



## Challenge 1

# Settle happily when you're not there

**Show my happy face when I'm dropped off at nursery**

**Play with my friends at nursery**

*Tick the box when you have completed the challenge!*

## Top Tips

Talk to the childcare provider about your child's routines, likes and dislikes. Bringing in a special toy or comforter from home may make it easier for your child to settle.

Where possible, practise short periods of separation by arranging to leave your child with family members or friends.

Develop a goodbye routine with your child – this might be a special wave, or just a kiss and a hug. When you leave tell them that you're leaving and reassure them that you will return.