

At Tall Trees, we have many years of experience helping children settle successfully. The first week or two can feel challenging, however our experienced team are here to support you and your child every step of the way.

In the weeks and months before your child starts it is beneficial to:

Meal Routine

Establish a routine that allows your child to fit in easily with our set mealtimes. These are 12.30pm for lunch and 4.00pm for high tea.

Help reduce potential separation anxiety

You can encourage independence and practice short separations with close family/friends. Opportunities to use play dates with other children of similar age will enable your child to gain the experience needed for nursery life. Reassure your child that you will always return when you leave them for any length of time.

Stay Positive

Showing enthusiasm about Tall Trees will help your child feel safe and secure. Children are highly intuitive and can pick up on adult emotions, tensions and negative body language. Try to remain calm and upbeat even if you feel anxious yourself. We are here to support you in this journey!

Keep Goodbyes Short and Clear

Try and say goodbye calmly and confidently and avoid lingering, as this can increase anxiety and confusion for your child. Most children settle quickly once the separation is clear and they are engaged with staff and activities.

Understand That Tears Are Normal

Crying is, and can be, a natural communication response and can happen at any age. This is a normal response to a new transition. If needed, we will contact you for support or early collection if we feel it is in your child's best interest.

Expect Tiredness

Settling in can be tiring due to new routines, stimulating activities, new people, and new environments. Sleep patterns may temporarily change, and regression may temporarily occur in all areas of development.

Final Reassurance

It is very rare for a child not to settle at Tall Trees. Once initial anxieties pass, children gain confidence, independence, and thrive in their new environment. By following our tips to help your child settle with us – you are giving them the best start. Trust our team as much as possible.

Remember: your child will benefit greatly from rich experiences, high quality natural development opportunities and friendships. Tall Trees is full of happy, thriving children who have all gone through the settling in process.