

How to help your child settle into Nursery quickly

Some children settle into Nursery quickly and are willing to be left within a few minutes of arriving.

Some children will take longer to settle and feel confident and need the support of their parent.

Remember – every child is unique and will settle in their own time and in their own way.



How you can help

- Always tell your child when you are leaving. This helps to reassure them, so they don't turn round and find you have gone.
- Tell your child that you will be back soon to collect them.
- If your child is distressed, please stay and play with them for a few sessions to help them find their way around the Nursery and get to know the routines.
- You may wish to stay in the room but away from your child so they are reassured that you are still there.
- Eventually, you will be able to leave your child for short periods and return before the end of the session.
- Finally, you will be able to leave your child happily for the whole session.

If your child has been distressed, please do not:

- Slip out of the Nursery without speaking to your child or the staff. When your child realises you have gone, their distress will only increase.