

Ready for Childcare?



Minimum
11.5 hrs sleep at
night and 1.5 hrs
during daytime

Practice a 'Nursery
Routine' - good
bedtime routines

Prepare Together



FINISH

Sleep

Take time away
from your child to
help them learn that
you'll come back

Separation

Children need 3
balanced meals
and 2 healthy
snacks per day

Sharing
stories is a brilliant
way to talk about life
experiences.

Feelings

Talk together,
be patient. Talk about
what might
happen

Play Together

**Meal
times**



Are you entitled to
Nursery Funding?

Ask less
questions,
use more
comments

Talk about what you can
see together, share lots
of new words

Talking

Encourage
them to put
socks / shoes
on or use their
own spoon

2 hours or
less of screen time

What do you want
from childcare?
Choose your
childcare

Contact Family
Information Service at
your local Children's
Centre to find out more
about Childcare funding

**Encourage
Self-care &
Independence**



START

Find out more online:
www.worcestershire.gov.uk/readyschool