



How can you help make sure your child settles in well at kindergarten?

Before they start:

- Contact the kindergarten to arrange a visit
- Prepare your child by talking positively about the kindergarten
- Tell the kindergarten about your child's routines
- Use the kindergarten's play area when the kindergarten is closed at weekends

When they start:

- Set aside time to stay with your child at kindergarten until he/she feels secure enough for you to leave
- Explain how the staff can best understand your child, before the child is able to express himself/herself in words
- Try to ensure that your child has short days for the first couple of weeks. It can be a good idea to allocate holiday or your maternity leave for this purpose
- Allow your child to take a dummy, teddy bear, blanket, toy, or other comfort objects from home with him/her
- If your child will sleep at the kindergarten, talk to the kindergarten about your child's sleeping routines
- Tell the staff about your child's routines, interests, food/drink preferences and eating habits, and any other comfort factors important to the child
- Always tell your child when you leave
- Talk positively with your child about the staff and the kindergarten

"Help me settle in well at kindergarten"



ENGELSK

Information for parents of children starting kindergarten

“Help me settle in well at kindergarten”

This brochure has been prepared for parents and guardians of a child who is about to start at kindergarten. It contains information about what parents/guardians can expect from the kindergarten, both before and after their child starts there. It also gives some advice and tips about important factors which can help ensure that your child has a secure and positive start.

A good settling-in process involves developing attachments and establishing good relationships, and is vital for security, well-being, and learning.

Children have a basic need for security, predictability, and stability. They must be given plenty of time to establish good relationships with all the staff and the other children. Parents must be given the chance to contribute and give information about their child, so that the kindergarten can ensure that the child's needs are met.

Kindergarten routines may vary, but all children and parents must have a happy and successful introduction to the kindergarten.

What can you expect of the kindergarten?

The kindergarten should:

- Invite you to a parents' meeting for new children, linked to the kindergarten's main admission process
- Invite you to visit the kindergarten before your child starts
- Explain their routines for children starting kindergarten, and how they help children settle in
- Assign your child a key person at the kindergarten, who will help your child become familiar with the kindergarten and feel safe
- Carry out a settling-in meeting with you
- Have a fixed and predictable daily routine
- Set aside plenty of time for settling in, based around your child's needs
- Have a close and productive dialogue with you throughout the settling-in process
- Facilitate a secure and successful start, regardless of when during the year your child begins

What are the responsibilities of the key person?

When your child starts at the kindergarten, he/she will be allocated a designated member of staff, who will develop a relationship with you and your child. This person is responsible for helping the child settle in, by giving him/her care, nurture and comfort, and gradually introducing him/her to other children and staff.

The key person is responsible for ensuring that you are kept informed of how your child is doing, and how he/she is settling in at the kindergarten. Once your child has settled in, it will become easier for him/her to develop good relationships with others at the kindergarten.