

10 ways to help your 3 year old be ready for nursery



Free
reward chart
and stickers
available to
download from
our website

Let your child try to:

- 1 Settle happily when you're not there
- 2 Feel secure, say how they feel and can ask an adult for help
- 3 Play with others and begin to share
- 4 Enjoy exploring new things and make choices
- 5 Listen, talk and understand
- 6 Enjoy rhymes, songs, stories and books
- 7 Walk, run, climb and balance
- 8 Eat, chew, try different foods and drink from a cup
- 9 Use the toilet, wash their hands and clean their teeth
- 10 Begin to dress themselves

All children are different and develop at different rates, and some children will make smaller steps of progress.

Your public health nurse, children's centre, child minder or nursery keyworker can provide ideas for activities and opportunities to help support you and your child.

For more information visit healthforunder5s.co.uk or families.leicester.gov.uk



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