

# Transition – Information sheet for parents

We care deeply about your child's transition or settling-in period at KiBiZ. During the first two to four weeks, your child will get to know us, the group, the rules and the routines. The same applies to you. Once you feel confident that your child is in good hands with us, it will be easier for you to leave them. This will also make it easier for your child to settle in and gain confidence with us.

As parents, there is a lot you can do to make the transition to day-care easier for your child. This information sheet contains the most important tips.

## 1 Planning the transition

The following points are particularly important when planning the transition:

- **Holidays:** Where possible, avoid planning holidays during the transition period or shortly afterwards.
- **Vaccinations:** Refrain from vaccinating your child during the transition period. Any physical discomfort that may occur could lead to an interruption in the transition period.
- **Changes:** Many simultaneous changes in a child's life can be difficult. Please avoid additional changes as far as possible during the settling-in period, for example in eating habits. If your child eats porridge, do not introduce any new foods during the settling-in period. Do not settle your child into day-care if you are expecting another child soon.

## 2 Preparing the transition at home



### Nutrition

Children who are exclusively breastfed should be familiar with the bottle at least two weeks before the start of the transition period. Offer your child the bottle early on and practise this consistently. The transition sometimes takes time and often requires a lot of patience. Children usually accept the bottle best when the non-breastfeeding parent or another person familiar to the child takes over.



### Sleeping

At the day-care centre, we try to take individual sleeping rituals into account. This presents us with the challenge of meeting the needs of several children at the same time. Get your child used to a sleeping ritual that we can easily incorporate into the nursery routine. This will soon enable your child to sleep restfully at the nursery too. Especially with older children, make sure that your child can fall asleep without constant physical contact. It is usually not possible to let all children fall asleep in a sling or on your body.

Gently prepare your child for sleeping on a mattress or in a bed, or in a pram in the case of infants.



### **Transitional object**

For many children, it is beneficial to have a familiar object, a “transitional object”, from home with them in the day-care centre. This gives them reassurance in moments of uncertainty. The familiar smell of home often has a calming effect. Think about whether your child has a suitable object for this purpose at an early stage. This could be a soft toy, a comfort blanket, a doll, a cushion, or a blanket.



### **Talking to your child about starting at KiBiZ**

Children learn surprisingly early on to recognise and respond to their own feelings and those of their close relatives. That is why you should talk to your child about starting nursery. Tell them about your excitement, nervousness and, above all, your confidence. Your child will notice how you feel and how you are dealing with the situation, even if they do not understand the words.

## **3 The process of transition at the day-care centre**



### **Phase I: First days of the transition**

On the first few days at the day-care centre, you will stay with your child for an agreed period, usually between 1.5 and 2 hours. You, your child, and the carers will get to know each other. It is important for your child to know that you or a familiar caregiver are by their side.

#### ***Your behaviour***

Stay within sight of your child as much as possible but let them go on a journey of discovery. Please do not leave the room! Do not pressure your child to do anything, such as contacting other children.

### **Phase II: First separation**

**At the earliest during the fourth stay**, a first brief separation attempt of approximately 30 minutes will take place. However, this will only occur if the child demonstrates readiness for it. If this is not the case, the first phase will be extended.

It is possible that your child may cry and protest. It is important that they allow themselves to be comforted by a caregiver.

#### ***Your behaviour***

Say goodbye to your child in such a way that they notice you are leaving. Sneaking away when your child is busy with something is counterproductive. Your child needs the reassurance that you are still there until you have said goodbye. Only then can they turn their attention to something else. Wait nearby.





### **Phase III: Further separations and extension of the absence**

If the first separation goes well, the time spent away is gradually extended. After consultation, the caregiver at the day-care centre takes on more tasks, such as personal hygiene and helping with eating and going to bed.

You stay close to the day-care centre for another 2-3 times so that you can be back at KiBiZ within 10 minutes.

#### ***Your behaviour***

Say goodbye to your child consciously and reassure them that you will come back to pick them up. Then leave the nursery. Do not rush the goodbye, but do not drag it out too long either.

You are leaving the nursery, but you are available and could come back to the nursery if necessary.



### **Phase IV: Completion of the transition**

By the final phase at the latest, other members of staff at the nursery will have established a relationship with your child, ensuring that your child always has access to a familiar person at the nursery.

**The transition period is successfully completed when your child allows themselves to be comforted by their caregivers.**

Two to four months after the transition period is complete, a meeting will take place between you and your child's caregivers. At this meeting, we will discuss how comfortable your child feels with us, how well they have settled in, and we will have the opportunity to look back on the settling-in period together.

## **4 Further tips for a successful transition**

- Every child is different – sometimes they settle in quickly, and sometimes it takes a few days longer. Don't rush your child and be patient.
- During their first few weeks at KiBiZ, your child will have a lot to take in and process. Keeping their hours short, especially in the first few months, will help them settle in well. Perhaps the first few months can be organised so that one parent brings the child in the morning and the other picks them up in the evening. This will keep your child's KiBiZ day shorter.
- If your child cries when you leave, it does not necessarily mean that they are unhappy at day-care. The important thing is that your child allows the carers to comfort them and gets involved in play.
- Always say goodbye to your child consciously. Make sure they notice when you leave the day-care centre.
- Prepare your child for KiBiZ in the morning. Talk to them about which other children they will meet and what they will experience at KiBiZ.
- Keep us informed about changes in their eating, sleeping, and playing habits. We do the same with you.
- Don't worry. If anything happens or if your child is not feeling well, we will call you immediately.

**We are looking forward to spending time with you and your child!**