



### **1. Plan some settling in visits**

Most nurseries will offer the opportunity for you to visit with your child before they start, so they can get used to the new environment. The settling in visits give you both an opportunity to meet the staff and allows your child to become familiar with their new surroundings and routines. At Sherborne House, we encourage all joining families to attend as many of our [Story Adventure](#) sessions as possible before joining the Pre-Reception. During these sessions, your child will be able to explore and become accustomed to the environment, with the security of a loved one present. Your child will take his or her lead from you, so seeing you chatting with the Pre-Reception teachers will reassure them that this is a safe and happy place to be. These sessions are of huge importance in developing the close and trusting relationships we enjoy with our families at Sherborne House.

### **2. Be prepared to spend time settling your child**

All children are different, and although some will be able to cope with staying for a whole session very quickly, others may take longer to build secure attachments with the teachers and feel comfortable without you there. By staying with your child during the settling in sessions, we work together as partners to build a familiar and secure environment for their learning foundations to grow and flourish. Our staff have the experience to guide and advise you, and we will work with you to put into place a settling in process that will support your child.

### **3. Talk about Pre-Reception positively**

Young children absorb their parents' emotions, so if you are calm, enthusiastic and confident that all will be well, then your child will feel the same way. Talk to them about how wonderful it will be for them to meet their friends, play with different toys, and enjoy activities such as singing, painting, and exploring the woods and garden.

### **4. Choose a comforter from home**

If your child has a favourite comfort item such as a blanket or soft toy, allow them to take it into Pre-Reception with them. Our staff understand that children may need a comforter and they will be able to freely access it as needed during their time away from home. Encourage your child to tell their teacher if they are missing you and remember you'll be back to pick them up soon.

### **5. Manage the moment of parting**

All young children, even once they have built an attachment with their teacher, will sometimes find it hard to let you go in the morning. If your child is upset when you drop them off, please be reassured that the teacher will contact you by phone or email to tell you when they have settled.