

# Welcome to Apple Class Nursery



We've put together a pack of ideas and resources that we hope will be helpful and useful for you as you and your child prepare to join us in September.

## Ways to Support Communication and Language

### Development at Home

Read a story aloud and talk about 5 questions afterwards e.g. What happened first? What kind of animals did you see? What was good about the story? Etc.	Make lists together e.g. shopping lists, things to remember, items to pack. It is good for your child to see you writing for a purpose. They may want a pencil so they copy what you are doing.	See if you can remember a favourite story and tell it without the book. Or, get your child to retell a favourite story by looking at the pictures.	Take turns telling stories about pictures in a book/magazine. Each say a sentence about something you can see happening e.g. The lady is running to catch the bus.
Talk about all the things you might do as you head off to an activity e.g. at the swimming pool we could.....at the beach we might be able to...	Spot numbers in the environment e.g. supermarket aisles, road signs, house numbers, birthday cards etc.	Cut out pictures from a magazine and sort them into groups as you glue them down together e.g. these are all red, these are all boys, these are the ones I like.	Get fruit/veg and line them up by size from the biggest to the smallest. Talk about the differences e.g. taller, wider, longer etc.
Look at 'You Choose' together. Take turns to make your choices and explain why you've chosen that particular thing.	Have a sit down on lots of different chairs in your house—how do they feel? Are they squishy, hard, soft, comfortable etc? Which was your favourite and why?	Go on a walk and see if you can spot different shapes—squares, circles, triangles and rectangles.	During meals, include a variety of food textures and talk about soft, crunchy, chewy etc.
Find 5 things in the kitchen and talk about how/ why they are used.	Talk about <b>tomorrow</b> -what might you do? It's only one more sleep!	Talk about <b>yesterday</b> - can you remember what we did?	Take turns to think of things that are a particular colour.
Talk about containers being full/ empty. You could do this pouring drinks, playing in the bath or paddling pool etc.	Read the <b>Nursery Rhyme</b> book together. Try missing off the rhyming words and seeing if your child can fill them in for you. Talk about rhymes and see if you can think of any more.	Listen! Go outside, close your eyes and talk about what you can hear— aeroplanes, birds, traffic, dogs.	I wonder what this is for? Find objects and talk about their names and uses.

## Ways to Help your Child with their Personal and Social Development

### Self-Regulation

- If your child is upset wait until they have calmed down and then talk about their feelings e.g. I can see you were feeling frustrated because... I could tell you were angry but... I know you felt disappointed...
- Use words to express your own feelings so your child can learn how to put feelings into words e.g. I'm feeling worried we might be late...I'm a bit upset because...
- Help your child to talk about what makes them happy, sad, angry or upset.
- Talk about how characters are feeling in stories. Link these to your child's own personal experiences.
- Be consistent in how you respond to your child's behaviour.

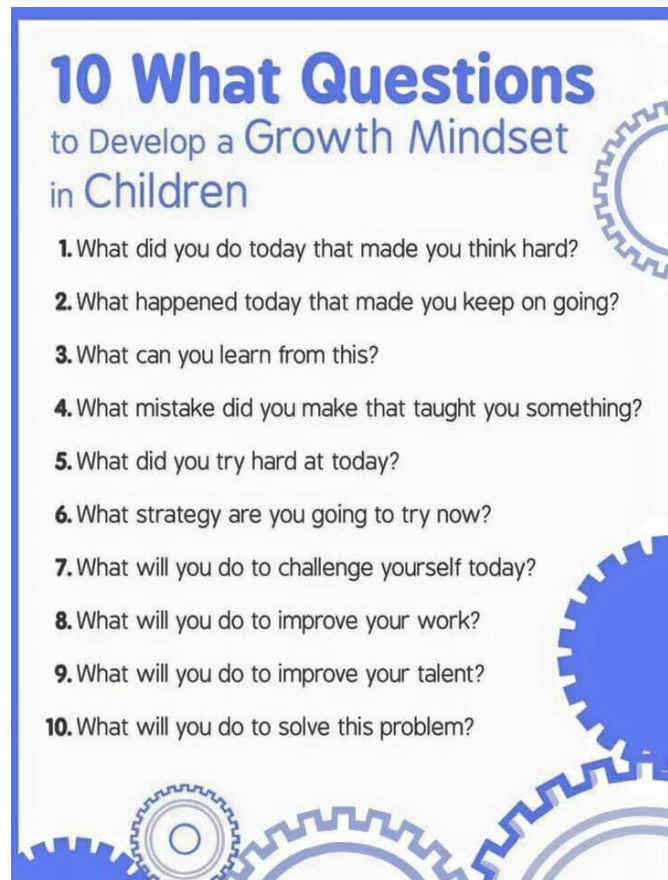
### Managing Self

- Give your child small responsibilities e.g. setting the table and praise them when they are finished.
- When your child has done something well, be specific in your praise e.g. You have tidied away those toys very neatly, well done! (not just 'That's really good' or 'well done'.)
- Encourage your child to take responsibility for their own toys by showing them how to put them away when they are finished with them. Talk about where they go e.g. in the box, on the shelf, beside the radiator etc.

### Building Relationships

- Play dates with other children help develop how to play as part of a group. It also encourages sharing, both of others' toys and their own depending on the location.
- Play games with small character toys together, trying to build up a pretend conversation.
- Take turns talking. Sometimes your child might have to wait for you to finish talking to someone else before they have your full attention. You can show them you know they're waiting with a pat on the head/smile or similar.

At West End we encourage the children to develop a Growth Mindset. This list suggests some ways you can support them with this at home through the way you discuss their activities.



We use animals to help the children understand the ways they learn..

Proud Peacock

Slinky Linky Snake

Choosing chimp

I know Rhino

Concentrating Crocodile

Go for it Gorilla

Creative Chameleon

Exploring Elephant

Persevering Parrot