



Hilltop and Brampton Pre-Schools

Settling In Your Child

When children face new situations, often at first they are reluctant or shy. If your child is not accustomed to spending time apart from you, then you can expect that he/she will need time to settle in. Children of course vary in the way they react to new situations, often seeming to settle easily of the first or second day, but becoming tearful and clingy subsequently. Children who show their distress openly on first arriving will slowly settle and gain confidence if handled in a positive way.

For most children, it is best to stay with them at first; this can vary depending on the personality and temperament of your child. The amount of time you spend will vary. Some children prefer you to leave them for increasing periods of time after the initial settling in period, whilst others prefer to settle in themselves.

For all children joining pre-school, our initial emphasis is on making them feel loved, secure and happy. To assist this process, every child is allocated a member of staff as their Key person who forms a special relationship with the child and his or her parents. The security provided by this relationship is important in the case of new children - particularly the "just 2s"

Below are some tips for you to give consideration to in preparation for settling your child into pre-school.

- Even if your child becomes upset when you leave, it is not wise to prolong the leave-taking - most children recover very quickly once parents have gone. Try waiting out of sight, to reassure yourself.
- Always be positive about the pre-school to your child, help to prepare your child by reading or telling stories about starting pre-school.
- Talk to the staff - children are very astute - if they see you talking to the staff and accepting them, then they will take their lead from you.
- Always tell your child when you are going and when you will be back - then make sure you are back on time like you agreed.
- Once you decide to leave, go quickly, for if you delay and look hesitant it will convey the message to your child that you are unhappy and not wanting to leave them. This is very unsettling for a child and will prolong their settling in period.
- *Phone the pre-school if you are anxious at any time about your child, you will probably find that they are fine - we will always be completely honest and open about how your child is settling if you contact us. Similarly, if your child does not settle and they are very distressed and not improving, we will contact you.*
- Give your child's Key Person as much information as possible about your child, the smallest of details are important, especially if it helps to settle you child.
- Bring something familiar from home, especially on the early days, a favourite toy, book, blanket, cushion etc.

REMEMBER YOUR CHILD WILL PROBABLY SETTLE QUICKER THAN YOU! TRY NOT TO LET THEM SENSE YOUR ANXIETY. IF THEY DO, THEY WILL FIND SETTLING MORE DIFFICULT - THEY WILL BE WORRYING ABOUT YOU!

The pre-schools 'Settling-in Policy' is available for you to see please ask.

Portishead Playgroups Management Committee
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