




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

4+



Playing and learning with technology is fun if we play **together.**

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

I enjoy **spending time with others** and am getting used to **spending time away from you.**

I am good at blowing my own nose and washing my hands **by myself.**

I am becoming increasingly confident to go to the toilet **independently.**



Luton Family Hubs

I am getting better at **waiting my turn** for something I want.

I can **follow instructions that you give me** but don't make them too long and keep them in order.

I enjoy **reading stories with you.** Research shows that 10mins a day is one of the best ways to support my education.



I am getting better at **eating with a knife and fork.**

I eat meals sitting at a table and **enjoy talking to you about our day.**

I am good at putting my new school shoes on and off **by myself.**

I am good at **getting dressed and undressed by myself.** I also like trying on my new school uniform and PE kit.




I like **helping you in the kitchen** to help prepare meals and **talk about what we are doing.**

I enjoy **learning and experiencing new things.**

I enjoy **being active on a daily basis:** running, climbing, jumping, dancing and kicking balls.

I enjoy **making marks** with different pens, pencils and paint brushes.

I like **asking questions about things that are interesting in the world** around me and about people we meet.



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](#).
- Contact your school if you have any concerns or questions. Common concerns many parents have are around:
 - sleeping or eating
 - toileting needs
 - providing school uniform and equipment
 - finding before and after school childcare
- 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:

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