



## Your Child's Journey to School



A guide to preparing your child for  
nursery and school

**...giving children  
the best start**



**Nottinghamshire  
County Council**

# **This Journey to School booklet belongs to:**

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## **You can help your child by:**

- Having fun with them - talk, play and share everyday experiences together
- Supporting their language development by switching off the television and singing songs, nursery rhymes sharing books and talking face to face
- Recognising and talking through their feelings and emotions
- Allowing enough time for sleep, relaxation, rest and play
- Providing opportunities for them to socialise with other adults and children outside of the immediate family
- Supporting their self-help skills so that they learn to do things for themselves
- Encouraging them to be active and make healthy choices



This booklet aims to guide you and your child on an exciting journey to prepare them for their early years education. You will find top tips and checklists throughout to help you and your child on your journey.

## Support, advice and guidance

If you would like more information or have any questions after reading this booklet, you could contact your child's early years setting to discuss them or contact your local Healthy Family Team or Children's Centre Service team. Their details are on the back page.

**Your Children's Centre Service and Healthy Family Team are made up of professionals with a background in early years and child development including:**

- Early Years Practitioners
- Family Support
- Speech and Language
- Health Visiting
- School Health



### Useful websites

[www.nottinghamshire.gov.uk/childrenscentreservice](http://www.nottinghamshire.gov.uk/childrenscentreservice)

[www.nottinghamshirehealthcare.nhs.uk/language-for-life](http://www.nottinghamshirehealthcare.nhs.uk/language-for-life)

[www.nottingham.oralhealth.com](http://www.nottingham.oralhealth.com)

[www.nhs.uk](http://www.nhs.uk)

[Www.healthforunder5s.co.uk](http://Www.healthforunder5s.co.uk)

This guidance is not intended for children  
with complex needs.

Please contact your Healthy Family Team  
for support and information



## By two years your child will be...

- Trying to feed themselves
- Trying to use a toothbrush
- Using a spoon, fork and cup at family meal times with your help
- Saying at least 50 words and making two-word sentences
- Understanding at least 100 words and simple instructions
- Aware of using the toilet/potty and washing their hands
- Able to remove some clothes and have a go putting them back on
- Playing outside and enjoying imaginative and pretend play with you
- Able to walk on their own
- Getting a good night's sleep
- Drinking from a cup or able to use a straw
- Able to say some counting words in their play



## Two year top tips



- Ensure your child is up to date with their injections
- Book a visit to your dentist
- Attend toddler groups/nursery/children's centre
- Ensure your child has a good bedtime routine
- Use dummies just at sleep times and try to stop using bottles
- Share stories, singing and talking time together with your child
- Use number words in meaningful contexts e.g. 'Here is your other mitten. Now we have two'.
- Your child will soon have a 2 year development review with your Healthy Family Team who will contact you to arrange this\*
- If your child attends an early years setting, he / she will have a 2 year progress check as part of the Early Years Foundation Stage. Your setting will contact you about this \*
- Check if your child is eligible for a free two-year old childcare place. You can have up to 15 hours per week for 3 terms. Check here to see if you are eligible: [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk) or here to find a place if you are eligible : [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)



If you want to change a behaviour or introduce a new routine it might take up to 2 weeks.



\*please give permission for your information to be shared between your child's setting and the Healthy Family Team



## By three years your child will be...

- Trying to get themselves dressed
- Using the toilet or potty regularly
- Able to brush their own teeth with your help
- Beginning to recognise and describe their feelings
- Listening to and following longer instructions
- Eating a variety of healthy foods
- Able to say hundreds of words (500-700) and using sentences of four or more words
- Using an open cup for drinking
- Running, jumping and balancing
- Able to turn pages of a book, do a peg jigsaw or thread bobbins
- Making some friends and may have a special friend
- Able to say some number names in order



Your child may start to stumble over their words - try not to draw their attention to it.



## Three year top tips



- Ensure your child has a morning routine that includes breakfast, washing, teeth, toileting and dressing
- Have a bedtime routine that includes quiet time, getting ready for bed, toilet, teeth and story
- Ensure your child has the opportunity to mix with children their own age
- Start thinking about your child's pre-school booster, check it out at: <https://www.nhs.uk/conditions/vaccinations/4-in-1-pre-school-dtap-ipv-booster/>
- Limit sugary food and drink to meal times only, check it out at: [www.nottinghamoralhealth.com](http://www.nottinghamoralhealth.com)
- If you have any concerns about behaviour, sleep, toileting, talking, eating or health development have a chat with your Healthy Family Team, Children's Centre or early years setting
- Don't forget to take up your free childcare place, find out more here: <http://www.nottinghamshire.gov.uk/care/early-years-and-childcare/free-childcare>. 15 hours for all children the term after their 3rd Birthday; 30 hours for eligible children
- Now is the right time to look for a primary school



## By four years your child will be...

- Able to cut out simple shapes or form letters from their own name
- Able to have a conversation with you but makes simple mistakes with sounds e.g. "I goed for a walk"
- Using lots of words to communicate
- Using the toilet on their own
- Able to dress and help themselves
- Understanding their own and others' feelings
- Confident and curious to try new things with or without you
- Playing with a circle of friends and beginning to take turns and share
- Enjoying family meal times
- Using a pencil to draw and write
- Able to say numbers in order to ten and beginning to represent numbers using fingers, marks on paper or pictures
- Able to settle happily without a parent/carer



## Four year top tips



- Ensure your child has visited the dentist for a free fluoride varnish
- Visit an optician for a free eye test
- Ensure your child has had a pre-school booster
- Check your child is registered for a place at school
- Encourage your child to talk to you about their day and describe how they feel
- Make meal times a time to talk
- Give your child a reason to count, e.g. counting money and change when playing shops
- Play games which involve turn taking and sharing, and read stories that encourage talking about friends and feelings
- It is not unusual for your child to still be wetting the bed at this age. If you would like advice about this or any other continence issues speak to your Healthy Family Team.



## By five years your child will be...

- Able to dress and undress and can feed themselves
- Able to blow their own nose, wipe their bottom and wash their hands
- Able to go to the toilet on their own
- Saying words clearly but making occasional small errors e.g. “r” and “th” used incorrectly
- Joining in 30 minutes of physical play/exercise per day
- Confident in being with others and in trying new things, taking turns, listening and playing
- Able to understand and re-tell a story with a beginning , middle and end
- Able to understand rules but sometimes finds it difficult to accept them
- Beginning to understand the needs of others and can wait to have their needs met
- Able to use a pencil confidently
- Able to change their behaviour to different situations



## Five year top tips



- Go to the optician every year and dentist every 6 months
- Encourage your child to drink a litre of water a day
- Have a regular bedtime routine with 10 hours of sleep
- Go to the doctors if you think your child has hearing problems
- Follow the eat well guidelines: <https://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>
- Complete and return the school entrant health questionnaire when your child is in Year One. Your child will be weighed and measured in school at this time as well.



You can attend the health drop-in sessions to discuss any concerns with a member of the Healthy Family Teams.

Contact your Children's Centre or child's setting for more information.

## Nottinghamshire Families Information Service

Nottinghamshire's Families Information Service is available to help families find childcare, give information on different types of childcare and funding, as well as offer lots of useful information to parents, including activities to do at home and in the community, guidance on parenting challenges, child development, healthy lifestyles, volunteering, returning to work and lots more.

You'll find all of this and more on our virtual family hub at Notts Help Yourself. [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

**Childcare:** [More information on Notts Help Yourself](#)

**Parenting advice/ information:** [the Parent/Carer Zone](#)

Contact us: You can email us on [nottsfis@nottsc.gov.uk](mailto:nottsfis@nottsc.gov.uk)

If you prefer to speak to us, you can contact our customer service team on 0300 500 8080. They are open from Monday to Friday, from 8am to 6pm.

Follow us on Facebook— Nottinghamshire Families Information Service

## HEALTHY START

Families on certain benefits  
can receive **FREE** fruit,  
veg, milk and vitamins.



Find out more, visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



**CHILDREN'S CENTRE SERVICE  
MAIN SITE TELEPHONE NUMBERS**

**ASHFIELD**

Butlers Hill & Broomhill CC	0115 9773748
Summer House CC	0115 9773741
Kirkby East CC (Summit Centre)	0115 9773746

**BASSETLAW**

Manton CC	0115 9773758
Hallcroft CC	0115 9773754
West Bassetlaw (Langold) CC	0115 9773759

**BROXTOWE**

Chilwell CC	0115 9773743
Eastwood CC	0115 9773742

**GEDLING**

Arnbrook CC	0115 9773752
Netherfield CC	0115 9773751

**MANSFIELD**

Ladybrook CC	0115 9773763
Mansfield Woodhouse CC	0115 9773765
Ravensdale CC	0115 9773740

**NEWARK & SHERWOOD**

Hawtonville	0115 9773745
Ollerton and Boughton	0115 9773747
Sherwood	0115 9773744

**RUSHCLIFFE**

Bingham	0115 9773749
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or call Customer Services on tel: 0300 500 80 80 who will direct you to the relevant team

# Healthy Family Teams Contact Details

## Advice Line

0300 123 5436

### ChatHealth

TEXT ONLY 07507 329952 (11-19 YEAR OLDS)

### Parentline

TEXT ONLY 07520 619919

### Health for U5s

WWW.HEALTHFORU5S.CO.UK

### Family Nurse Partnership

01623 484829

### Health for Kids

WWW.HEALTHFORKIDS.CO.UK

### Health for Teens

WWW.HEALTHFORTEENS.CO.UK

[www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams](http://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams)



This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات اخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب