



STARTING NURSERY SCHOOL - PARENT INFORMATION

Adjusting to Nursery School

Starting nursery school is an exciting milestone, but it can also bring up a mix of emotions. Your child may feel excitement, anxiety, or fear as they adjust to this big change. It's common for children to have varied emotional responses and being aware of these will help support their transition.

Common Responses to Starting Nursery:

Separation Anxiety – It's normal for children to feel anxious when saying goodbye to their parents.

Curiosity – Your child may want to explore everything in their new environment.

Excitement – Some children may feel excited about meeting new friends and trying new activities.

Frustration – Adjusting to new rules and routines may lead to frustration.

Regressions – Temporary behaviours like wanting comfort objects may occur as children adjust.

Social Challenges – Learning to share and interact with other children may take time.

What Can We Do?

Talk about nursery: Begin discussing the new school routine with your child in advance. Let them know what to expect, what they'll do, and who they'll meet.



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Visit the nursery: If possible, visit the nursery together before the first day to familiarize them with the space and the teacher.

Keep goodbyes short and positive: Keep your goodbye routine brief, positive, and reassuring. Let your child know you'll return to pick them up and they'll have a great day.

Reassure them: Validate their feelings and let them know it's okay to feel nervous. Offer comfort and support.

Be patient with emotions: Understand that it may take some time for your child to fully adjust to the new environment.

What Can We Do to Prevent Difficult Behaviours?

Consistency: Keep a consistent morning routine and predictable drop-off times to help your child feel more secure.

Praise independence: Acknowledge and praise your child when they try something new or handle their emotions well.

Allow time to adjust: Give your child time to adjust at their own pace without pressure.

Stay calm and positive: Your child will pick up on your emotions. Stay positive and calm to help them feel more at ease.

How We Support Children at Nursery

We understand that starting nursery school is a big transition, and we are here to help your child adjust in a supportive and nurturing way.



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Providing emotional support: Our staff will offer reassurance and comfort if your child feels anxious or upset. We'll help them transition into their day gently.

Encouraging social skills: We'll provide opportunities for your child to interact with others through group play and activities.

Maintaining routines: A consistent daily routine will help your child feel safe and secure.

Celebrating achievements: We'll celebrate your child's milestones, whether it's making a new friend or following a rule for the first time, to boost their confidence.

Recording and Sharing Information - We track your child's progress to make sure we're meeting their needs during this transition. If any changes in behaviour or emotional responses arise, we'll share this with you through our communication channels, such as the Family app. Please use this link to login using details provided by the Nursery:

<https://app.famly.co/#/login>

ABC Chart - If your child is struggling with separation anxiety or adjusting to new routines, we may use an ABC chart (Antecedent, Behaviour, Consequence). This tool helps us identify triggers, track behaviour, and adjust the routine to support your child more effectively.



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How Parents Can Help at Home

Practice separation: If possible, practice short separations with a trusted family member or friend to help your child get used to being away from you.

Talk about the day: Ask your child about their day at nursery. Focusing on the positive aspects will help them look forward to their next visit.

Stay positive: Be upbeat and encouraging about the experience, even if your child is anxious.

Establish a comforting routine: Create a consistent evening routine at home to help your child feel secure and help with the transition from nursery to home.

Be patient: Understand that settling into nursery takes time. Give your child the space they need to adjust and provide reassurance.

If you have any concerns or need additional support during this transition, please don't hesitate to reach out. We are here to help both you and your child every step of the way!

