

SETTLING-IN SESSIONS

WHAT IS A SETTLING-IN SESSION?

Joining a new setting with lots of new faces can be quite daunting for a little one, especially without their parent/carer with them. A settling-in session is an hour-long stay where your child gets to experience their new room and build connections with the new staff. This helps transition a child into this new environment. These are to ensure that they feel settled and welcomed before they start their first day!

This time is used for the key person to interact with your child and help them to feel comfortable and safe in this new environment.

HOW LONG DO THESE SESSIONS LAST?

Settling-in sessions usually last an hour. However, we can always adjust this time to whichever makes both yourself and your child feel most comfortable with doing. This can be made longer or shorter!

We can always offer more settling-in sessions to help your child feel comfortable before officially starting with us.

WHAT HAPPENS DURING THE FIRST SETTLING-IN SESSION?

During the first settling-in session, you and your child will be welcomed in and invited in for an 'all about me' meeting with your key person. This will be to discuss your child's likes/dislikes, routines, allergies/medication, and for your key person to answer any questions that you may have. This time is also very useful for both yourself and your child to get to know your key person. The 'all about me' meeting usually takes place in our sensory room. This room is our calm and quiet space that can help with the transition.

HOW LONG DO I STAY FOR?

We recommend for parents to leave after the 'all about me' meeting which takes approximately 30 minutes. Our reason for this is because if parents stay for longer periods of time, or for more settling-in sessions, the child may get confused and think that you will be here during all of their sessions with them. This may cause them to become unsettled.

However, we will always go at the child's pace!