

## **TOP TIPS FOR SETTLING YOUR CHILD WITH US**

### **BEFORE YOU START**

You've chosen a calm, safe, welcoming and loving environment for your child and we'd like to help you make plans for your family's first day!

As you prepare to start with us, begin to use the words 'nursery' and talk about the people there once you know their names. Point out our building as you walk or drive by. Read story books about the very same subject (see books like My First Day at Nursery by Becky Edwards; My New Preschool, by Moira Butterfield; Maisy Goes to Nursery by Lucy Cousins; I'm Starting Nursery: A Pirate Pete book)

### **'SETTLING-IN'**

- You will want a number of 'settling-in' sessions for you and your precious one. This is the term we use to describe the period it takes for you and your child to become comfortable with the room and setting.
  
- An average set of settling-ins will be about 3. However, there have been less and there have been more! We are flexible and understanding, and will set the situation to suit your child.
  
- Settling-in 1 will be a visit (perhaps one, perhaps two) where you stayed the whole time with your child. You will have been shown the forms that need to be completed so that we have plenty of information to help settle in your child, and you will have been met by the Room Supervisor/Leader of the nursery room your child will enter. This person will be your main contact until your child chooses to bond with someone in that room. It may be the same person! But we will be led by your child.
  
- Settling in 2 or 3 will be a visit where you stay for a while and leave your child for a short time. This allows some time for your child to play with the other children and staff, under the care of the Room Supervisor/Leader. You don't have to go far – perhaps to the foyer area, or car park, or pop to Moortown Corner.
  
- You will build to a visit where you leave your child in the care of the Room Supervisor and room staff for a longer period and that will include a meal.
  
- This gradual, stepped process will have shown your child experiences of the whole day - play (indoors and out) and mealtimes, maybe even some children happily going to sleep. It will give your child important memories of various events with us before starting.

- We happily offer a home-visit, if that would help, where our staff come to your house and visit your child there. This way, there is a connection made out of nursery, which might be important. Again, it lays memories and associations of someone there 'over here', looking at favourite toys, books, comforters, where they eat etc. Talk to us if that would help you.
  
- We have all sorts of things that will help you and your child settle in – your key person will share some personal nick-nacks, as a type of 'ice-breaker', to talk about and help build a relationship. We can let you have some recipes from our fabulous cook, Jane, in case you want to cook them at home.
  
- We have some great parents' events to offer you, not just Parent Evenings (a chance to discuss your child's progress and these happen twice-yearly). But other 'fun' events where we invite all our parents to play at nursery. This way, nursery is not just a place for your child, and one that excludes time for you both. It's incredibly important.
  
- We invite you to leave a recording of your voice with a story or nursery rhyme. That can help an unsettled child. You must also bring us a selection of photos of your child at home and with other members of the family, which can be displayed around the room for your child to look at as and when he or she wants.
  
- If your child uses a comforter, take it! They are a 'comfort' whether it is available all the time, or for a snuggle at sleep-time. We love meeting them!
  
- Is your child using a potty, or potty-training – we have a selection here and your child will let us know if it's not right! But take a look in the bathroom any time.
  
- We use a non-bio washing powder, so that we can help those with sensitive skin. Sudacrem is our usual nappy cream and Pampers our usual nappy brand.

### **THE FIRST DAY**

So your first day approaches. How can you help this whole process even further?...

### **Keep calm, even if you fake it!**

- Be confident, cheery and encouraging: you have chosen this place for the best reasons and we want it to work as much as you do. You need help in order to return to work and we are

here for your whole family. We can offer some great new experiences, new foods, new friends. What a great preparation for life at school and beyond.

- And as you and your child settle and thrive, old nerves are lost, remember to keep us informed of any significant changes which might unsettle your child again. Changes such as within the family, maybe a new sibling, or moving home, even moving to the 'big bed' or potty-training. Perhaps you're changing nursery, or something sadder has happened such as a death of a family member, or family pet. We can help with the re-settling for all of that and we will offer you what support you need. The office door is always open if you'd like a quiet chat.
  
- So 'welcome'! The bags are on the peg, your child has arrived in the room. Put aside your nerves and calmly say your bye-byes. It's often really useful for a child if these aren't long, even if there are tears, as staying longer can be a really confusing message for them. Definitely give a time-frame, one that can be understood, such as "I'll be here after your lunch, and we'll reiterate that too." The staff will help your child settle after you've left, and will be quite truthful about what has happened during the day. Remember, your child is getting used to different people and a new place and will take a little time to be convinced that all is well and he or she is safe. But this is our profession and we are here to keep your child safe and loved whilst you're away.
  
- Some parents are easy with the process, whilst for others, it can be unsettling and a period of anxiety. But the staff should be able to reassure you with, for example, an emailed photo of your child enjoying time during the day. As natural as it is to be anxious about being away from your child, this anxiety can be felt by your child and suddenly present them with a new emotion that is really unsettling for them. So let the nursery give you the help you deserve and keep calm, even if you fake it!

Hope we have helped you a little with this information.

Kind regards

Helen Gratton

Founder