

Practitioners will have a vast amount of experience in helping children settle into the nursery setting and are aware of the difficulties that can emerge during this transition period.

If your child is taking longer to settle in than you had expected and you still have concerns, discuss these with a member of staff. Together you can agree on and put into place strategies to support your child during this time.



Help your child to grow in confidence and independence

You are the safe base from which your child can branch out and explore the world, grow and learn and become socially and emotionally confident. Getting off to a good start will help you support your child through this very important period in their lives.



Settling into Nursery

A Guide for Parents

The first few weeks when a child is settling into nursery is a time of crucial importance to their later happiness in the setting. All children are individuals and while some children will adjust fairly easily to the new environment and new routines. Others will take longer to feel comfortable and secure.



Sometimes we can overestimate a young child's ability to cope with transitions and settle in and happily substitute a group of unfamiliar adult and children for their parents or main care giver.

As parents and early years practitioners, we can take steps to ensure that the transition into the nursery goes as smoothly as possible. Research shows that when the settling in period is positive for the child, it can not only impact on their happiness throughout their time at the nursery but also on how the child views further transitions.

Children who have a positive start to their new environment are more likely to feel comfortable, relaxed and valued, feel good about themselves as learners and have a sense of belonging to the community. Most children settle in without too many concerns but there are some children who need more time to develop trust.

Guidelines for Parents

General awareness and good preparation

Separation anxiety is a healthy protective action. It is the child's way of saying "You are my safe base and I need to develop trust and confidence in alternate carers."

Recognising that separation anxiety can sometimes cause problems is a good starting point. It means you are prepared for the event and turn it into an advantage, allowing both you and your child to feel stronger and empowered.

Attend induction session

Attend any induction, information sessions which the nursery offers. This will provide you and your child with an introduction to the new environment, allows you both to meet the staff and make a positive start to the transition process.



Become familiar with the settling in Procedures

All nurseries have settling in procedures. These procedures have the child's emotional wellbeing at the centre. It is important that you familiarise yourself with the procedures as this will help you prepare for your child's transition into the nursery setting and make necessary arrangements.

Chat to your child about any concerns they may have

Your child may be anxious to know what to do when they come into the nursery e.g. going to the toilet. Talk to your child in a positive way about these concerns.

Leaving children with family members and trusted friends

Preparing for separations can involve leaving your child with trusted friends or family members for short periods.



Staying confident, cheery and positive

Although you may be feeling anxious and emotional as your child, try to stay cheery and confident as children will pick up on your feelings of apprehension.

Parents and practitioner working in partnership

Open communication between parents and the early years staff team is crucial. It is important to share information. Parents can give the staff information about the child and in turn the staff can talk to parents about the child's experiences in the nursery.

