

Seperation Anxiety

Hello to the new families that have joined and welcome back to our families that were already with us, I hope you had a good Christmas break!

Today's Curriculum post is about Separation anxiety

Children often get clingy and cry if you or their other carers leave them. After a break away from Nursery it can be common for your child to resetttle in as they've spent a few weeks away from their regular routine. Separation anxiety and fear of strangers is common in young children and is a normal part of their development.

When you drop your child to Nursery and they're unsettled it can be difficult and leave you feeling many emotions. The team will reassure you and give an honest feedback of how they are during their time at Nursery. The staff will contact you to let you know once they have settled and are playing or if they feel your child will need support they will advise strategies to help settle them in.

To make the transition easier for your child you could:

- Talk about Nursery and the staff in their room, you could ask questions like "what will you play with today?"
- When pictures have been uploaded on their Tapestry journal, look through these together and talk about what they have done during their time at Nursery
- Discussing their routine for the day e.g. who will be collecting them
- Discuss their routine e.g. "after garden, Mummy come soon" you can simplify or make this sentence more complex depending on your child's understanding
- Give yourself time in the morning to spend together- this could be having breakfast; allowing yourself that time to not rush around, having a calm morning is a positive start to the day
- Encourage your child to help pack their bag for Nursery
- Providing their comforter to support them whilst they settle e.g. muslin, blanket, dummy etc.
- Saying goodbye confidently and mentioning "see you soon" so they gain the understanding of you coming back.

Separating can be difficult when your child is showing signs of being distressed or reluctant to go in to the room to play. It is normal to feel the urge to want to give extra cuddles and stay a little longer until they have settled but we encourage you to say goodbye and hand over to a member of staff in their room as they will be building a bond with your child to settle them in and play with all the fun toys and activities. The staff are very supportive and will work with you for the best approach in their settling process.

We are always here to support you and your child(ren) so if you feel like having a chat with us please let us know. If you would like further support please speak to me, the best way to contact me is by email- cbrown@norcot.reading.sch.uk or phone- 07483368773.