



Westfield Nursery School 'Quick Tips for Parents'

Introduction

At Westfield Nursery School we believe that parents are a child's first and enduring teachers. They play a crucial role in helping their children learn. Where parents are involved with their children's education and learning both at home and in partnership with the school, their children do better and achieve more. These benefits can be long-lasting and extend to better health, relationships and improved employment prospects.

We made this booklet entitled 'Quick Tips for Parents' following a consultation process with parents. Previous parents have found it very useful, we hope you do too. We welcome any feedback and further ideas so we can keep this leaflet up to date. If you have any comments please speak to your child's teacher.

We would like to take this opportunity to thank all those involved in the creation of this leaflet.

Quick tips for parents are aimed to give you some ideas to try with your child. They are the ideas of child psychologists and educators.

There are just a few ideas to start you off, but if they don't work, please talk to us and we will try to help.

We hope your child will be very happy at Westfield Nursery School, please talk to us any time you need to as this is a partnership between us!



Benefits of parental partnership



The benefits for the children are:

- It is easier for children to learn when they get encouragement from home.
- They will do better and achieve more when their parents are involved.
- Children get access to more activities in and out of school when there are more adults to help.
- Their concerns can be sorted out more quickly when their parents have a positive relationship with school staff.
- They are happy when their parents are enjoying events in the school.

The benefits for parents are:

- Their children do better when they are involved.
- They are better able to help and encourage their children.
- They have more information about their children's education.
- Parents can build their own confidence and skills.
- Where there is a positive relationship between parents and their child's school there are benefits all round.
- Parents get reassurance that their children are receiving a good education.

Playing and Having Fun

- ✓ Let your child choose what you will play with
- ✓ Let them lead the play and you join in
- ✓ Talk to your child about what they are doing
- ✓ Be encouraging and appreciative
- ✓ Tell them you like playing with them
- ✓ Laugh together



Remember

Playing with your child like this helps you to make a good bond, which is the basis of co-operation between you.



Positive Attention

The power of positive attention

- ✓ Children are attention seeking because they are attention needing
- ✓ They need attention so badly they will do whatever it takes to get it, even if they get negative attention
- ✓ To a child, negative attention- shouting and arguing is better than no attention
- ✓ **So**, give lots of positive attention and approval for **all** the behaviour you like to see and you will get more of it!
- ✓ Ignore or give as little attention as possible to behaviour you don't want, and you will get less of it! (you must intervene if something is not safe.)

Remember

Use an appreciative voice and watch their confidence grow!



Praise is Powerful

Praise which describes what your child has done is more effective than just saying 'good'.

So, for example, say

- ✓ 'I can see you have used red, blue, yellow and purple. I like those colours.'
- ✓ You remembered to say please- I like hearing that.'
- ✓ Wow, you have used ten bricks in your tower. Well done.'

Remember

Use an appreciative voice and watch their confidence grow!

Talking

- ✓ Talk about things as they happen, e.g. unpacking the shopping or having a bath
- ✓ Turn off the television
- ✓ Enjoy nursery rhymes and songs
- ✓ Share books and toys
- ✓ Take turns to speak
- ✓ When you have asked a question, allow the children time to think about the answer, before you give it yourself
- ✓ Encourage role play
- ✓ Help your child to use more words e.g. if your child says 'Dog', say 'Yes, it's a brown dog'
- ✓ Remember the four C's. Be calm, consistent, confident and clear





Television

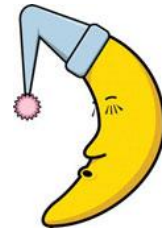


Children can relax whilst watching television and it can be beneficial but too much is harmful so find the right balance

- ✓ Set a daily limit- No more than half an hour is recommended for under two's and no more than one hour is recommended for three to five year olds
- ✓ Watch programs designed for their age group
- ✓ Turn off the television when no one is watching
- ✓ Watch some programmes together and talk about them afterwards
- ✓ Professionals recommend that television shouldn't be in children's bedrooms

Happy Bedtimes

- ✓ Decide on a bed time and stick to it
- ✓ Give a five minute and two-minute warning- 'It will be time to get ready for bed in 5/ 2 minutes'
- ✓ Have fun as they get washed, clean their teeth and into their bed time clothes
- ✓ Read/ tell them a story when they are in bed
- ✓ Have a routine to tuck them in and give them a kiss



Remember

Be calm and soothing

Keep to the routine

Peaceful Nights

- ✓ Take them back to bed and say it's time to go to sleep
- ✓ If they cry and fuss, stay calm. Say you know they are upset but now it's time to settle down and go to sleep
- ✓ Make sure they have their teddy, or other comfort toy to cuddle
- ✓ Stroke them gently and say you will see them in the morning
- ✓ Leave the room
- ✓ Repeat the process if necessary (be prepared to do this lots of times!)
- ✓ When they have stayed in bed tell them how pleased you are

Remember

Be calm and soothing

Keep to the routine