

Ten Top Tips For Helping Your Child Become Independent



How can you help your child prepare for starting

Follow these ten top tips and help your child develop skills in becoming independent at home. You will find these are also important skills to help your child learn in nursery!

- Give your child clothes, coats and shoes with **easy fastenings** e.g. slip on / Velcro etc. - let your child try to **get dressed** independently
- Encourage your child to **tidy away toys**
- Help your child **use the toilet independently**. Nursery staff are happy to help with toilet routines – please ask
- Help your child **wash and dry hands and face independently**
- **Let your child feed themselves at mealtimes** - give your child a 'child – size' knife, fork and spoon to use
- **Avoid using a bottle or dummy during the day** - if your child still uses one
- Make sure your child **sleeps well** during the week so that they come to nursery wide awake, in a good mood and ready to join in with us. Nursery staff are happy to help with sleep routines – please ask.
- **Give your child opportunities to be looked after by someone else** - to help them learn to separate from you - e.g. relatives or good friends, and even if it is only for an hour
- Give your child opportunities to **play with other children so that they learn to share, take turns and make friends**
- **Turn off the TV**, look at books together, have **conversations** with your child - to develop their language skills