


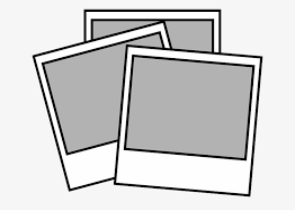


Preparing to go back to nursery or pre-school.

Here is a list of some **suggested** activities that could be done at home to help children prepare to return to pre-school or nursery:

<p>Read through a social story.</p>	
	<p>Take a walk past the pre-school for your daily exercise. Or drive by if you live further away.</p> <p>Play some observation games...can they remember the colours of the pre-school entrance/gate/door? Or if there is a post box outside? What do we usually see on our walk there?</p>
<p>Talk about pre-school e.g. ask them about their favourite times and activities</p>	
	<p>Prepare something to share with Your Key Person e.g. put some photos in a memory book or about or draw a picture of something you have done at home during this time.</p> <p>Make something that you can take into pre-school e.g. a model</p>



Help children to express their feelings about coming back to pre- school?

...or simply watch and listen.

A little bit of reassurance can go a long way!

All feelings are okay.
Feelings change.

Consider if there is any information to share with staff about how children have been feeling.

Have there been any changes in behaviour?

Is there anything that has been calming for them during this time?



Look on the pre-school website.

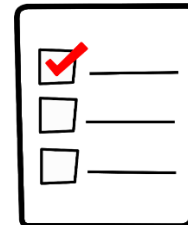
Are there photographs that help your children to remember the people, the places, the layout?

Is there information about going back and what it will look like?

Try using simple schedules (to do lists etc) at home.
These can be for getting dressed, mealtimes or play .

This will help children get used to following timetables again, and having routines.

Use pictures or words, post it notes are great.
Remember to take breaks and have rewards.



Try not to worry if having your children at home has been a challenge.

Staff won't be judging you.

Everybody has had a different lockdown experience.

Don't compare.

Be happy with what you have achieved in really difficult circumstances.

