

'We're all going on a summer holiday'

Summer holidays are an enriching and exciting learning opportunity for children.

Whether children are staying at home, visiting family and friends or going abroad, as practitioners you can prepare children for the experiences a holiday may bring, introduce them to safety aspects and give them the confidence to share their experiences with others.



Tips to consider:

- Some children may be apprehensive - especially if they have not been on holiday before or travelled on aeroplanes, trains or ferries. You can help to grow their confidence by going through books, toys and sharing others' experiences
- Look at foods from around the world and discuss these with the children based on the specific places they will be visiting. Use literature, photographs and food examples to prepare them if possible - and remember to consider special dietary needs
- Encourage children to send postcards to the nursery while away, so that the experience can be shared with their friends and to encourage discussion when they return
- Share sun safety and water safety tips, so children understand why it is important to use sunscreen and wear protective clothing and know how to be safe around water
- Holidays offer a wealth of learning opportunities, so plan activities and resources that develop knowledge of the world and encourage sharing experiences
- The more you can support parents and carers to prepare their child for the holiday, the more the children will benefit and enjoy the experience.