

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





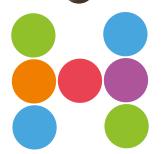


Playing and learning with technology is fun if we play together.

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.

l 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.



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

l 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.

l enjoy learning and experiencing new things. I enjoy being
active on a daily
basis: running,
climbing, jumping,
dancing and
kicking balls.

marks with different pens, pencils and paint brushes.

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
  - o 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:









