



Mallala preschool

Helping children settle

Every child reacts differently to new situations. You can help your child settle into preschool by:

- Planning with your child how you will say goodbye.
- Establishing a routine for leaving your child, such as arrive at Preschool, encourage your child to put his/her bag away, write their name, greet the teacher, do a puzzle or read a story, then say goodbye and leave.
- Using the same routine daily allows your child to know when you will be leaving, making the separation easier to accept.
- If problems emerge talk to the Preschool Educators
- If a child has difficulty separating from their parent/carer the following strategies will be employed to ensure positive, caring and respectful relationships are developed and maintained
- An Educator will be available as the parent/carer prepares to say goodbye
- Educators will calmly talk to the child, offer comfort, a quiet place to go to together, offer a special story, toy or activity, or other diversion or distraction tactic to help the child calm
- The Educator will remain with the child until they calm down, stop crying and are ready to join other activities. Many children settle after a few minutes
- Educators will ask the child if it is OK to hold their hand, sit on the adult's lap or have a hug to help them settle
- We will only physically restrain or lift and carry a child if the child's or other children's safety is at risk
- Parents are welcome to ring the Preschool during the session to find out how their child settled

Behaviour management

Our preschool environment is safe and nurturing, with an emphasis on positive optimistic language and co-operative, non-aggressive behaviour. Children are encouraged to take responsibility for their own behaviour, well-being and safety. They are empowered through 'restorative practice techniques' which provide strategies to develop an understanding of the situation and stand up for themselves in a way which does not hurt others. They are encouraged to 'use their words' and say for example, "Stop (behaviour). I don't like it when you (behaviour)." Children are also encouraged to look at and develop an understanding of results of their actions, so they can see consequences of their behaviour whether physical, verbal or emotional. The children are involved in developing rules and are given



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opportunities to practise them. More details can be found in our behaviour management policy.