

Settling in Policy

(Covid amendment – all settling will take place outside where possible to reduce foot traffic)

This policy will give you an idea of what to expect from your settling sessions at The Lodge Preschool and Nursery.

First days at Nursery can be a big change for children. Every effort is made to ensure a smooth settling in process but, we also understand this can be very unsettling for both you and your child who may not have had any significant time apart.

Every child is different, but evidence has shown the more sessions your child has at nursery the quicker the settling process becomes. Our policy is a minimum of 3 settling in sessions. We do not limit the settling session to three we will offer more sessions should your child need them.

Settling Times

The first settling session will be a stay and play date, whereby you will accompany your child for a play date with your child's key person. We normally hold these sessions between 9:30 – 11am. The second session is a drop off session, and we will include lunch and the third, if your child is sleeping, will include a sleep. Should your key person feel more settling sessions are necessary we will organise these sessions for you.

Getting used to separation

It can be a big change for a child starting Nursery and separation anxiety is very common. It normally takes around three weeks for a child to fully settle depending on how many weekly sessions they attend here at The Lodge. Children have no concept of time and will not understand that you may only be apart for a short time. You may feel that tears mean your child is unhappy at nursery but, usually, the opposite is the case. The tears are just for you. Children soon stop crying once you have left the nursery as they become occupied with activities and others around them. However, do not be surprised if your child cries when they see you again! If you are concerned you can call the nursery to check your child throughout the day.

Sleep

Sleeping patterns will change when your child starts nursery. There are specific quiet times for your child to rest which may differ from your home routines, however we will mimic your child's normal routine to start with to make sure the transition is a smooth one. Your child will typically be more active at nursery and so may be tired when they return home. To help with sleep at the nursery you can bring something belonging to your child in to help them settle e.g. a comforter that smells of home.

Dress code

Dress them in comfy clothes and make sure they can pull clothing down or up easily when they go to the toilet. Clothes will inevitably become dirty through your child's involvement in activities so please do not dress them in any special clothing. Please provide spare clothes. Put them in a bag and please label everything.

Eating

The Lodge Preschool and Nursery prides itself in the quality and variety of food provided to children in our care. There are routines around mealtimes which may differ from what the child has experienced at home. Every child will be seated at mealtimes and encouraged to

use cutlery. The food may differ from home and together with a whole change of lifestyle during the early days at nursery your child may initially eat less. At the settling in sessions we will provide you with full details of our menu and ensure we understand any allergies or special dietary requirements your child has.

Illness

One of the benefits of nursery care; although I am sure for parents this may not always be a positive; is your child's immune system is being built as they become exposed to other children and illnesses. Typically, your child will be most prone to illnesses during the first 6 - 12 months. For you to understand our policies and procedures relating to illnesses please refer to our Sickness and illness policy

Allergies

If your child has a specific allergy, please inform the settling staff/key person. A photo will be taken with your permission, for your child's Critical Care plan (should one be necessary) and the specifics will be fed through to the Management team and catering arrangements will be made accordingly.

Behaviour

Your child may experience some anxiety through being separated for the first time, this is completely normal. While your child is settling in you may experience attention seeking behaviour or they may be generally irritable due to tiredness. If you are potty training, you may experience the odd accident which is a result of separation anxiety. At the Lodge Preschool and Nursery, we take behaviour very seriously. Please see our Promoting positive behaviour policy

Babies Starting Nursery

If you are breast feeding your baby it is important to ensure your child is used to being bottle fed before they start.

Our policy is to make the whole settling in process as smooth a transition for you and your child as possible. If you have any questions, please talk to your child's nursery key worker who will be happy to assist.

This policy was adopted on	Signed on behalf of the nursery	Date for review
19/05/2021	<i>Natasha Eftekhari</i>	19/05/2022