

*Together we can...  
get ready to go back to my setting*



*A toolkit to help you and your child get ready to return to your setting*

# Introduction

As we begin to support our children to go back to their setting, or even start a new setting after such strange times, it is a good opportunity to consider how they are feeling and how best to prepare them for the journey. To support this process we have put together some advice and tips on how to make this transition as easy as possible for you and your child

We know that children's social and emotional development is crucial for all future successes, so the main focus will be to enable children to re-join setting life and be happy, healthy and confident to continue to learn and develop.

This toolkit provides ideas to help your child through this transition and encourages the sharing of information so that we know what is important to you and your child .

Thoughts and feelings you and your child may have at this moment:



*'Transition has been described as an ongoing journey rather than a destination'* **Early Years Matters 2020**

Parents and practitioners have a lot to learn from each other. Working together can help support and extend children's learning and development.

### Working in Partnership — ways to share information:

#### Making a Being Me box / book

##### What can I do?

Find a small box or gift bag or scrapbook

- Help your child to think about what they could put in it to share with the adults in their new setting or their new room. It could be a photo of their family, their pet, some small toys or pictures of places they like visiting
- Create time in your day when you can give your child the opportunity to share the contents of their box
- Having regular 'Chatterbox Time' with you will help to build up their confidence for going back to Nursery



#### Sending a letter to your setting

##### What can I do?

Write a letter together to your key person

Things to include:

- How you are looking forward to seeing them again
- Tell them about the fun things you have been enjoying at home
- Pictures of the things you want to do when you come back to the setting
- Things my family want to tell you about my time at home

#### Create a one page profile

##### What can I do?

Think about your child's current stage of development, including their emotional development and how they might need to be supported during this transition

Discuss your child's individual development and their new interests with practitioners in the nursery



# One page profile

How am I feeling?

E.g. happy / frustrated / excited /  
overwhelmed / anxious

This is me

What am I worried about ?

What have I enjoyed doing at home?

What new skills have I learnt ?

What am I looking forward to at nursery?

Who am I looking forward to seeing?

What are my family worried about?

## Before I go back

Support me by ...

- Talking to me about my favourite things in my setting and what I'm looking forward to
- Talking to me about my friends and the adults at my setting
- Taking me for a walk past my setting, if it is close, on some of my daily walks
- Reminding me of some of the key elements of the daily routine at nursery e.g. outdoor play, snack time, washing hands, story time

Top tips for parents / carers

- Talk to the setting about transition arrangements and social distancing
- Ask for photographs and information about your child's key person to share with your child
- If your child has an additional need talk to the setting about what support for them will look like

## Once I am back

Support me by ...

- Talking to my setting about my current level of development
- Talking to my setting about the things I enjoy now and my current interests
- Talking to my key person about how I am feeling

Top tips for parents / carers

- Be aware of your own emotions so that you don't transmit your anxiety to your child
- Be positive but be honest; don't dismiss your child's emotional behaviour; they are showing you how they feel
- Share concerns sensitively

## Help to boost my emotional health and well-being by ...

Young children rely on adults to help meet and develop their needs. Remember that the main focus will be to enable children to re-join setting life and be happy, healthy and confident to continue to learn and develop.



Play with me

Encourage me to  
be independent

Help me start to  
interact with others  
where possible

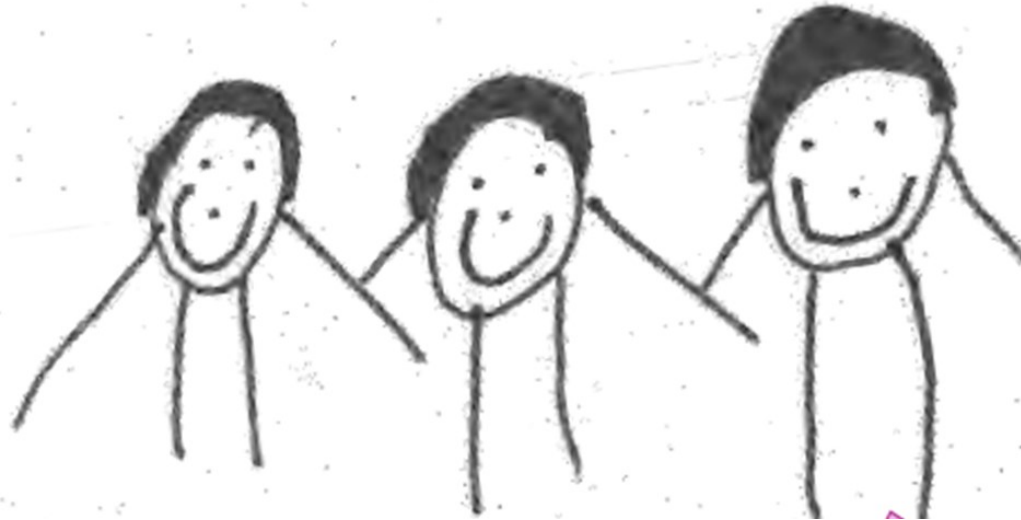
Take me  
outside to play  
and be active

Give me praise  
for my  
achievements

Help me with  
healthy snacks and  
drinking plenty of  
water

Relax and  
have fun  
with me

*Together we can..... be ready*



Cheshire East social media is updated daily with story times, rhyme times, activities and information to support you...

[Cheshire East Parenting Journey](#)

[Cheshire East Chatters](#)

[Family Information Service](#)

Additional home learning activities can also be supported by [Hungry Little Minds](#) which is the Department of Education's campaign. This offers practical activity ideas that can fit into everyday life to support your child's wellbeing and learning as much as possible.