

## Settling in: Tips for parents

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The settling-in period is a crucial foundation for providing the best possible care at the nursery. A significant process of separation takes place between parents and child, the importance of which should not be underestimated. The child may experience fears and anxieties, which must be taken seriously and are best addressed with respect and the necessary care.

For caregivers, too, that first contact with the child is crucial. The aim is to build a good relationship with the child. This is essential if a child is to feel comfortable approaching a caregiver and accepting them as a primary caregiver.

We've put together a few tips to help you and your child get through the settling-in period at nursery:

- Start the settling-in period early so that you and your child have enough time to gradually get used to 'nursery life' and you can go to work without any worries. We usually allow for two to three weeks during which your presence will be required, at least part of the time.
- Talk to older children regularly about their upcoming start at nursery. Make the experience sound appealing to your child.
- If possible, always bring the child at the same time at the start, so that they encounter roughly the same situation.
- The group leader in charge will plan the exact schedule together with the parents. At the end of each day, the next steps will be agreed upon in consultation with the parents. One parent should be contactable by phone at all times during the settling-in period.
- It is important to us that parents stay in the background as much as possible during the settling-in period, so as to give the child the opportunity to build relationships.
- It may be helpful for the child to bring an item from home (a cuddly toy, a comfort blanket, etc.).
- The first time you part ways, you could leave behind a jacket, a bag or another personal item that your child is familiar with. This will reassure your child that you will be back soon.
- If possible, leave the group room when your child is happily playing. Be sure to say goodbye to your child. If you slip away unnoticed, your child may feel that you have broken their trust.

- Say goodbye briefly, clearly and firmly. Long goodbyes and prolonged back-and-forth can cause the child to feel insecure and protest.
- Always tell your child the truth; avoid making excuses or giving evasive answers. This way, the child will see you as a reliable, trustworthy person.
- Never 'bribe' or tempt your child with sweets, croissants or any promises. Once they have settled in properly, children usually enjoy coming to the nursery without the need for such tricks. Please do not pick up your child with sweets either. They are happy to see you as it is.
- If you are unsure, you are of course welcome to ring us at any time to ask how your child is getting on, or to eavesdrop on the group discreetly for your own peace of mind.
- Please speak to the group leader or the nursery management immediately if any problems arise or if anything is unclear.
- Suggestions for improvement are welcome. We will be happy to consider them where possible.
- Work closely with the nursery team, who have a great deal of experience in helping children settle in.