

Welcome to The Heatons



Getting Ready for Nursery

Soft, calm beginnings for little learners

Welcome to **The Heatons Preschool & Day Nursery**. We are so pleased to welcome you and your child into our nursery family. Starting nursery is a big milestone, and it's completely natural to feel a mix of excitement and nerves. This leaflet has been designed to gently guide you through the transition and help your child feel safe, secure, and happy from the very beginning.

Helping Your Child Feel Ready

There are lots of simple ways you can support your child before they start nursery:

- **Talk positively about nursery** using calm, reassuring language. You might chat about the toys, the garden, the caring staff, and the new friends they will meet.
 - **Milk routines** – if your baby usually has milk during the day, please begin introducing a bottle so we can offer their formula or breast milk comfortably when needed.
 - **Sleep routines** – if your child is used to napping in arms or in a pram, gently begin transitioning naps to a cot. At nursery, children rest in a cot or on a sleep mat in a calm, cosy environment.
 - **Independent play** – try sitting on the floor opposite your child while they play, allowing them short moments to explore independently while you remain close by.
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What to Bring With You

To help your child feel settled and prepared, please bring:

- A **change of clothes** to keep in their nursery bag (we will provide the bag).
 - A **comfort item**, such as a small teddy or blanket, to offer reassurance when needed.
 - **Weather-appropriate clothing** – for example, a sunhat, winter hat, shoes or mittens.
 - **Formula** (in an unopened tin) or **breast milk** (clearly labelled, refrigerated or frozen).
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The First Few Days

Every child settles in their own time, and we're here to support you both:

- Please arrive in **good time** so your child can settle calmly into their day.
 - Keep goodbyes **short, gentle, and reassuring** – a warm smile and clear 'I'll be back soon' helps your child feel secure.
 - A range of emotions is completely normal. Some children settle quickly, while others take a little longer – all responses are okay.
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Working Together

Strong relationships between parents and nursery staff are at the heart of everything we do. Please keep us informed about:

- Any **changes at home** that may affect your child.
 - Your child's **likes, dislikes, and comfort strategies**.
 - Their **usual daily routine**.
 - Any **medical needs**, or if your child has had medication before coming into nursery.
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We're Always Here to Help

If you have any questions, worries, or simply need reassurance, please don't hesitate to contact us.

Phone: 0161 711 0070

Email: siobhanmorrell@theheatonsnursery.com

 *We look forward to sharing your child's nursery journey at The Heatons.*