



## **Adventure Pre-School – Settling Policy**

### **TOP TIPS FOR YOUR CHILD’S FIRST FEW WEEKS AT ADVENTURE**

#### **TIP 1: TRY AND LEAVE YOURSELF ENOUGH TIME THAT YOU’RE NOT RUSHING TO GET TO YOUR CHILD’S SESSION ON TIME**

We understand this can be easier said than done, but a nice relaxed time before coming to pre-school can really help their transition in. Talk positively about pre-school as somewhere fun they are coming to play and talk about the staff as if they were your friends. We know that we have to earn your trust but if you can convey to your child as soon as possible that you know and trust us, they will take their cue from you and feel that they can trust us too.

#### **TIP 2: ARRIVE ON TIME BUT NOT TOO EARLY**

Waiting outside a closed door can build unnecessary anticipation, check the times we open and close the doors for your child’s session and aim to arrive around half-way through this window. This way, your little one won’t have to wait but will get time to settle with their key carer before going off to play.

#### **TIP 3: DON’T WORRY IF THEY NEED A COMFORTER INITIALLY**

If your child always has a comforter, including having a dummy, let your child bring it along initially. Once your child feels comfortable with their surroundings, they’ll let go of it — or at least leave it with their key carer while they play.

#### **TIP 4: PUT ON A HAPPY FACE**

You may be feeling really anxious inside, but try not to show this to your child — nerves are highly contagious. If your body language is positive and you seem confident that your child will have a good time, there’s a better chance that they’ll believe that too.

#### **TIP 5: HANG AROUND, BUT DON’T CROWD THE CHILDREN**

We very much encourage you to come in with your child, speak to the staff and help them settle in. Your child needs to see that you know and like the new grown-ups that you are leaving them with. There will be a lot of new children starting over the next few weeks however, so lovely though it is for the whole extended family to come and say goodbye on your child’s first day, it is better for the children if we don’t have too many adults around at once inside the setting.



### **TIP 6: KEEP GOOD-BYES SHORT AND SWEET**

For the vast majority of children, we will quickly give you a cue to make your exit. You then need to try and hold back your tears a little longer, give your new preschooler a hug, and let them know when you'll be back ("I'll pick you up before lunch"), then head out — don't linger (they can't get on with their day until you do). And no matter how tempting, never sneak out when your child is looking the other way. It'll make them feel insecure and less trusting. Often the first day is easy and then days 2 and 3 more difficult.

Just remember, it's completely normal for children to cry when it's time to separate (though many don't). But even if your child is howling and wailing and clinging to you with a vice like grip, in almost all cases, they are fine five minutes after you walk out the door.

If it's taking a while for your little one to adjust, don't panic — this is completely normal and doesn't mean that they are not enjoying themselves or getting anything out of their time at pre-school. It means they are very used to being with you and your family and need time to get used to being with us. We can give you a call or message you via Family to let you know when they settle if this will put your mind at rest and you are always very welcome to call or message us too if you'd like to talk to us about how they are settling or anything else.

On the very rare occasion that a child is really struggling to settle, we will work with you to find a strategy that everyone is comfortable with. This could involve you staying for part or all of the session, the child attending for shorter sessions initially or a combination of the too.

Initially your child may burst in to tears when you arrive to collect them. This can make it seem like they haven't had a good time but it is just the relief that you have returned to them! The more they get used to this the easier it will become for them, and for you.

### **TIP 7: BE ON TIME FOR PICK UP**

Even if your child has had brilliant session with us, they will quickly become anxious if you don't arrive when you should do.

### **TIP 8: TALK TO US**

If you have any concerns about anything, please talk to us. Your child's key carer is there for you to talk to, if you need a longer chat with them then the time at drop off or pick up allows, just let us know and we can arrange it. Dom, Felicity and Lyndsay are also always available for a quick chat at the door, although we may ask you to wait momentarily if it is very busy. We too can always make time for a longer chat in the office if that's what you need.