



Help Me Prepare for



Starting ELC



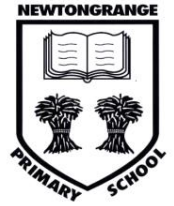
What my ELC adults want you to know!

- My ELC adults can't wait to meet me and welcome me to ELC!
- They know that all children are different and that children all learn and develop at different rates. My ELC adults will be sensitive to my own individual needs.
- Don't worry if I don't settle in ELC at first. This is a BIG change for me. The ELC adults will work with my family to help me settle in my own time.
- Family and home life is important to me. My ELC adults will listen to and support my whole family as I settle in to ELC.
- They acknowledge my early childhood experiences and know how important these are to my development as an individual. My parents are my first educators and my ELC adults know and respect this.
- My ELC adults are play experts! I learn best when I am playing and my ELC adults will support me to learn through fun and engaging play.
- Use some of the ideas in this document to help me prepare but don't worry and remember...

I'm ready!



My Independence



Can I **dress myself** independently?

Practise with me each day. This will support me to independently put my shoes and coat on when I am going in to and out of the ELC garden.

- Some things to practise that are particularly tricky:
- Putting my coat on and taking it off again.
- Put my name on my clothing and shoes so ELC adults can help me find them.
- Doing my zip
- Putting my shoes on and taking them off again. Velcro shoes are best for ELC, if possible!
- Putting wellies on and taking them off again! Perfect for rainy day play!
- Putting a hat, gloves and scarf on in the winter time!

Can I go to the **toilet and wash my hands** on my own?

Don't panic about any accidents I have but encourage me to have a go at cleaning and dressing myself if this happens and make me aware that I can ask an adult for help!

My ELC adults won't expect me to do this all by myself but they will encourage me to have a go!

Can I follow **simple instructions**?

Practise at home by giving me some instructions to follow on my own. Instructions such as "Can you get your red coat?" or "Pass me the blue Lego brick, please" will help!





Snack and Lunch



Cutlery

Can I use a fork to feed myself independently?
Practise with me. I will be using child size metal cutlery at lunch time.

At ELC, I'll serve and feed myself at snack time. Often I'll eat things like yogurts and I'll need to use a spoon.

Eating at a Table

If possible, encourage me to eat meals at a table with others.

Trying New Foods

Am I willing to try new foods? Snack time at ELC may be a chance for me to try new foods.

At home, start to introduce me to some new foods. Snacks at ELC are healthy and include lots of fruit and vegetables.

Drinks

Can I pour myself a drink? I'll serve my own water and milk in ELC.

Can I drink from a small glass or tumbler? The glasses and tumblers in ELC do not have lids on them!



Washing UP

At ELC, I'll tidy my plate away and even do my own dishes!

You could practise this at home with me after meal and snack times.

Playing with Others



Sharing resources

At ELC there are lots of boys and girls to play with and sometimes I need to share resources.

At home, encourage me to share my toys with my siblings, friends or family members.
I can even practise by sharing them with adults!

Taking Turns at ELC I might have to wait my turn to play with some of the toys.

Play with me at home and encourage me to take turns. Waiting for a turn can be tricky!
Playing board or card games can help me with this!

Tidying up

After I play in ELC, I have to tidy up.

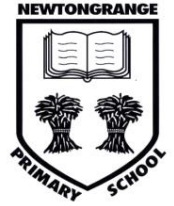
At home, encourage me to tidy away my toys after I have finished playing with them.

When things do not always go my way or when I lose, it can be difficult for me.

Experiencing loss or having to negotiate are good skills for me to learn. When playing with me, talk to me when these things happen.



Emotions



Talk to me about ELC

Focus on the excitement of starting ELC with me. Don't show me any worries or anxieties you may have – it'll only make me nervous!

Feelings

- Can I tell you how I'm feeling?

Help me to understand when I feel angry, sad or frightened. Reassure me that the adults in ELC will look after me and are there to help!

Spend time with me playing, singing, reading and baking. All these activities help me to feel secure and support my emotional development. As well as this, they support development in early literacy and numeracy!



Watch the virtual tour with me and talk to me about how exciting the different play areas are!

If possible, practise the journey to ELC with me throughout the summer. It'll make it a familiar route when I start !

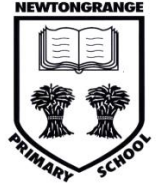
Asking for Help

Reassure me – adults in the ELC are there to help!

All I need to do is ask!



The significance of Stories



Stories are fantastic for supporting young children's learning. They support a huge amount of development.

Reading Story Books Together

The most perfect activity! I spend quality, quiet time with a loved one and I focus for a length of time. Spending time with loved ones helps me feel secure and supports my **emotional development**.

Stories help me **concentrate and focus** for a period of time.

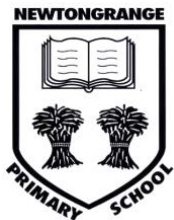
When in ELC, I'll enjoy story time with ELC adults and my friends and I'll concentrate for a short time.

Ask me questions about the story we've read together to support my **recall of information and memory**.

Talking about the feelings of characters helps me to recognise the **thoughts and feelings of others**.



I develop my **fine motor skills** as I turn the pages of a book. Fine motor skills are crucial for development in early mark making and writing.



We can't wait to welcome your child
to Newtongrange ELC Setting!

