

At Springwood Preschool, Copnor and Busy Bee Preschool, Denmead we encourage parents to reinforce routines, independence, and learning through **practical, playful activities**, linked to our **Golden Rules**:

### **Golden Rules**

- . **Be kind and gentle** – practise helping, sharing, and caring for family members or pets.
- . **Listen carefully** – play listening games and follow instructions in order.
- . **Look after our things** – encourage children to tidy up toys, books, or personal belongings.
- . **Use kind words** – model polite language and encourage children to express themselves respectfully.
- . **Try our best** – celebrate effort, resilience, and small achievements.

### **Everyday Routines & Independence:**

- . **Coat Challenge:** Practise putting on coats and shoes independently before garden or home time.
- . **Tidy-Up Time:** Sing a short tidy-up song while clearing away toys, books, or craft materials.
- . **Packed Lunch Challenge:** Encourage children to pack away their lunchboxes and belongings.
- . **Snack & Mealtime Skills:** Pour drinks, help set the table, or clear away items.
- . **Morning & Bedtime Routines:** Practise dressing and brushing teeth.

### **Learning Through Play:**

- . **Gross Motor:** Climbing, balancing, jumping, running, dancing, and simple obstacle courses.
- . **Fine Motor:** Playdough, threading beads, cutting, drawing, and mark-making activities.
- . **Communication & Language:** Reading stories daily, singing nursery rhymes, and describing pictures or daily events.
- . **Social & Emotional Skills:** Turn-taking games, role play, naming feelings, sharing, and helping at home.
- . **Early Literacy & Maths:** Counting, recognising shapes and colours, sorting objects, matching, and mark-making.
- . **Tinny Teddy:** Children take home our **Tinny Teddy** for the weekend, sharing experiences through photos and stories. This activity encourages communication, sequencing, and confidence while linking home and preschool learning.

### **Emotional Wellbeing**

We gonna start to use the **My Happy Minds** programme in the setting and encourage parents to support this at home by talking about feelings, emotions, and strategies for calming and problem-solving.

## Toilet Training Support

We signpost parents to **ERIC (The Children's Bowel & Bladder Charity)** for toilet training guidance and encourage consistent approaches between home and preschool to support children's independence and confidence.

## Suggested Resources for Parents:

**BBC Tiny Happy People:** <https://www.bbc.co.uk/tiny-happy-people> – ideas for language and early literacy

**CBeebies Songs & Nursery Rhymes** – routines, tidy-up songs, and memory games

**Portsmouth Family Information Service:** <https://www.portsmouth.gov.uk/ext/health-and-care/children-and-families/family-information>

We encourage parents to **mirror the routines, games, Golden Rules, and activities such as Tinny Teddy** used in the setting, so children practise the skills they use in group activities and gain confidence and independence.