

Anxiety and Transition

Before starting nursery/pre-school

- Talk about nursery/pre-school (but not too far in advance)
- Set up a regular routine
- Encourage playing and rules around playing
- Read books together about starting nursery/pre-school (Suggestions on nursery website and click on the banner Transitions, Starting York Road Nursery, Life Skills for Little Ones)

Starting nursery/pre-school

- Attend all settling in sessions
- Create a goodbye routine
- Have an actual goodbye
- Don't sneak out
- Avoid being upset/crying in front of your child

Remember

Nursery/Pre-School WILL CALL you if your child is very distressed

The staff who work in Nursery/Pre-School love children and want your child to be happy

Parent Anxiety

- Accept your feelings – they are normal
- Explain your feelings to your child, but don't keep repeating you will miss them
- Plan something to do yourself after you drop your child off
- Chunk things down and plan something to do with your child after nursery/pre-school, at the weekend

Managing your child's anxiety

- Don't dismiss this feeling
- Don't reassure. Instead, freeze and breath; empathise, evaluate, let go
- Explain why it's good to be worried
- Allow them to worry. Draw/write the worry down
- Reframe from What ifs to What is
- Don't avoid
- Create a checklist

Remember anxiety is not your fault