



Every Child a  
Confident Learner

# Self-care

## What should my Nursery child be able to do?

Nursery children should be able to:

Feed himself or herself competently with a knife, fork and spoon.

Drink well without spilling.

Wash his or her face.

Brush his or her teeth.

Begin to recognise danger and ask adults for help.

Take off and put on his or her top, trousers, jumper, socks, underwear and shoes.

Gain more bowel and bladder control and man-



## What should my Reception child be able to do?

Reception children should be able to:

Manage his or her own toileting needs and usually stay dry and clean during the day.

Understand the importance of exercise, eating, sleeping and hygiene.

Understand the need for safety when tackling new challenges and manage some risks.

Show understanding of how to transport and store equipment safely.

Practice some appropriate safety measures without direct supervision.