

Supporting Independence

14.02.23

Dear Parents/Carers

During your child's time in nursery, we focus very heavily on supporting and further developing their independence skills. The following things can help us with this:

I will need help	I can do it myself
 <p>Shoes and trainers with laces often need adult help to put them on and to tie them.</p>	 <p>Children can usually fasten velcro by themselves.</p>
 <p>Dungarees and tight jeans can be tricky for children to put on if they need to change.</p>	 <p>Joggers and leggings are much easier for children to change in and out of.</p>
 <p>Tights can be tricky to put on and younger children usually need help.</p>	 <p>After lots of practice, socks are easier for children to put on.</p>
	



Aprons can stop some children from wanting to explore messy activities. We encourage children to choose these if they like but still welcome children joining in if they would rather not wear one.



We know that children are regularly returned to you with lots of evidence of what they have been up to during the day all over their clothes.

We are mindful of how expensive clothing can be and would therefore, recommend keeping a few items purely for nursery.

Some additional information that would really help us

Please:

- add names or a photograph to lunchboxes
- name all items of clothing, including shoes, gloves, hats and scarves
- include at least two changes of clothes that we are able to use should your child need changing.

Thank you for your much valued and continued support.

The Freshfield Nursery Team