



StThomas's Church Hall, 75 Monsell Road, London, 2EF N4

TEL. 0207 354 9347

Settling In Policy.

Ethos

At St Thomas' Preschool we consider the settling in period to be an extremely important time for you and your child.

Therefore, in order to offer every child the best possible start we take the time necessary to encourage new attachments between your family and the key person at the nursery setting.

Why attachment matters ?

Research tells us that attachment patterns established early in life can lead to a number of outcomes. For example, children who are securely attached as infants tend to develop stronger self-esteem and better self-reliance as they grow older. These children also tend to be more independent, perform better in school, have successful social relationships, and experience less depression and anxiety.

Our key/ co-key person system aims to support children and parents whilst with us at St Thomas'. This system provides you with a member of staff who grows to know you and your child well and offers a point of contact for queries, interests, handovers and much more.

Please see the Keyperson Policy

What to expect once you're here.

Feelings

All children take different amounts of time to settle into a new routine, a new environment and to get used to new people. At St Thomas' we settle children slowly and carefully to ensure they feel secure and comfortable with the changes they are experiencing

Separation Anxiety

Babies and young children will always feel anxious about being separated from their families. They are forming new relationships with staff in the setting and they need your support to do

this. To strengthen these relationships we allow key person to settle one child at a time giving maximum opportunity for one to one attention.

My child has done this before !!

Even if your child has settled before at a previous setting **this does not mean** that their settling process here can be shortened.

Each child can respond differently to each new situation, so even if you think they seem ok, please follow our guidelines, it really does help your child.

What can you do to help?

- You can help your child by sticking to the routine, being on time for nursery and always, always picking up on time. Coming to nursery on the days you are supposed to come is really important, long absences or breaks in the routine mean that your child gets confused and then you will need to go through the settling process all over again.
- When you say goodbye to your child, try not to linger, this only makes it worse. Children may cry as they see you leave but as long as they know that you are coming back, and on time, they will learn to trust the situation and settle down more easily to enjoy their day.
- Please don't peep through the door. If your child sees you, he/she will be upset and wonder what is happening.

Very often, Mum or Dad will also feel nervous and worried about leaving a child in a new place with new people. Sometimes it can feel strange to be without your baby and you may feel upset and anxious. Try not to worry, most parents feel like this, it is known as 'separation anxiety'.

As your baby or child settles, so will you. But, remember, if you are positive about the nursery and the changes, it will help your baby to settle. **Our staff are very experienced and will understand how you are feeling.**

Timings.

Settling usually takes around two weeks in total. We do this so that your child develops a relationship with someone here at St Thomas' before you leave them and this takes time.

The hours per day are built up steadily to allow everyone to get used to the change. You must be available for this period.

Your keyperson will advise and guide you through this process, adapting to the needs of your child throughout this time

For example

Day one You will be asked to stay with your child in the room and enjoy the time with them. This will usually be for around one hour

Day two You will be asked to do the same again for perhaps a little longer.

Day three During this morning you may be asked to leave the room while your child explores his/her new surroundings with the support and care of the staff.

You won't leave the building and we will call you back in if we need to.

Day four Again, similar to day three to enable the staff to practice all routines with your child and to allow the relationships to develop.

The settling of your child is an investment in their enjoyment in the nursery.

We have found from many years of experience that rushing this process doesn't save time in the long term. Children are happier when they feel secure.