

## Settling your child into the setting during the first few days

Settling into a new environment is always difficult, no matter how young or old you are. We appreciate that you are probably feeling a little worried about the first few times you leave your child at Oulton First School. However, there are lots of things you can do to help your child settle quickly with us and feel happy and secure in our setting.

- Try to look confident and happy when you drop off your child. Your child will pick up on your emotions. If you appear upset, your child will respond to this.
- During the first few weeks we will help your child to hang up their coat and bag. Then they will be able to do this independently.
- Aim to make a clean 'break' when you leave your child - try not to linger and go back to them if there are tears. Your child may well cry, but in most cases this only carries on for a few minutes after you have gone. We promise that we will contact you if we cannot settle your child within a reasonable amount of time.
- Please feel free to give us a call to check that your child has calmed down and is enjoying themselves.
- Remember that starting a new environment can be a tiring experience. Your child may seem more tired than usual in the first few days or weeks. Don't worry, this is perfectly normal.