



Top Tips for starting a nursery, setting or school.

- 1 **Talk about what will happen** when your child starts their nursery, setting or school **as often as you can**. Involve your child in getting the things they'll need, such as clothes and a lunchbox.
- 2 It helps to get up at the same time each morning and have a **regular** bedtime **routine**.
- 3 **Encourage your child to practise** getting dressed on their own, putting on their own coat and shoes, and using cutlery at meal times.
- 4 Make sure you **pick up your welcome pack** and look at it with your child.



Picture drawn by Olivia, aged 4





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- 5 **Talk** to the class teacher or key person **about any needs, worries or concerns you have** so that they can plan how to support your child.
- 6 **Practise the journey** to the new setting so that you and your child know where it is and what it looks like.
- 7 **Say goodbye when leaving your child**, even if they're upset, and **reassure them that you will be coming back later**.
- 8 **Show your child that you are pleased to see them** when you come back.
- 9 Many children will feel tired in the first few weeks. This might make them more anxious or demanding and **they could need more cuddles and comforting**.
- 10 **For more ideas**, contact your local school or setting, or visit the Norfolk County Council website.

www.norfolk.gov.uk