



Helping me to get ready
for starting at an early
years setting at
3+ years old.

3+

Learning using technology is fun but I have more fun **playing and learning with you.**

I need to go to bed at a regular time and you can help me **wind down** and **be ready to sleep.**

I might be getting more confident about **leaving you.**

I may be learning to let an adult know I need **the toilet or am thirsty.**

I may be learning to take my coat off and on **by myself.**

I like showing you **what I have drawn** in the sand or mud, or with paints, chalks and crayons.

I may be beginning to **share toys with others.**

I am learning to **wait my turn** for something I want.



I am **more confident** using cutlery including using a knife.

I like you talking to me about **what we are doing** and **where we are going** so I learn new words.

I like **clapping along to a song** or **rhyme** with you.

I can join in with **familiar stories, rhymes and songs.**

I have **favourite books and stories** which I like sharing with you.

I like making things **with you** from boxes, fabric, pegs.

I enjoy **counting things with you** when we are **playing** or **going on a walk.**

I enjoy playing games where I can **run, hop, skip, jump, stop.**

I can **help you tidy up** after my snack or to put my toys away.

I have fun **playing in the mud, climbing on logs and looking for insects** when I am outside.

More top tips



- Support your child to interact with different people, for example at a **[Rhyme Time session at your local Library](#)** or a **[Play and Learn session with Flying Start](#)**.
- Have a regular bedtime routine so that your child is ready to play and learn at an early years setting. Find useful information and advice on the **[Children's Health NHS website](#)**.
- It may be useful to look at **[What to expect in the early years foundation stage, a guide for parents](#)** and **[BBC's Tiny Happy People](#)**.
- Ask your child's key person any questions you have about your child or starting at an early years setting.
- Remember every child is special and unique. Your child's key person will get to know you and them, so they can learn, develop and grow at their own pace.
- **[Screen time for kids tips and advice](#)**.

For any additional assistance, please contact Luton Family Hubs:



familyhubs@eyalliance.org.uk



familyhubs.luton.gov.uk

