

- Put on my shoes
- Share toys with my friends
- Sing a nursery rhyme
- Catch a ball with both hands
- Wash my hands and dry them



# Can your 3-year old do these things?

**INSIDE! 10 challenges and top tips to help your child be ready for nursery**

**Free**  
reward chart  
available to  
download  
from our  
website



## Challenge 1

# Settle happily when you're not there

**Show my happy face when I'm dropped off at nursery**

**Play with my friends at nursery**

*Tick the box when you have completed the challenge!*

## Top Tips

Talk to the childcare provider about your child's routines, likes and dislikes. Bringing in a special toy or comforter from home may make it easier for your child to settle.

Where possible, practise short periods of separation by arranging to leave your child with family members or friends.

Develop a goodbye routine with your child – this might be a special wave, or just a kiss and a hug. When you leave tell them that you're leaving and reassure them that you will return.



## Challenge 2

# Feel secure, say how they feel and ask an adult for help

**Talk about things that make me happy**

**Talk about things that make me sad**

## Top Tips

Stay and play groups give your child a chance to develop social skills and feel secure with other safe adults. To find your nearest group visit our website.

Trust the staff at the nursery/preschool setting, or the childminder, to comfort and reassure your child. This will also encourage your child to interact with other safe adults and practice talking to them about their feelings.



## Challenge 3

# Play with others and begin to share

**Wait for my turn when playing a game**

**Share toys I really like with my friends or brothers and sisters**

*Tick the boxes when you have completed the challenge!*

### Top Tips

Take your child to playgrounds or parks where they can run, swing, leap and climb, as well as learn how to take turns and play with others. To find your nearest park visit our website.

Practise sharing with your child at home and make it fun. Tell your toddler that you want to share their toys or talk about taking turns while enjoying healthy food together.



## Challenge 4

# Enjoy exploring new things and make choices



**Help make lunch**



**Create a picture or model**

### Top Tips

Involve your child in everyday jobs like putting the shopping away. Talk to them about what's involved and ask questions, for example: 'Where should we put the potatoes?'

Encourage your child to have fun with you making and eating food. You could make fruit kebabs together and eat them at an indoor teddy bears picnic.

Collect a range of different craft materials such as different papers, glue and children's scissors into a storage box so they can make choices about what they want to use. Toddlers love sticking empty containers together to make models which they can paint and decorate.



## Challenge 5

# Listen, talk and understand

**Point to parts of my body when asked to**

**Use 3-4 words in sentences**

*Tick the boxes when you have completed the challenge!*

## Top Tips

Reading stories and playing games which involve listening to different words and sounds and recalling information can help. For example, play 'I Spy', 'I went to the shops and I bought...' and 'Simon Says'.

Talk throughout the day as you go about everyday tasks or share books together. This is an effective way to support speech development and helps more than just asking questions.



## Challenge 6

# Enjoy rhymes, songs, stories and books

**Sing a nursery rhyme**

**Sit and listen to a short story**

## Top Tips

Sing songs, nursery rhymes, read a story or get involved in creative activities at home or take your child to your local library or children, young people and families centre.

There are weekly sessions for parents/carers and their pre-school children to stay and play with toys and puppets, enjoy storytelling, join in with rhymes and singing and take part in creative activities. For information visit our website.



## Challenge 7

# Walk, run, climb and balance

**Ride a bike**

**Catch a ball using both hands**

## Top Tips

Prepare your child for physical activities by encouraging lots of outdoor play independently and with other children.

Play ball games that involve rolling, catching, throwing and kicking. Encourage them to run around, balance on a bike or go down the slide at the park. These activities will help hand/eye coordination and develop good balance and muscle strength.





## Challenge 8

# Eat, chew, try different foods and drink from a cup

**Drink from a cup**

**Pour my own drink**

**Tick the box  
when you have  
completed the  
challenge!**

## Top Tips

Sitting down together at the table for mealtimes will prepare your child for lunchtimes at nursery. Show them how to use a cup and cutlery, and how to behave when they are eating.

Give gentle, positive encouragement and praise.



## Challenge 9

# Use the toilet and wash their hands, and clean their teeth

Wash my hands and dry them

Use the toilet

Brush my teeth

### Top Tips

Give lots of praise and encouragement to use the toilet. Don't get cross or let your child see your frustration or disappointment when they have accidents.

Show them how to play with dolls in the bathroom so they learn how to wash their hands themselves too.

You could try singing a song while your child is brushing their teeth, read stories about teeth or download a toothbrushing app, such as Brush DJ. For more information about brushing teeth visit our website.



## Challenge 10

# Begin to dress themselves

**Put on my shoes**

**Put on my own coat**

*Tick the box  
when you have  
completed the  
challenge!*

### Top Tips

Allow plenty of time for practising getting dressed, you don't want your child to be rushed while they're mastering these skills. Start practising with clothes that have large buttons, like a coat – they're far easier for little fingers to fasten.

Playing games like threading large beads onto laces or posting things through slots provide opportunities for children to develop the hand/eye coordination needed for fiddly tasks like doing up buttons, poppers and zips.



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## There are lots of activities, advice and support available to help your child be ready for nursery

To find out more speak to your public health nurse, children's centre, childminder or nursery key worker or visit [healthforunder5s.co.uk](http://healthforunder5s.co.uk) and [families.leicester.gov.uk](http://families.leicester.gov.uk)



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