

SETTLING IN POLICY

Going to nursery can be a big step for both the child and their parent/carer; we therefore wish to support the family by offering a settling in period.

1. Initial Visits with Parents

- Begin with short visits where the child attends the nursery with their parents. These visits allow the child to explore the environment while feeling secure with their parent nearby.
- Use this time to build trust and familiarity between the child, parents, and key staff members.

2. Gradual Separation

- On subsequent visits, encourage the parent to step away for short periods, staying nearby or in a designated area. Gradually increase the separation time as the child becomes more comfortable.
- Reassure the child that their parent will return and provide a consistent goodbye routine to create predictability.

3. Flexible Schedule Based on the Child's Needs

- Start with half-day sessions or shorter periods if the child shows signs of distress or strong attachment to their parents.
- Gradually extend the time spent in the nursery as the child adapts to the environment and routine.

4. Assign a Key Person

- Ensure the child has a dedicated key person who builds a strong, trusting relationship with them. The key person should offer comfort, engage the child in activities, and provide emotional support during transitions.

5. Parent Communication and Feedback

- Maintain open communication with the parents throughout the settling process. Share updates on how the child is doing and ask for feedback about their behaviour at home.
- Encourage parents to share comforting items (e.g., a favorite toy or blanket) that can help the child feel secure.

6. Monitor and Adjust

- Observe the child's behaviour and emotional well-being during their time in the nursery. Adjust the settling plan if the child shows signs of anxiety or struggles with the routine.



- Be flexible and patient, recognizing that every child adapts at their own pace.

7. Celebrate Progress

- Acknowledge small milestones, such as the child staying without their parent for a longer time or engaging in group activities. Share these achievements with the parents to build confidence in the process.

Our managers recommend:

- When your child begins at the nursery, please tell us any routines and habits your children have, from waking up early to going to bed. This will help us familiarize ourselves with your child better from the start and help make the drop off easier for both the parent/carer and the child.
- Vishenka nursery operates under an open-door policy which means that as a parent or carer, if you have any queries, please always ask! This will allow you to be confident of the care we will provide for your child.