



## Settling Policy



### **Helping Children to settle:**

At Mosterton preschool we aim to make every child's introduction to our setting as calm, reassuring and positive as possible. We understand that starting nursery is a significant transition for both children and their families, and we are committed to supporting you every step of the way.

We offer tours of the setting for you and your child to get a feel of the environment and for the staff before we start settling in sessions

### **Introduction Visits:**

Once a pre-school place has been offered, we will invite your child to attend settling-in sessions prior to their official start date. These visits help:

- Familiarise your child with the nursery environment
- Build initial relationships with the staff and other children
- Allow you and your child to practice the journey and routine
- Begin the process of developing secure attachments with key adults

### **Gradual Separation and parental involvement:**

We recommend that parents/carers stay for a short period during the initial visits to provide reassurance while the child explores the new environment.

Our approach is flexible and tailored to each child's needs:

- Initially, you may remain in the room for a short while
- Once your child begins to show signs of confidence, we recommend you say a brief positive goodbye and leave to support their independence and trust in staff.
- Further settling in sessions can be arranged if your child needs additional time to feel secure.

### **Adjusting routines and expectations:**

To help children feel safe and confident:

- We strive to minimise disruption to their existing routines
- Where possible, we align nap, food and comfort routines with home.
- Simple, stimulating and engaging activities are planned to support play and exploration during this transition period.

We are also mindful of the needs of the children already attending and ensure a calm environment for all during intake periods.



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### **Supporting emotional security**

We understand that every child is different. Some may settle quickly while others need more time.

- A child who is anxious or unsettled may struggle to play or learn – so we work in partnership with parents to support a positive start
- Parents should not worry if settling takes time; it's a normal part of the process
- The more your child visits and sees you interacting warmly with staff, the more confident they will become in their new space.

We believe that secure attachments between staff and children are the foundation of emotional well-being and future learning.

### **Communication and reassurance:**

To support parents during the settling process:

- You are welcome to phone the nursery or send an email halfway through your child's session for reassurance.
- Key persons will provide daily feedback during handover and will work closely with you to monitor progress and address any concerns

We are here to support both you and your child throughout this important milestone.

Remember – Its normal for some children to take longer than others to settle. We will always move at the child's pace and with the family's input.

Date: September 2025

To be reviewed: September 2026