

# Normanhurst Child Care Centre



PARENT HANDBOOK













## First Day

The first day is not always easy. For many it is a new experience separating from parents as well as adjusting to a new environment. As all children are individuals the time it takes to settle into the new environment will be different for each child.

Parents and children are welcome to visit the centre before your child's first day so that they can become familiar with staff and premises. Please call the Director to organise these visits.

Parents are encouraged to stay for a short period. Sometimes, it is better to leave your child but return early and spend time in the Centre in the afternoon (it all depends on your child).

It is important that before the first day you talk with your child about the Centre and what they can expect, this helps with the transition. Orientation days are also encouraged.

Please remember that children pick up on the feelings of their parents and if you are unsure or anxious about leaving your child, please talk to the Director or Educators.

You are welcome to call the Centre during the day to see how your child is going.

It is most important that you always say good bye to your child before you leave the Centre, even if you feel this is distressing to your child. If you fail to do this it can lead to mistrust and adds to the distress for your child.

## Nut Aware Centre

Due to the increased number of children with an anaphylaxis reaction to nuts all our Centres have become nut aware centres. To assist us with this we ask that your child does not bring any food or drink, of any kind, into the centre. We also ask that if your child has had a nut product to eat before arriving at the Centre that you ensure that they brush their teeth and thoroughly wash their hands before coming into the Centre.







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