

TIPS FOR SETTTLING YOUR CHILD INTO CHILD CARE

- Try to talk in positive terms about the Centre, you may be feeling nervous about leaving your child, however try not to pass this on to them. After all you have chosen the centre because you believe that your child will be happy and benefit from the experience, so try to pass this attitude on to your child.
- On arrival at the centre if your child appears to want to leave you to play, let them. This seems obvious, however sometimes parents who are feeling a little anxious will hang on to their child, follow them around, repeatedly ask if they are alright and give the message that they are uncertain or unhappy about the separation.
- If your child on the other hand seems to cling to you take them to an activity/toy and give them a small amount of time eg. 1-2 minutes, say goodbye and go or hand them firmly to a carer and go. Coming back into the room or hovering nearby in the room will again give the child the message that you are anxious(which of course you will be). We always encourage parents to check back later or if you need to sit in reception for 5-10 minutes to see how they settle. We will never leave a child in distress for too long without contacting you.
- Some children take longer than others to settle, as a general rule the more frequently they are attending the quicker they will become familiar with staff, learn to trust them and therefore settle quicker.
- Bring the child's comforter and talk with staff at the end of the day to discuss ways in which you and the centre staff can work together to make the child feel comfortable with their new environment.
- Always feel free to discuss your and your child's needs with staff, for some children settling in can feel like it takes forever, but most children will come to enjoy attending child care and the fun stuff we do here.

