

Carers Role in Settling In

- On arrival your family will be greeted by one of our Carers.
- The Carer will enquire as to how the child is feeling and if the parents have any particular concerns or issues they need to discuss.
- The Carer will assist the family to settle the child into the first activity of the day and place the child next to another child and take the time to introduce them to each other.
- Should the child become distressed as the parent is leaving the Carer will put into action a strategy of acknowledging the child's feelings, assuring them that their parent will be back to collect them and then encouraging the child to do something special that the child enjoys.



Open communication between parents and carers assists carers to provide the best possible support for a child who is having difficulty settling.



a caring place to learn and grow

Mt Colah Preschool Kinderarten



Starting Kindergarten

Building foundations for the future..

Mt Colah Preschool Kinderarten

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Getting off to a good start

It is natural for there to be some apprehension for both parents and child when your child first attends Kindergarten.

The child has new routines to learn, new people to meet and adjust to new carers and a new environment. Parents are worried about how the child will cope.

However, starting Kindergarten is an important step in providing the child with an introduction to school life and independence and it is important to get off to a positive start.

Recommended Attendance Patterns for Preschool

Children like regular and familiar routines. It can take some time for them to adjust to a new routine, rules or situation—such as starting Preschool. Children need to feel secure and experience shows that children feel more secure and will adapt quicker if there is a minimum number of days between when they attend Preschool and home. Once settled the child's self esteem and confidence prosper.



For this reason we recommend a minimum of two days per week attendance at Preschool. Parents who have increased their children's attendance days from one to two days per week have commented on how quickly their child settled, and how they felt happier and more confident almost immediately! It is also much easier for the staff to develop a strong relationship with your child and to design programmes for your child, particularly social activities, when they attend more than one day.



Prior to Commencing Kindergarten

Parents may take the time to talk to their child about starting Kindergarten - discussing in positive terms the fun they will have, the things they will learn and the friends they will make.

Attending orientation programs at Kindergarten is a great way to introduce both the child and family to the Kindergarten environment and daily routines. It also provides an opportunity to meet with the Carers and discuss any concerns or pass on relevant information about your child.

Parents should encourage their child to discuss any questions or fears they may have in relation to starting Kindergarten.

Strategies to Settle in Your Child

- ♥ Keep to a regular routine in the mornings—arriving at around the same time each day
- ♥ Spend some time with your child—sit with them at an activity. Over time reduce the time you spend in the mornings.
- ♥ Tell your child that you are leaving with a kiss and a hug and assure them that you will be back to pick them up.
- ♥ Parting is often as difficult for the parent as it is for the child. If your child cries try to be excited for them and leave them with a staff member. Children often settle very quickly once the parent has left.
- ♥ You are free to ring the Preschool as often as you like during the day to see how your child is going.
- ♥ Let Carers know if your child is not themselves that day, so that if they become upset during the day Carers will be able to comfort your child appropriately
- ♥ If someone different is picking up your child that day please let your child and Carers know.
- ♥ On starting your child it is suggested giving them short days and then lengthening the days over time.
- ♥ Please talk to Carers if you have any concerns or if you need to pass on information concerning your child

The main key to settling in your child is consistency through routine and perseverance with a whole lot of love!