

Dear Parents/Carers,

I'm Renee and I work for School Home Support, an independent charity. I will be running some sessions for parents and carers of Nursery aged children at your child's school. The programme is called **Ready for Nursery**.

### **What is Ready for Nursery?**

Ready for Nursery is a supportive group for parents and carers to help them have a better understanding of how to best support their child's learning and development in the early years. The sessions are created to be both fun and informative. There is always an opportunity to ask any questions about any topic at each session. (see below examples of some of the activities parents and carers have been creating)

### **What topics are covered and what will happen at each session?**

Each week is about a different topic and there are a variety of activities that you will have the opportunity to make for your children.

Week 1 - Socialisation (e.g activities a board game, chatterbox)

Week 2 - Behaviour (e.g activities positive words/stickers)

Week 3 - Emotional Literacy (e.g activities emotion wheel, emotion word game)

Week 4 - Independence (child) Wellbeing (parent) (challenge chart, creative pack)

Week 5 - Literacy and Numeracy (e.g activities Pizza counting plate, Phonics feet)

Week 6 - Routines and planning (Visual timetable, Daily challenges)

Week 7 - Evaluation (opportunity to feed back and celebrate successes)

At each session the activities you create can then be taken home for your child to do, which will support their understanding and learning in each of the areas. By the end of the sessions you will have a bank of activities your child can use many times.

### **How long are the sessions and where will they be held?**

Sessions are held once a week. Each session lasts approximately an hour and there are 7 sessions. The sessions will be held at school.

### **My child has already settled into nursery. Is this still applicable for me?**

Yes! Even though your child may already be in school the activities completed at the sessions will still support your child. I will always endeavour to find activities that will help you support your child where they are currently on their school journey. The group is a safe space for parents to share their current worries or struggles, experiences and advice.

### **I don't think I can attend but I still need some advice/ help with some of the topics?**

For those who may struggle to attend the group sessions, it may be possible to offer them on a 1-2-1 basis via zoom. Evening zoom sessions may also be arranged, depending on circumstances. Please contact me to discuss further.

I hope to see you at some of the sessions soon. Please see below my contact details should you wish to discuss further.

Kind regards

### **Renee Forrest**

Early Years Practitioner

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