

SETTLING IN FACT SHEET



In order to make your child's transition to nursery as easy as possible we invite you to a week of reduced sessions to help with the settling in process.

Every child is different. Settling your child into a nursery can take up to three or four weeks. Here are some key tips, that we will help you with:

Introduce your child to a range of noises and different groups of people, including children, before they start nursery. This will help them feel more at ease in the lively environment of a nursery.

Visit the nursery – with your child. Learn what happens throughout the day. Visiting the nursery allows children to become familiar with different parts of their new environment and also to meet staff and other children. Come and visit us, pop in and out when you can, before your start date (do let us know when you're coming though!)

Care about and get involved with the nursery. If children see parents at ease, happy and chatting with staff, they are more likely to feel relaxed, developing a stronger sense of confidence and belonging in the nursery themselves.

Bring along a familiar objects from home – like a favourite teddy bear, toys or other materials. These hold positive memories for children and will, by association, help them to develop secure attachments with the nursery.

Be patient. Some children will be happier to join in with nursery life more quickly than others. But if you're patient, the benefits of your child attending our caring and well-run nursery will soon be clear to see.

On the first morning/afternoon you will be expected to stay with your child, giving you both a chance to get to know your key worker and introduce you to the routine of the day. Each day, your child's sessions will increase and you will discuss with your key worker how long you are needed to stay.

Below is a guide to settling in times, which are flexible to suit your family needs:

Day 1	Home Visit	We recommend that day 1 of settling in, is a home visit, where your child's keyworker comes to your home, and spends up to 2 hours with you and your child, although this is recommended, its optional.	
Day 2	Morning	10.00am - 11.00am	Accompanied
	Afternoon	2.00pm - 3.00pm	Accompanied
Day 3	Morning	9.30am - 11.00am	Accompanied

	Afternoon	1.30pm - 3.00pm	Accompanied
Day 4	Morning	9.30am - 12.30pm	Alone
	Afternoon	2.00pm - 4.30pm	Alone
Day 5	Morning	9.00am - 1.00pm	Alone
	Afternoon	1.00pm - 5.00pm	Alone

Please note that this is just a guide, and settling in arrangements can vary, and depending on the child's age, stage of development and previous childcare history these arrangements may need to be adapted.