



GETTING READY FOR NURSERY

TIME APART

Practice short times away from your child before nursery starts. This helps you both feel more confident with saying goodbye.

TIPS: [NHS Separation Advice](#)



BELONGINGS

Help your child learn to recognize their own picture and things. This helps them feel safe and at home in nursery.



GETTING DRESSED

Encourage your child to put on their own coat. Learning to use zippers and sleeves builds strength for drawing and play.



EASY HACK: [Jacket Flip](#)

USING THE TOILET

Aim to have your child toilet trained before they start. This builds their confidence and gives them more time to play and learn.



GUIDE: [Potty Training](#)

PLAYING WITH OTHERS

Visit a Children's Centre for free activities before nursery begins. It helps your child learn how to make friends.



FIND SERVICES: [Children's Centre / Family Hub Services](#)

HAND WASHING

Practice good hand washing together. It is a great habit that keeps them healthy for life.



HOW TO: [Hand Washing Guidance](#)

CATCHING GERMS

Teach your child to blow their own nose and sneeze into their elbow. This is a simple way to stop the spread of germs.



TIPS: [Helpful Tips](#)