

# All About Me



Early Days  
Nursery

**My Name:**

**My first day at Early Days was:** .....

**Key Group:** .....

**Thank you for taking time to fill in the details for your child.**

**We are very aware that communication with parents, carers and families is key to your child's well being.**

**We are also aware that some children may experience anxieties and separation worries on their return to nursery, so any information about changes in your child's experiences since the lockdown would be greatly appreciated. For example some families may have experienced bereavement, redundancies, etc. that can have a huge impact on mental health and well being. On the other hand, some families may have had the best time ever and your children could be thriving. Each story will be different, but every story is important and information shared will be kept confidential.**

**To give us a starting point on our return for the new term, we will be focusing on 'All About Me'. Your child's interests, therefore, will be at the heart of our planning so we can catch their imagination and build on their experiences positively whilst encouraging confidence.**

**If you do have any worries that you would rather not attach on this sheet, please feel free to talk to Gina or any member of staff from your child's new key group to ensure we take into account their personal needs.**

## **All about my favourite things at home:**

(This might include toys, games, favourite comfort objects, stories, songs, places....)

## **Meaningful or special relationships in my life are:**

(This might include family members of people who look after me, special friends or any pets. Photos are lovely to see and share and helps us to know who everyone is!)

**My favourite foods and foods I don't like are:**

**Any Health concerns, allergies or intolerances to food, cows milk or plants.**

### **My feelings:**

(This might include what makes me happy, sad, angry or scared and how I show these feelings).

### **If I am finding it hard to manage my feelings, sometimes I.....:**

(Strategies such as comforters, counting to 3, listening to a story).

**My daily routines are:**

(This might include eating and sleeping routines, the kind of cup I use, and who will usually bring and collect me.)

(Please use final page if you need to break down the whole day into specific times. If not please discard that page)

**Do I prefer to sleep in a cot, sleep mat, or other?**

**Am I in nappies, potty training or using the toilet?**

**A brief description of my personality is:**

**How I communicate:**

(This might include special words or gestures, or any other types of communication I use.)

**My religion, beliefs or customs that mean a lot to me are:** (Also let us know how we can accommodate these to ensure we are inclusive)

**My first spoken language is:**

**Have I, or do I attend another pre-school or nursery setting?** (Including setting name and key person if currently attending)

**Anything else you might need to know about me:**

(This might include any health care needs, other people who are involved in my well-being, or any other information I would like to share with you).