

**Barking &
Dagenham**

Get Set for Nursery
PASSPORT



**Barking &
Dagenham**
**Family
Hubs**



**Barking &
Dagenham**
Get set for nursery

This passport belongs to:

What does 'nursery readiness'
really mean?



scan here
for more
information



Your

PASSPORT

Nursery readiness isn't about knowing numbers, letters or shapes – it's about being confident, curious and independent enough to take part in nursery life.

This passport helps you as parents/carers to celebrate progress and explore areas where extra support may help – from talking and playing, to toileting and independence.

Together, we're getting every child ready to thrive in nursery and beyond.

By building these everyday skills, we help children start nursery at age 3 with feeling secure and ready to learn – giving teachers time to teach, and children the best possible start.

Remember, this passport is not about perfection or your child mastering these skills... it's about helping them take part and start to learn helpful skills that will support them. They do not have to be able to do everything, but it is great to try!

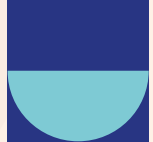




Communication and interaction



Skill	I can	I am working on	I need extra help
Look at people's faces and respond when spoken to			
Responds to their name in a busy environment			
Follows short instructions (e.g. 'get your shoes') and simple routines (e.g., wash hands) with adult support			
Use words or gestures to ask for things			
Join in with songs, stories and rhymes			
Take turns in games and conversations			
Use short sentences to talk about what I am doing			



Being able to understand and express myself helps me have my needs met, join in, make friends and learn.

If I need help, I can...

Attend fun **PEEP** sessions to build language through play and songs.

scan here for more information



Enjoy activities that support my development from the **BBC's Tiny Happy People.**

scan here for more information





Thinking, curiosity and play



Skill	I can	I am working on	I need extra help
Try out new toys or activities			
Explores toys in different ways (banging, posting, stacking)			
Stay focused for a few minutes on an activity I chose			
Moves between activities with support			
Solve small problems (e.g. 'piece doesn't fit')			
Enjoy messy play, stories and creative play			
Pretend play (e.g., use a banana as a phone)			
Imaginary play (e.g., pretend to be a superhero saving the world)			



Exploring, asking questions and pretending builds language, problem-solving and imagination.

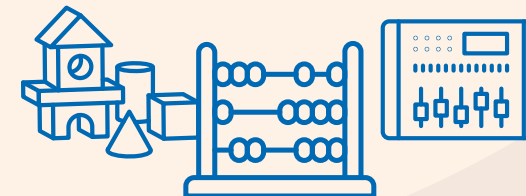
If I need help, I can...

Visit the **Family Hubs** for a range of fun groups where I can practice these skills.

scan here for more information

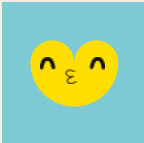


Go to the **Toy Library** at Barking Learning Centre from **11am to 12pm** on Wednesdays to borrow some new and exciting toys to enhance my skills.

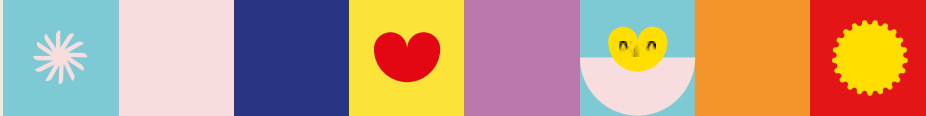




Independence and self-care



Skill	I can	I am working on	I need extra help
Put on and take off my coat (with some help if needed)			
Put on and take off my shoes (with some help if needed)			
Feed myself using a spoon/fork			
Drink from a cup			
Use the toilet or potty (with some help) and flush when I am finished			
Wash my hands with soap and dry them			
Leave my mummy/daddy/ carer happily with some reassurance			



Being able to do things for myself helps me feel proud and confident.

If I need help, I can...

Visit the **ERIC** website and download their free visual schedule to help me understand my toileting routine. search and download.

Or, I can find information from **CBeebies Parenting** on my independent skills, such as:

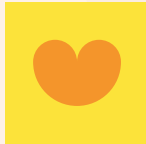
- Toilet Training
- Handwashing
- Sharing
- Getting Ready
- Using cutlery
- Brushing Teeth
- Healthy Eating
- Feelings

To speak to someone from **Barking and Dagenham**, I can go to www.nelft.nhs.uk/services-barking-health-visiting (see last page of this booklet for timetable for health visiting services) or scan the QR code:

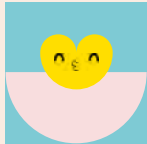


scan here for more information





Feelings and friendships



Skill	I can	I am working on	I need extra help
Play alongside or with other children (parallel play)			
Shows awareness of other children (watches, copies, brings toys)			
Copy actions from adults around me			
Share toys (with reminders)			
Take turns (with reminders)			
Express my feelings in simple ways			
Calm myself with adult support			
Accept comfort from a familiar adult (not just my parent/carer)			



Learning how to share, wait and manage emotions with a bit of help from the adults around me supports a positive start to nursery.

If I need help, I can...



go to fun groups to practice and take part with new friends at the **community hubs**.



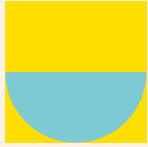
scan here for more information



Or, the adults around me can help me feel better by helping me explore and manage my big feelings.

scan here for more information

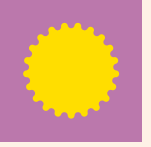




Sensory and movement



Skill	I can	I am working on	I need extra help on
Move safely around a room (walking, climbing, squatting)			
Cope with different sounds around me (e.g., singing, other children)			
Enjoy movement play (slides, pushing toys)			
Take part in messy play or feeling different textures (with support)			



Coping with different sensory experiences across my environments.

If I need help, I can...

go to fun sensory and movement groups at the **community hubs** where the adults there can help me e.g., messy play, musical movements etc.

scan here for more information

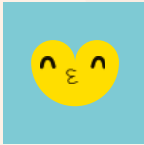


Or, the adults around me can help me with my senses and movement by scanning below:

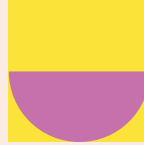


BBC
TINY HAPPY PEOPLE





Useful Contacts



For extra support, please don't hesitate to contact any of the below services:

Health Visiting

Phone: 0300 300 1813

Website: www.nelft.nhs.uk/services-barking-health-visiting

Early Communication Intervention Team

Email: familyhubs@lbbd.gov.uk

Website: ourhubsbd.london

Family Navigators

Phone: 020 8227 3359

Email: familynavigators@lbbd.gov.uk



Useful Contacts



Children and Families Health Service

Drop In Services

Please check the website for times.

www.nelft.nhs.uk/services-barking-health-visiting

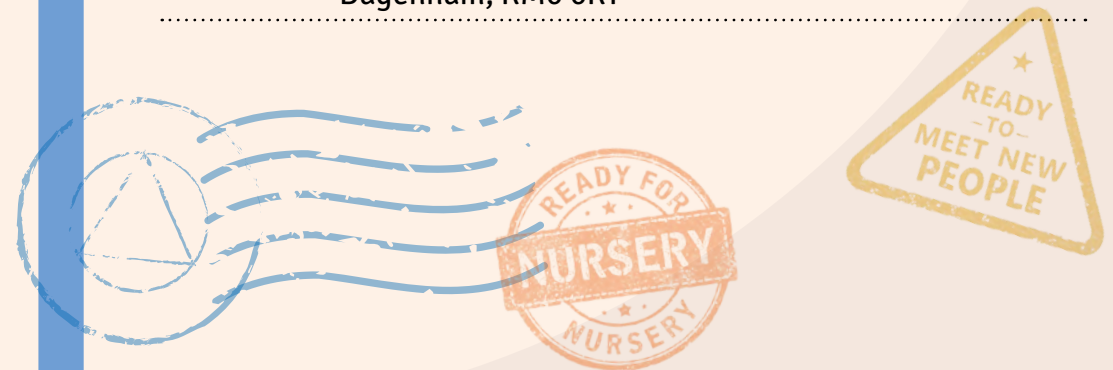
Monday Thames View Health Centre,
Bastable Avenue, Barking, IG11 0LG

Tuesday Julia Engwell Health Centre,
Woodward Road, Dagenham, RM9 4SR

Wednesday Five Elms Health Centre, Five Elms Road,
Dagenham, RM9 5TS

Thursday Child and Family Centre, 79 Axe Street,
Barking, IG11 7IZ

Friday Chadwell Heath Health Centre, Ashton Gardens,
Dagenham, RM6 6RT



Barking & Dagenham

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