

# Supporting Transitions



**Returning to work after parental leave is a significant milestone for both you and your baby. To help make this transition smoother, here are 10 tips designed to prepare you and your baby for this new phase.**



## **Embracing the End of Parental Leave**

**The early months of a child's life are filled with new experiences and important decisions, especially for first-time parents. However, the transition back to work can often be overlooked despite its significance.**



### **The Dual Transition: Nursery and Work**

**Starting nursery marks a significant step for your child and usually coincides with your return to work. While many parents are eager to resume their careers, it can take time to find a balance as a working parent. According to recent research, 69% of parents appreciate the break work provides from home life, yet 49% eagerly anticipate reuniting with their children at the end of the day. Additionally, 80% enjoy socializing with colleagues, and 72% believe that returning to work enhances their appreciation for time spent with their children.**



**At Sherwood green Nursery we understand the unique needs of working parents. With many years of experience, we've developed strategies to ensure a smooth transition for your child into nursery life.**



## **Preparing Your Child for Nursery**

### **1. Encourage Social Interaction**

**Each child is unique, with varying levels of sociability and experience with other children. Introducing your child to larger groups through baby classes, community groups, or local parks can help them acclimate to being around other children, fostering social skills and sharing behaviours.**

### **2. Foster Independence**

**For some children, nursery may be their first experience being cared for by someone other than a parent. Gradually introducing those to short periods away from you with friends, grandparents, or babysitters can ease this transition, promoting independence and confidence.**

### **3. Simulate Nursery Activities**

**Engaging your child in simple tasks at home, like tidying up toys or practicing nursery routines, can help them adjust to nursery life. Role-playing goodbyes and familiarizing them with the nursery route can also be beneficial.**

### **4. Establish a Consistent Drop-Off Routine**

**A consistent drop-off routine can provide a sense of security for your child. A quick and positive goodbye ritual, like a hug and reassuring words, can make a significant difference.**

### **5. Prioritise Communication**

**Clear communication and regular updates are highly valued by parents. At Busy Bees, we provide continuous updates through Parent Zone and ensure a thorough understanding of your child's routines and preferences through a structured onboarding process.**



## **Preparing Yourself for Returning to Work**

### **1. Consider a Phased Return**

**Discuss the possibility of a staggered start with your employer, using annual leave or KIT/SPLIT days to ease back into work gradually. Starting your child at nursery a few weeks before your return can also help.**

### **2. Organise Home Life**

**Bringing workplace-level organisation into your home can help manage the increased mental load. Weekly family meetings to discuss schedules and responsibilities can ensure everyone is on the same page.**

### **3. Set Boundaries and Expectations**

**communicate your needs to your employer, setting clear boundaries to maintain a work-life balance. Don't hesitate to address practical needs like breastfeeding accommodations.**

### **4. Be Kind to Yourself**

**Adjusting to work after parental leave is challenging. Give yourself time to adapt and remember that you are doing your best for your family and career.**

### **5. Choose the Right Childcare**

**Selecting a childcare provider that offers clear communication, regular updates, and flexibility can provide peace of mind. Busy Bees' partnership with Pebble allows for easy booking of additional sessions, ensuring your childcare needs are met.**



**These tips aim to make the transition back to work smoother for both you and your child, helping you both adjust to the new routine with confidence and ease. We hope that Sherwood green will also help support these transitions.**