

Notes on Settling Your Child at Bunny Cottage

These notes are important for families where a child is finding it hard to settle. There are many reasons for settling problems and some are listed below:

- A child is new to the centre
- Somebody new is dropping the child off
- More than one person drops the child off if it's usually just 1 person (e.g., Mum and Dad come together when it's usually just 1 parent)
- Something changes at home that may put stress on your child
- moving house
- new brother/sister
- death in the family
- family visitor staying at the house
- stay in hospital
- changing groups at school
- teacher leaves
- friend leaves
- new child arrives
- new teacher arrives
- older brother or sister on holidays

There are many other reasons and with some children being upset at drop off just becomes a 'habit' or 'pattern' they get into.

These are just some points that staff have observed over the past years to help parents and children settle in to the centre.

1. Try **not** to carry your child into the centre (unless they are babies!!). Encourage their independence by getting them to carry their own bag to school and put it in their locker. If a child is carried in to the centre separation is even more difficult.
2. Try to drop your child off as quickly as possible in the morning. **We find that the longer parents stay in the morning the more upset the child becomes when you finally leave.** If you have left do not come back as this makes your child think you may not leave at all if they keep crying. If you would like to spend time with your child do it at the end of the day.
3. **Do not leave without saying goodbye** to your child and telling them you will be back in the afternoon, after they have afternoon tea.
4. Arrive **before 9.30am**. This is the time when staff are free to settle your child. After this the daily routines make it much more difficult to settle children. It is also harder for your child to fit in to the day when all the other children are in a big group, e.g. morning tea.
5. Come a little early to pick up your child. When children see all the other children go home before them they often get more upset which makes them less likely to want to come back the next day.

These notes only apply to children who are having trouble settling; when your child has settled please do what ever you and your child are comfortable with. However please keep in mind point 4 as this is always a good rule to follow.

Thankyou for your time,

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