

## Reading List

Miss Daisy's Nursery recommended list  
of good books for starting nursery



## Reading Lists

---

### ***Pouch by David Ezra Stein*** **(Ages 2–3 years)**

Kangaroo Baby Joey doesn't want to leave his mother's pouch. When he finally ventures out, he is surprised by each new animal he meets and he hops straight to his mother until he meets another Joey and they become friends. "Pouch?" asks Mama. "No thanks," says Joey.

### ***You Go Away by Dorothy Corey*** **(Age 2 years)**

A very simple board book repeating the theme "You go away" but..."You come back" in different scenarios.

### ***Spot Goes to School*** **by Eric Hill (Age 2 years)**

A simple board book. Spot starts school for the first time and as the day goes on, he discovers that he is having more and more fun.

### ***Preschool Day Hooray*** **by Linda Leopold Strauss** **(Ages 2–3 years)**

Simple text and delightful illustrations present the first day of school as a fun adventure.

### ***Lulu Loves Nursery by Ailie Busby*** **(Ages 2+)**

This sweetly reassuring story is perfect for little ones embarking on big adventures.

### ***Pirate Pete's Potty / Princess Polly's Potty by Andrea Pinnington*** **(Ages 2+)**

Entertaining picture books that help parents that may be struggling with potty training. Easily follow along with fun pictures showing little ones not to be afraid of using the potty.

### ***No More Nappies: A Potty-Training Book by Marion Cocklico*** **(Ages 2+)**

This book is about two adorable children who realise they are ready to stop wearing nappies and learn how to use the potty.

### ***I'm Starting Nursery by Marion Cocklico*** **(Ages 2+)**

Ben is sad after Daddy drops him at nursery for the first time. But not for long... he soon makes friends and finds lots of things to do and in no time at all, Daddy is back!

### ***Starting School by Janet and Allan Ahlberg*** **(Ages 2+)**

Full of humour and fun, this reassuring read will help children and parents get ready for the first day of school and find out what to expect from the rest of their first term.

### ***The Colour Monster goes to school*** **by Anna Llenas (Ages 2+)**

Following The Colour Monster as he navigates his way through his first day at school! His first day of school is filled with exciting new adventures.

### ***Lulu's Loo by Camilla Reid*** **(Ages 2+)**

Join Lulu's loo adventures as she learns how to use potties and proper loos.

### ***My New Preschool by Moira Butterfield and Estelle Corke*** **(Ages 2–3 years)**

An interactive play book with flaps to lift, picture wheels to turn and sliding tabs that add fun and action to the pictures.

### ***Maisy Goes to Preschool by Lucy Cousins*** **(Age 2 years)**

Join Maisy and her friends for a busy day at preschool. Experience many school activities from painting to music, story time and more.

### ***My First Day at Nursery by Becky Edwards*** **(Ages 3–6 years)**

This book is ideal for children (and parents!) who are anxious about the transition to Nursery.

### ***Pete and Polo's Nursery School Adventure by Adrian Reynolds*** **(Ages 2+)**

Pete and Polo are going to the Nursery Today, but this is the first time they are going without Mum. Polo is anxious, but together they try out all kinds of activities and have lots of fun.

### ***My Preschool by Anne Rockwell*** **(Ages 2–5 years)**

Join one little boy during a day at preschool from cheerful hellos in circle time to painting colourful pictures and playing at the water table. The best part of saying good-bye at the end of the day is that the little boy knows he will come back tomorrow.





# Miss Daisy's Nursery Helpful Tips On Separation

---

## ***Security Blanket or Favourite Toy***

A favourite toy or blanket can help your child feel more confident and secure. Research shows that children who are given “transitional objects” cry less when they are separated from their parents. These children are also able to explore their environment more actively and focus on and learn new tasks better than children not in the possession of a favourite item.

## ***No Parental Guilt!***

Parents often feel guilty and distressed about their child's natural reaction to a separation and may unwittingly prolong and reinforce a separation reaction. Reassure your child through your words and your actions that everything will be fine in your absence and that you will be back for them soon.

## ***Suggestions for Parents***

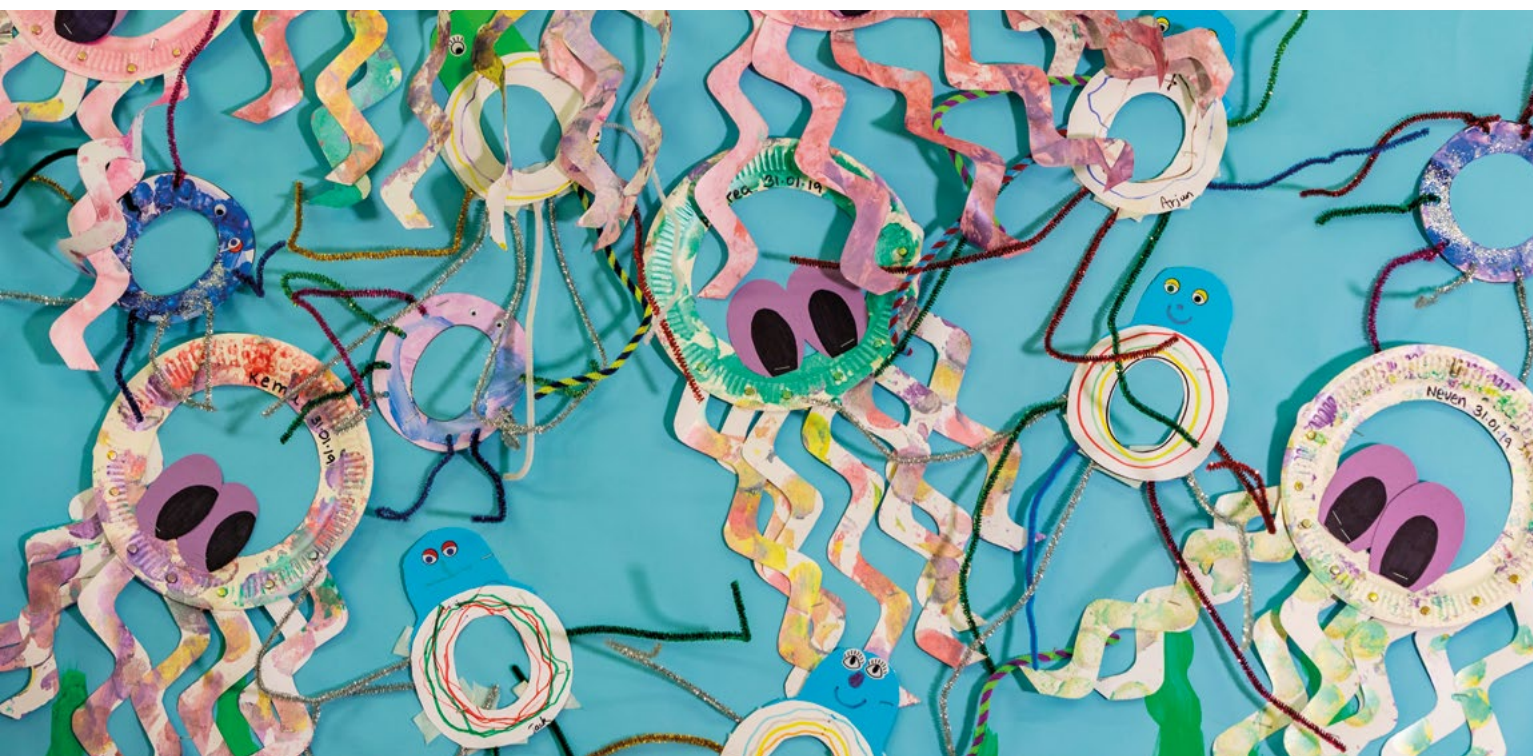
- Before you leave, tell your child you are going and mention when you will return. It may help to say something like “...and I'll pick you up at 11 o'clock just like last week” to enable them to imagine the duration of their separation from you. In order to bear being apart, a child must know that the parent will return.
- Expressing affection for your child is appropriate, but separation is made more difficult if you, the parent, verbally or non verbally express ambivalence, guilt, worry, or uncertainty about leaving your child. Be confident and if you say you are leaving, go! The parent's emotional response is a common cause of the child's emotional response.
- Practise with brief separations first. Show your child that you return reliably.
- Don't be late picking your child up! Be on time, or even a little early. Children can get very distressed, feeling abandoned if all the other children have been picked up and they're “left alone.”
- Provide a consistent routine that children can count on, and stick with it. Most adults feel more secure when they know what's going to happen next. Children have an even greater need for routine.
- Allow children some time to get accustomed to new people. Children feel more secure when they know and trust their caregivers. If your child is slow to adapt to new situations, they may even need a few weeks to transition. Patience is key.

## ***Never Threaten a Child With Separation***

Parents sometimes resort to threatening little children with “going away” in order to frighten them into better behaviour. It's true this often results in some improvement in the child's conduct, since the possibility of losing a parent is so upsetting that they will do anything to avoid it. Better for the child to be confident that they can count on your love and support through thick and thin.

## ***To Sum It Up***

Be patient and thorough when explaining the reason for your departure to your child. Doing so can help them feel confident that you will return, and that they haven't done anything “bad” to make you leave. Because young children lack a real understanding of cause and effect, they may not be clear on points that you consider obvious. If your child does regress to outgrown behaviour, you may need to adjust your expectations and standards. Strive to establish a consistent routine. Pay particular attention to basic needs such as sleep, meals and exercise. Your child needs to feel that you are dependable, that they can count on you to do as you say you will. Use separations as opportunities to build the level of trust between you.



Miss Daisy's Nursery Schools  
14 Waterloo Place  
London SW1Y 4AR

+44 (0) 20 7730 5797  
registrar@missdaisynursery.com  
**missdaisynursery.com**

Belgravia  
Brook Green  
Chelsea  
Hyde Park  
Knightsbridge

missdaisynursery.com

