

The next big step in settling-in will be sleeping in the facility. Every child and every family has its own rituals for going to sleep. Children will only be able to go to sleep in the childcare center if they feel completely comfortable there. However, you must consider that a morning with so much excitement and so much to see and learn is exhausting and overwhelming for children. So usually they are very tired at noon.

The children have completely settled in when they have accepted the nursery teacher as further “safe base”, allow him/her to comfort and feed them and change their diapers. The settling period can also be regarded as completed even if the children protest against their parents leaving at first but then allow the teachers to soothe and distract them.

You can support your child's settling-in:

- If your child wants to be close to you, always give him/her your undivided attention.
- Do not push your child, every child adapts to the new situation in his/her own time.
- Children settle in much easier, if they notice that you can let go.
- Do not distract your child from the new situation by occupying him/her with something else.
- In order to make the settling-in easier your child can bring a familiar item (cuddly toy, favourite blanket or the like).
- The staff will discuss every new step and every change with you. Please stick to the agreements and all arranged times.
- We would like to work in partnership with you and open dialogue is very important to us.
- Be patient. Give your child the chance to think of the settling-in as a positive experience.

If children get ill during the settling-in period, the whole process will be extended.



Our opening hours

Monday to Friday: 7 am to 5 pm
During the summer break the childcare center will be closed for two weeks.

Contact:

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Childcare Center Pustebume Settling into Childcare





Dear Parents,

Your child has been admitted to the Childcare Center Pustebblume.

Settling into childcare will be the start of a new phase in your child's life. Until now, you as parents have been the persons your child related to the most. Now the child will experience

- having to say goodbye to a person he/she trusts,
- new and unknown surroundings with many new impressions and unfamiliar adults and children,
- probably a change in the daily routine.

Children react differently to these changes

Some children are open to new experiences and can part from you easily. Other children are shy and need some time to make contact with others. Both ways are possible and both are normal reactions. We understand that the bond between children and their parents means protection and security for the children and some might not yet understand why they should temporarily give up this feeling of security.

During the settling-in phase your child needs

- your time and patience,
- the person he/she trusts to accompany him/her,
- sensitive handling of his/her needs and fears,
- a trusting and comfortable atmosphere.

The settling-in has been positive and successful

- when your child has accepted the nursery teacher as additional trusted adult. He/she allows the teacher to talk and play with him/her and above all to comfort and soothe him/her,
- when your child has gotten used to the new situation and has started exploring the new surroundings with great interest.

The first meeting

Before your child will join the group, the nursery teacher who will primarily take care of your child will meet with you, ask you a lot of questions and also answer yours. As preparation for working with your child the staff need to know as much about your child as possible:

- Questions regarding food: What can we offer your child, what does your child especially like?
- Which playing habits does your child have, what can we interest and distract him/her with?
Are there certain aspects to consider regarding health or hygiene?

Please ask all your questions about how the settling-in will proceed and about how you can support it. First agreements will be made between you and the staff.

The settling-in sessions

Be prepared for a four week period until your child has gotten used to attending the childcare center. Children may not be pushed. Give your child and yourself time. On the first days, you and your child will join the group together for thirty minutes to two hours. During these days you are the "safe haven" for your child. The nursery teacher will observe and carefully establish contact with your child without pushing him/her. The teacher will not try to separate your child from you if the child does not want that.

Your child will get to know the other children, the staff and the premises. Your child will learn and observe first routines like circle games and breakfast.

We will arrange a date with you on which your child will stay at the childcare center without you for the first time. You will leave the group but stay in or near the building.

During the first separation, the children often start crying. The reactions of your child define whether to proceed with or to stop the attempt to separate. If your child cries inconsolably, the staff will call you back to the group. In general, the children allow the staff to comfort and soothe them first for a very short period but gradually for a longer period until they want to play games.

When your child accepts a short separation you can leave the childcare center for an agreed period of time. However, it must be possible for us to contact you by phone at any time in case the relationship between the staff and the child has not yet strengthened enough and the child won't be soothed by the staff.