking and can lead to speech and language difficulties. So wean your child off using a dummy.
- Talk positively to your child about starting preschool. Point out the building when you are passing by. • Read stories about starting preschool and chat to them about them going one day soon. The library should have suitable books to borrow or many can be bought online e.g Maisy goes to Preschool.
- Act out going to preschool together where you say good-bye and go.

## **Getting ready**

- Get into a bedtime routine so that your child isn't tired and they can get up in plenty of time.
- Prepare a bag with spare clothes in, that can stay on your child's peg at preschool (make sure everything is labelled). Involve your child in this.
- If they are going to be staying for lunch, buy a lunchbox and get your child use to opening and eating from it.
- Collect family photos together to bring in to preschool, so that we can make it up into a family poster to go on the gym wall. (Put people's names on the back so we can label it).
- Bring your child to their Induction session.
- Attend your child's first session with them so you can see the routine. This can be a talking point.
  - Once your child has started at preschool, on arrival bring your child into the room but then do not linger, as it makes it harder for your child to separate from you.
  - Draw a red love heart on your hand and your child's. Explain to them it is so that they can look at it during the session and know that you both love each other.
  - Give them a small photo of you that they can put in their pocket, so they can look at if they are missing you.