



Talking to your Child about their day at Nursery - Top Tips

There are a few, rare children who, like my daughter, answer the question **'What did you do at school today?'** with a detailed run down of the entire session/day. However, most children will be rather more like my son; after spending 7 hours at school he would rarely reveal anything that happened preferring to assert that he did 'nothing!' If this sounds like your child try the following:

Tip 1: Avoid bombarding them as soon as they leave Nursery

Try to avoid asking a number of questions the minute you pick them up. They have been active for a number of hours, making decisions, physically exerting themselves, learning new songs (and for some in a new language!) and running around. Give them time to take it all in on the walk/drive home and allow them some time to think back over their day.

Tip 2: Find the best time to talk

For some children this might be much later in the day, such as bath time or just before bed. They will then have time to relax. For some children trying to prioritise what to tell you from the hundreds of things they did in a three hour session/day is overwhelming. Later in the day they will remember those things that are important to them.

Tip 3: Try asking different questions

Asking 'what did you do today' is challenging to answer when you might have had a session that included busy fingers, story time, climbing on the frame, racing friends, riding a bike, going to the snack area, checking on the snails, finding a beetle...etc. Trying to recount all of that would be incredibly difficult; much easier to reply 'nothing!' or 'I can't remember.' Instead try asking one or two questions from the list below:

- ***What was the best thing that happened today?***
- ***Did anything make you laugh today?***
- ***Did you help anyone today?***
- ***Who was kind to you today? Were you kind?***
- ***What made you feel happy today?***
- ***Did you learn any new names today?***
- ***What did you sing?***
- ***What was the best thing to do outside?***

Good luck and happy chatting!