



Tuesday 31<sup>st</sup> October 2023

Dear Parents/Carers of Nursery Children

I am writing with regards to developmental milestones in the Early Years. As you may be aware, one of the three prime areas of the Early Years is 'Physical Development', and an important part of this is 'Health and Self-Care'. Within this, it is recommended and expected that by around age 3, children are:

- Sleeping 11-13 hours per day
- Developing independence in self-care routines such as teeth-brushing and handwashing but still requires support
- Increasingly independent taking off and putting on simple clothes garments such as boots or jackets
- Feeding themselves
- Able to say whether they need the potty or toilet

By around age 4, it is common for children to:

- Manage their own toileting needs
- Wash and dry their own hands effectively
- Dress themselves, with some help, including being able to do their own zipper

By the time they are assessed for their Early Learning Goals at the end of Reception, it is expected that they can:

- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Children are also encouraged to travel, explore and move in a variety of ways. Developing balance, upper body strength and their core stamina supports them with writing as they move into Year 1. We are keen to support your child with their physical development, but request that you also support them. Please focus on the following at home:

- Potty training and independent wiping;
- A regular sleep routine, with a fixed bedtime and at least 11 hours sleep each day;
- Independent eating;
- Ensuring children are exercising daily; this includes walking distances of up to 2km regularly. Ideally, children in Nursery by this point in the year do not require the support of a buggy.

Please do not hesitate to ask myself or your child's class teacher if you have any further questions regarding this.

Yours sincerely  
Ms. Edwards  
**Head of School**

