Helping me to get ready for starting at an early years setting at 2 years old.

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I am exploring different foods **even if I don't eat them.**

I like it when you tell me the name of an object when I pick it up **so I can copy you.**

I enjoy **exploring different objects** like vegetables, wooden pegs, brushes, socks, bubbles, shells, playdough etc.

I like playing with toys that make a noise, move or flash, **but I like playing with you more.**

I like to see what **marks I can make** with chalks, paintbrushes and crayons using my hands and feet.

I have fun **making sounds** especially in the kitchen with pots and spoons.

I like to **help you get my snack ready** or **sort out the washing.**

I need to go to bed at a regular time and you can help me **wind down** and **be ready to sleep.**

I am getting **more confident** with feeding myself and holding my own cup. I might be beginning to use cutlery **by myself.**

I enjoy playing with my **favourite toys with you or by myself.**

I enjoy **moving around** to music and songs **by myself or with you.**

I enjoy **playing games with you** and in particular rolling, kicking, carrying and chasing balls.

I am learning that if you leave, **I am still safe and you will come back.**

I may be beginning to let you know when I **need changing, the toilet, or go to sleep.**

I like people to **share a picture book with me** and **talk about what we can see.**

I like you **singing to me** so I can hear lots of different **words and sounds.**

I have fun splashing in **puddles, kicking leaves and looking for worms** when I am outside.

More top tips

- Support your child to interact with different people, for example at a **Rhyme Time session at your local Library** or a **Play and Learn session with Flying Start**.
- Have a regular bedtime routine so that your child is ready to play and learn at an early years setting. Find useful information and advice on the **Children's Health NHS website**.
- It may be useful to look at **What to expect in the early years foundation stage, a guide for parents** and **BBC's Tiny Happy People**.
- Ask your child's key person any questions you have about your child or starting at an early years setting.
- Remember every child is special and unique. Your child's key person will get to know you and them, so they can learn, develop and grow at their own pace.
- **Screen time for kids tips and advice**.

For any additional assistance, please contact Luton Family Hubs:

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