

*The year between September to August that a child turns 2*  
(please contact us if you are unsure which room your child is starting in, or if you have any other queries)

## Eating

- It is useful to follow our lunch time at 12.30pm at home - with a nap after lunch at around 1pm. This greatly helps your child to settle and make friendships as most of their peers will follow this routine.
- We use the ergonomic 'doddl' toddler metal spoon and fork set for this age group. If possible, please get your child used to using similar at home.
- As the year progresses, we start to use children's 3-piece cutlery sets. Which you can also start to use at home if you wish.

## Sleeping

- It is beneficial to get your child into a routine of an after lunch, around 1pm, daily nap if possible (age appropriate).
- This greatly helps their routine and to feel a part of their peer group (the majority of whom also sleep at this time).
- However, we will accommodate a morning sleep in addition if needed.

## Independence

- Where age appropriate- Your child will start to navigate our stairs at Tall Trees fully supervised, please practise fully supervised stair climbing, both up and down at home when your child is ready.
- Shoes- No laces or buckles please, Velcro shoes are best to start independence at Tall Trees.
- If age/stage appropriate- please help your child learn to put on and remove their own shoes and wellies at home.