Growing Minds visiting guide

This is a step-by-step guide aimed at parents of infants and toddlers. It is how a settling in process might look. Please note no two children are alike, some children settle very easily; some take a lot longer. We treat every child with respect and honour their individuality. It is important that you take time to settle your child and we encourage you to spend time with us in the centre before your child transitions fully. This way you and your child get to know the centre and develop a sense of belonging and trust.

Please do not try to rush this process. If your child understands that you are happy and relaxed they will pick up on this also. Before you arrive talk to your child about what they will do when you arrive at the centre, who they might meet and the activities that they can participate in.

We recommend that you start the process two to three weeks before you plan to leave your child for an extended period. Each visit should last for a longer time with you gradually leaving and coming back.

Visit one, about an hour – introduce your child to teachers and caregivers. Have a good look around the centre exploring the activities to do. Find a space where your child feels comfortable and let them play. Many children build confidence by watching others, it is quite normal for them not to interact with teachers and other children whilst you are there.

On your second visit a teacher will tell you when it is time to leave for a short period of time (maybe 30 minutes). When you leave make it short, sweet and confident, let them know that all is OK. Each time you leave we recommend that you tell your child a little in advance. Emphasis that you will be back soon and do come back quickly.

After the second visit liaise with your teacher and leave for longer periods of time until you are both ready for a normal session. Talk to your teachers about this - they deal with this process often. It is critical that your child trusts that you will come back each time you leave. It is quite normal for there to be a few tears at the beginning.

We never mind you phoning or texting to check on how things are going. Sometimes the texts are from the car park!

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