



SETTLING IN POLICY

PROCEDURES FOR INTRODUCING CHILDREN TO THE NURSERY

Starting nursery can be enormously beneficial for children and their families, yet it can also be an anxious time too. So what can we do at the Irish Nursery to make the processes of settling children into nursery positive both for the child and for their parents?

SETTLING-IN-POLICY

The length of the settling-in period: It will usually last from two to six weeks depending on the individual needs of the child and his/her family.

WHAT THE PROCESS OF SETTLING-THE CHILD INVOLVES


Firstly that the close adult usually the Mother should accompany the child to the nursery and be prepared to spend the first three days with the child in order to help settle him/her in. That the close adult should be contactable at all times while the child is at nursery, especially during the settling-in period. For us, the staff to work with parents to ensure the child is happy in the nursery.

STARTING OFF

This settling-in period is intended to bridge the gap for the child between home and nursery. It should help you the parent to become accustomed to the nursery and form an attachment with their key person/s, who will be with them for much of the time. Preparation is the key to success so that when the time comes everybody and everything is ready to get the child off to a good start.

GETTING READY

It is helpful for parents to visit the nursery before attending on the first day, to meet with the relevant staff to familiarize yourselves with our policies and procedures, and to have a tour of our facility. Parents should remember to get the child's personal items ready for the first day—a special bag, a comforter for example.





KEYPERSON AND PARENTS

- Plan how the child will start in the Nursery
- Discuss routines
- Share information
- Help the child become familiar with the environment
- Discuss how they will share the care of the child
- Talk about how parents attitudes to leaving the child will affect that child's feeling

CHILD AND KEYPERSON

- Encourage the child to spend time with the keyperson during the settling-in period
- Talk about what activities the child likes best
- Introduce the child to other children and adults

SLOWLY DOES IT

We believe at the Irish Nursery that the maxim 'a little and often' is useful to remember when a child is getting ready to start nursery. In other words, the start should be a gradual one, beginning with a short introduction and followed by longer periods at the nursery as the child becomes more familiar with the environment, their teacher/assistant/s and the other children.

As this happens, staff will discuss with parents how they will increase their involvement with the child while the parent will gradually lessen theirs. This will involve the parent just sitting back from a situation and eventually leaving for a short period. When our staff and parents feel the child is ready ,the parting arrangements are to be agreed upon so that the parents then leaves for part ,or eventually a full session. We will usually ask the parent to leave the child for approx 1 hour on the first morning and at the end of the session to leave with the child.On the second day to remain with the child for the same length of time but then to leave the child for a short period approx 1 hour .However it is crucial for parents to co-operate with the Nursery and to return at the agreed time and to be prompt.. Arrangements will be flexible at the start to allow for the child to stay for only part of a session if they are struggling with the separation from parents. As the child becomes accustomed and identifies with one key person even if not the Class Teacher they will usually find it easier to settle, although there will be occasions when this does not happen-perhaps if a baby is teething, or a two-year is upset after a fall. These everyday occurrences, though unpleasant ,tend to be short-lived and babies quickly get over teething and tumbles. However, if the child continues to be uspet there may be other factors that should be taken into account..



SHAKY START

The following factors may affect a child's start at the nursery and as such should be taken into consideration by parents.

- Age and maturity: Two children of the same age group can be very different so, while age is important, so too is maturity. Young babies usually settle quickly while a toddler and 2 yr old may find it more difficult.
- Previous experience: If a child has had some previous separation they may settle more easily than one being left for the first time.
- Attendance at other childcare: Young children are by nature adaptable, but it can be confusing for them to move between childcare settings. Although everything may appear much the same to an adult, to the child everything is so much different.
- Family circumstance: If the child's start at nursery coincides with a house move, or the birth of a sibling this may affect the way they settle.
- Temperament: Some children are outgoing, sociable, and independent. Others are more easily distressed less adventurous and more introverted – these children may need more support before they settle into the nursery.
- Health: If a child is getting over an illness, or is coming down with one during the settling-in period this can affect how well they adapt, particularly if it disrupts the settling-in period.
- Crying
- Facial expression; frowning, not smiling, lack of eye contact.
- Body Language
- Loss of appetite
- Withdrawn behaviour-unwillingness to respond to conversation, not joining in, staying close to the door or window to look for their returning parents, nursing their comforter, sucking clothing.
- Not wanting to take their coat off
- Trying to disappear by hiding or curling up.
- Our staff members are fully trained to recognize these vital signs and to advise parents on the appropriate way forward.

However, on the whole the nursery experience is usually a source of delight for the child, who makes new friends, learns new skills and enjoys participating in a whole host of new activities. We hope that parents of children at the Irish Nursery will benefit enormously, confident in the knowledge that their child is safe, secure, loved, happy and is stimulated in their absence.

