



Achieving a Successful Drop-Off at Nursery/Reception

The vast majority of our children love coming to our school. Why wouldn't they? What they don't always like is separating from their parents and carers, and making the transition into relying on their keyworker. It's a big thing for a young child, especially if they are not used to leaving you. Here are some tips on how you can help!



Become an early bird. Get into a good sleep routine. Studies show that people sleep better if they turn off screens one hour before sleep. Have a lovely bedtime story together. Enjoy a leisurely breakfast together if you can. Tired, hungry children are more likely to be upset.

Get the uniform out the night before if you can. Talk about what will happen in the morning and be positive about it. "You will look so smart for school!" Being organised will help to make your morning run smoothly.

Get excited about the day together. Ask positive, prompting questions such as "What do you think you'll play today? Who do you think you'll see? Your school is so much fun, isn't it?"

I'm so excited.



Give them something to think about. A special kiss that will stay on all day, a photograph of you in their bag.



Send your child in, be ready to let them go and don't falter. Have a little routine that you have been through. For example, quick hug, one kiss and in you go. The staff will lead them in, even if they are a bit upset. If they are clinging to you, we might have to do a quick distraction tactic and lead them in. If this happens, smile and walk away (then cry around the corner if you need to!). The longer you stay, the harder it will be. Say "I'm going" and go. You can always phone school to check on your child and we will be honest about how they are settling. We try to text/Marvellous Me parents of children who have been upset once they have settled too.

If you think that your child may be upset, get to school early and be at the front of the queue. Waiting around can increase anxiety.

Stay positive! Say "Have a fabulous day! Tell me all about it later!"



Tell them the truth. Tell them what time you'll be back and who will be collecting them. Tell them that you trust the teachers to look after them. Say that you wish you could come to nursery because it is more fun than work!

If you have any worries, please speak to the friendly staff, who will endeavour to support you.