



Cricklade Manor Nursery

Hints & Tips



How to Help settle your Child into Nursery

Starting nursery is a big milestone for both you and your child. It's natural to feel a mix of excitement and nervousness as you embark on this new adventure together.

Here are five tips to help make the transition smoother and more enjoyable:

1. Build a Positive Association

Talk about nursery in a positive and enthusiastic way. Share stories about the fun activities, new friends, and kind teachers they will meet. This helps your child look forward to the experience and reduces any anxiety they might feel.

2. Establish a Routine

Children thrive on routine, so establishing a consistent schedule helps them feel secure. Start by introducing the nursery routine at home, such as regular meal times and bedtime. In the morning, create a calm and predictable routine leading up to nursery drop-off.

3. Practice Short Separations

Gradually ease your child into being away from you by practising short separations. Start with brief moments where they stay with another trusted adult or in a different room while you're nearby. This helps them build confidence and understand that you'll always return.

4. Comfort Items Are Key

Allow your child to bring a favourite comfort item, like a stuffed animal or blanket, to nursery. Having something familiar with them can provide reassurance and a sense of security in a new environment.

5. Stay Positive and Patient

Your calm and positive body language can greatly influence your child's emotions. Stay upbeat and patient during drop-offs, even if your child feels a little uncertain. Trust the nursery staff—they're experienced in helping children adjust, and with time, your little one will start to enjoy their new surroundings.

Remember, every child is unique, so be patient and understanding. With your love and support, your child will soon feel happy and comfortable in their nursery.

