

# Settle Happily

## Feeling settled without my parent or carer



**Think about ...**

- What can the child do now?
- What are the next skills needed?
- Make a plan to help.
- Get inspired, talk to others and share ideas.
- Do the plan. Keep practising. It may take some time but it's worth it.

1. I feel safe and secure with my parent/carers and can take an interest in things in the wider world when you are close beside me.

2. I can explore a little further away from my parent/carers as long as I know that you are my secure base to return to when I feel unsure or a bit overwhelmed.

3. I can begin to branch out on my own a little more and I'm gaining confidence to spend more time away from you.

4. I can happily go to and stay in places that I'm familiar with, like preschool, without you staying because I know there are other caring adults who will look after me.

5. I will settle in new places with a little reassurance from my parent/carers. I may need a little bit of time before I'm ready for you to go.

**6. I can settle happily without my parent/carers\***

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