



“Nurturing curiosity and inspiring imagination”

## Settling in to Sandy Lane Nursery and Forest School

A very warm welcome to Sandy Lane Nursery and Forest School. We are really looking forward to getting to know you and your child.

### Settling in is important

Starting nursery is a big step for most children as well as for you as parents or carers. That’s why we think settling in is really important. The time you spend helping your child to settle in will really benefit them in the long run – it will mean your child will be happier, more confident, learn better and enjoy nursery more. Spending time with your child’s key worker will also benefit you as a parent or carer. You will have opportunities to tell us about your child, ask questions and get to know us a little more. At Sandy Lane Nursery and Forest School we aim to work in close partnership with parents and carers and this is the first step on this journey.



We aim to settle children in steadily, so they can get lots of support and attention, we want their experience of nursery to be positive. All children are different and will settle in at different rates. All children spend their first 1 hour visit with their parent/carer. Your child’s settling in period is then tailored to suit their needs and it is for you and your child’s key worker to decide when your child is ready to spend some time in nursery without you. During the home visit, we will ask you some questions about your child, their likes, dislikes and current interests. We will also talk with you about your child’s health and development. This information will help us to settle your child in, and help us to make sure we meet your child’s needs in nursery.

### There are two important parts of settling in:

- Your child feeling confident to play and explore in the nursery
- Your child playing with and talking to their key person

We will really need your help during the settling in period, because you know your child better than anyone. Please talk to your child’s key person about how you think things are going.

These are some of the ways you can help:

- **If your child has spent time away from you** (e.g. with other members of the family, in a nursery, with a childminder, with a friend) – tell us how your child got on. Did she or he find anything difficult? What helped to comfort your child?

- **Even if your child has already been to another nursery or been with a childminder**, you will still need to help with settling in. At Sandy Lane Nursery and Forest School, the adults and routines of the day will be new to your child.
- **During settling-in, please try to be “available” to your child.** Let them come back to you when they want to. Make sure your child knows where you are, and can come back to you easily. Don't put any pressure on them to move away from you. But try not to be too interesting – it's helpful if you sit back a bit and let your key person play with your child.

**It will be for you and your key person to decide together when your child is ready to have a little bit of time in nursery without you.** Please make sure that your child knows you are leaving – if you “slip away” when your child is busy, then your child looks round, expecting to see you, it can be upsetting for them that you aren't there. Say goodbye to them, maybe give them a kiss and let them know that you will be back soon.



At Sandy Lane Nursery and Forest School staff have lots of experience to help children settle in to nursery. Your child's key worker is always available to talk with you about how your child is settling in and support you with any concerns you may have.

- **Settling in goes well for most children, and they quickly start to enjoy nursery.** Many don't want to leave after their first visit!. But if your child gets upset or sad, don't worry. All of us can feel sad when we are parted from someone we love. What matters is that your child can be comforted by their key person and helped to settle. Try to be as confident as possible that your child will be okay. If your child sees that you are upset or anxious, then they will get upset too.
- **If your child can't be comforted by your key person**, then we will ask you to come straight back in. We want your child to have a positive experience of nursery and enjoy their time here.

Thank you for your support. If you have any questions or worries then please talk to your child's key person.

## **Top tips – bringing your child to Sandy Lane Nursery and Forest School**

- We value our close partnership with parents and carers. Please talk to your key person if you are unsure about anything, or have any worries or concerns. We will talk to you regularly about how your child is getting on and how we can work together to help your child.
- We regularly run workshops to support you and help your child to develop and grow. We hope that these will be activities you will find useful but if there is something more that you would find helpful please tell us so we can think about adding something new.
- The main way children learn in nursery is through play and through exploring real things. The children can move between indoors and outdoors freely for most of their session. Play can be a messy business so children will sometimes get messy or dirty in nursery. Please dress them in clothes and shoes that they can run around and play in freely. It's best not to send them in their best clothes. It's helpful if your child has a couple of spare sets of clothing in nursery too, just so we can help them to get changed if needed



### **Some ways you can help your child at nursery:**

- Children will bring a book home weekly but you are welcome to change these daily if you prefer. We also post home learning on Tapestry in addition to the home learning activity bags your child will receive. Your child will enjoy sharing stories and playing with you or other family members. We ask you to post pictures of your child enjoying these home learning activities on Tapestry with a short commentary. (Guidance on the use of Tapestry will be shared with you by your child's key worker who is also able to support with any questions you have about this app)
- Children can be more independent if they wear clothes they can take on or off themselves. Velcro shoe fasteners and elastic waistbands are easy – laces, lots of buttons and belts are difficult for young children.

### **Please help the nursery by:**

- Not using your mobile. When you are dropping off or picking up your child, we think it is important that you are available to listen to your child and talk with them. Please try and greet them positively when they return to you at the end of the session
- Not taking photos – other families may not want you to photograph their child. We take pictures of the children regularly which we will share with you on Tapestry to record things that are important for your child.
- Telling us if someone different is going to pick up your child (if it isn't going to be you or one of the other people on your form). The minimum age for picking up a nursery child is 16 years old. If we don't know the person who comes to nursery, we will not let them take your child. This is for safeguarding reasons