



BERKHAMPSTEAD DAY NURSERY

Starting Nursery

At Berkhamstead, we understand it can be a very emotional time for parents when their child first starts Day Nursery. You may be apprehensive about your child being cared for by people who you are not really familiar with. It is also quite common to have mixed emotions when it comes to returning to work and leaving your child for the first time and perhaps to feel a bit guilty - this is perfectly natural.

Both you and your child will need time to adjust to new routines and new faces. For your child, the environment will be bigger, busier and much noisier -very different from home.

We hope the following list will help make the transition into nursery much easier:

- Babies and children can pick up on their parents' emotions very quickly. Try to have a positive voice and expression. This is essential when leaving them with a member of staff.
- Please do not stay with your child too long when dropping off, as this can actually cause them more stress. The idea is to keep the transition as short as possible. You are very welcome to ring later on.
- Let other family members/friends take part in your child's care routine. This will help your child to get used to others and not depend so much on you.
- If your child has a comforter then please feel free to bring this to nursery. It will help your child to settle if they have a familiar object with them.
- When your child sleeps at home please continue to do noisy chores. If this is done from birth your child will be used to different background sounds - a tired child will sleep through any noise.
- Please inform your child's key person if there are any changes to your child's routine or home environment.
- Let them get messy at home. Young children learn a lot through sensory exploration. Messy activities play a big part in nursery life and your child's development.
- Get to know the nursery staff, especially those in your child's room. We are here to help and give advice.

You are welcome to ring for updates on your child's day, but please be aware we are particularly busy between 11.30am - 1pm. We also have an Open Door Policy if you ever wish to speak to us with any concerns.

