

Before your child starts education at KIDS&Co.

CHILD ADAPTATION

 PRACTICAL
GUIDE FOR PARENTS



If you say you trust me, trust me with all of you.
Trust me, really. I need your faith in me.
It's lifting my wings. You, my wise, grown-up mother,
believe in me; You, my grown-up,
brave Dad - you trust me, so I - your little son,
your little daughter - Surrounded by your warm words,
I will find the strength to live.
Surrounded by your support, your confidence
and faith in me, I will fly...

Katarzyna Wnęk – Joniec
„Nie przydepuj małych skrzydeł”



INTERNATIONAL BILINGUAL
KINDERGARTENS AND NURSERIES



Every change in life is associated with both curiosity and uncertainty, and regardless of age, because both children and adults feel it more or less.

Despite the fact that a child adapts much faster than an adult, it will always come as a shock to encounter a new situation. Starting the adventure with a kindergarten or a nursery is a huge change, during which for the first time a child is not with his/her beloved parents or guardians, with familiar rooms, toys or the schedule of the day. The child enters a new environment, full of unknown people, toys and equipment. This makes him both curious and astonished, as well as fearful and undoubtedly it is a difficult experience.

Suddenly, everything that was familiar is replaced by a strange and unknown reality. It is worth remembering that for a child, however, it is something completely new, and if we were to put ourselves in its place we would probably also feel insecure. The child's emotions and fears should be understood.

Adaptation means adapting to new conditions, dealing with them, agreeing to change.

Before the child adapts to the new conditions, he or she goes through the so-called adaptation period. The adaptation process can take up to 8 weeks, but usually after just 2 weeks you can see significant differences in the child's attitude and behaviour. During this time, behaviour on a psychosocial and physiological area may change, which should be seen as an answer to adapting to the new reality, which is an inherent and completely natural element of adaptation that is shaped individually in each child.



Typical changes in child's behaviour during the adaptation period:

- Crying and anxiety can occur
- A decrease in energy and, consequently, activity. During the adaptation period the child may not play at all and may not participate in the activities offered by the teacher. The lack of play during the day a child compensates at home by becoming excessively busy.
- Sleep disorders, lack of appetite, refusal to take meals at the nursery or kindergarten may occur.
- There may be outbreaks of anger, behaviour that parents have not previously observed at home.
- Isolation from the group can take place, even though the child is talkative and enjoys talking to others outside the kindergarten. If a child stays in a new environment among strangers, in an unknown place, it may cause the fear. While not being with mum, dad or other caretaker, most children react with crying and anxiety. This reaction is completely normal - previous educational and upbringing experience shows that already on the second day there can be a positive change in the child's behaviour and attitude, but everything depends on the individual personality of the child.

Although the parent wants the child to adapt quickly to the new realities, it turns out that the problem may lie in him. The child, observing the emotions that a parent may face during a longer separation, gets a clear signal that this is a cause for being concerned. Parents must be convinced that going to kindergarten is the best decision for both them and the child. They cannot, in the presence of their child, analyze, consider and discuss which kindergarten is good and which is bad. If we want the child to accept our decision we absolutely cannot show him/her our hesitation and our doubts.

Parents shouldn't ask a three-year-old or even four-year-old child: Do you want to go to kindergarten? Do you want to play with children in kindergarten? And what will they do when a child says he doesn't want to. Such and similar questions shouldn't be asked to young children. After all, it's not them, but us adults who decide everything that's good for them. Surely the child has to be familiar with the idea of going to kindergarten, to children and parents should patiently explain: Mom goes to work. Daddy goes to work too. My sister goes to school and my brother goes to a nursery. During this difficult time for the child, parents should avoid coming to the facility at the last minute and rushing - this usually creates a nervous atmosphere. A few moments with your child in the cloakroom, then a tender but firm goodbye is extremely important. It is worth informing your child clearly when he or she will be picked up from the nursery. Do not transfer your emotions to the child. It needs interest and more time than ever before. In this way, the child will be able to react to the new situation at home, with loving parents, in a familiar environment. When parents return home, they should make sure that the child is in the spotlight as far as possible. Accumulated emotions can relax in the most favourite game, but do not provide additional, stimulating attractions. The child needs lots of friendly attention and presence. We advise you to plan the rest of the day in such a way that the time spent together is pleasant for both parents and children. Experience allows us to conclude that some of the parent's behaviour, although intuitive and goodwill, can disrupt the adaptation process.

**ONCE A DECISION IS TAKEN,
IT SHOULD BE IMPLEMENTED
CONSISTENTLY**



Below we present the most common mistakes that we encounter during the adaptation of children in KIDS&Co:

- Don't cry. Never let yourself be weak. In the eyes of a child you create a tragedy - something really bad is happening.
- Don't disappear without saying goodbye. Your child might get the impression that you've abandoned him!
- Don't give in when your child cries. If you change your mind and say, "Okay, you have a worse day today, we're going back." - then your child won't take it as an exception. They might understand that there is another option, so it's worth crying, even for a very long time.
- Don't look in the room after saying goodbye. You'll only make it harder for the child to start the day. It may even be that the goodbye has been quite a peaceful thing, but with your little gesture the child will suddenly start to cry (please don't look through the windows).

