

Before your child starts education at KIDS&Co.

PARENTS ADAPTATION

 PRACTICAL
GUIDE FOR PARENTS



Dear Parents,

Starting your child's adventure in a nursery or kindergarten is a unique moment full of emotions and challenges for both you and your little one.

We understand perfectly well that the adaptation period can be difficult, that is why we are here to support you at every step of this path.

Together we can create an atmosphere full of warmth, trust and support that will help your child in harmonious development and enjoyment of every day spent in a nursery or kindergarten.

We are here for you and your children. Together we will go through this adaptation period, supporting each other and building solid foundations for your child's future successes.

With warmest regards,
KIDS&Co. Team. 



INTERNATIONAL BILINGUAL
KINDERGARTENS AND NURSERIES

20 RULES

1. Show your child the nursery/school before they start attending.
2. Shop for the necessary supplies (e.g., preschool kit) together with your child.
3. If your child has not been separated from you before, try leaving them with grandparents or friends for a trial period. This helps to prevent the nursery/school from being associated with their first separation from parents.
4. Ensure your child wears comfortable clothing that is easy to manage.
5. Share your excitement with your child about going to nursery/school the next day.

6. Don't promise your child a reward for going to the nursery/preschool.
7. Be cheerful all morning, showing your excitement that your three-year-old is going to nursery/preschool.
8. Avoid feeding your child before breakfast; eating the meal provided will be a source of joy and praise among their peers. Decisions about eating should not be made on behalf of the child.
9. Allow your three-year-old to bring a favourite cuddly toy, stuffed animal, or toy from home.
10. Help your child get dressed, and pay attention to their clothing and where you leave it.

11. To prevent your child from feeling helpless, encourage them to be independent.
12. Adhere to the set time for bringing your child to the nursery/preschool (before breakfast).
13. Keep goodbyes in the cloakroom brief: a smile, a kiss, and a quick "bye-bye."
14. Do not take your child home if they cry at separation; if you give in once, it will become increasingly difficult. Your little one may use tears to force another return home.
15. If saying goodbye to mum is particularly difficult, consider having dad bring your three-year-old to the nursery/preschool for the first few days.

16. Greet your child with a smile, and consider giving them a small gift while saying something positive, like: "Now we can go home."
17. Do not expect your child to love the entire staff immediately.
18. Be mindful of what you say in your child's presence about situations at the nursery/preschool.
19. Direct any questions for the teacher to the end of your child's day.
20. Avoid adding extra stress by insisting your child immediately talks about their day at the nursery/preschool as soon as they get home. They will share their experiences when they are ready.

„PERFECT“ ADAPTATION

How to prepare your child for their adventure in nursery or preschool?

1. It is essential for parents to have a positive attitude towards the nursery/preschool. Firstly, children overhear conversations between their parents. If parents speak negatively about the institution or voice their concerns, the child may become reluctant to attend, regardless of who the parents are speaking to; what matters is who hears these comments. Secondly, children can sense their parents' emotional states, and it is impossible to hide sadness or anxiety from them. If a parent struggles with the morning separation, the child will likely pick up on these feelings.
2. A child should not be a confidant for their parents. Parents should not confide their problems to their children or discuss issues such as marital conflicts or work-related problems with them.
3. It's worth presenting nursery school or kindergarten as a wonderful adventure rather than a sad picture. Comments like 'You have to go to nursery/kindergarten because I need to go to work and earn money' won't help the child adjust.
4. A child should get enough sleep. It's important to organise time in such a way that the child goes to bed early enough and wakes up well-rested in the morning. The child should not sleep in a room with a television or computer and should not watch cartoons before bedtime. While the child is sleeping, the house should remain quiet.
5. Parents should not make separation difficult. They should follow the rules set by the nursery/kindergarten, and it can be helpful to establish a farewell ritual in the cloakroom.
6. It's essential to ensure a calm atmosphere in the morning, especially when preparing for nursery or preschool. Rushing and stress can have a negative impact on the adjustment process. One approach is for the parent to wake up earlier to get ready, prepare clothes and breakfast for the child, and only then wake the child up.

This way, during breakfast and getting dressed, the parent can spend time with the child and assist without any rush. If the child has breakfast at the nursery or preschool, it might be better to skip breakfast at home and wake the child up at a time that allows enough time for washing, dressing, and arriving at the facility.
7. It's very important to spend time with your child after nursery or preschool. Parents should organise their schedules in a way that allows for engaging in activities together after picking up their child from the facility. Simply having the child nearby while you prepare dinner or wash up is not enough. Face-to-face interaction and full parental involvement in playtime are essential.
8. Joint activities can revolve around what happened at nursery or preschool. The parent can suggest playing games that the child enjoyed at the facility.
9. It's good to ask about the positive things that happened at nursery or preschool. Avoid asking questions like, "Was everything okay?" or "Did anything bad happen?" Instead, try asking, "What did you play today?" or "What was the theme of the activities?" Remember that children might not recall all the details, so don't overwhelm them with questions about things like what they had for lunch. It's better to play pretend nursery or preschool at home, as this allows the parent to see the child's perspective and experience of the setting.
10. Parents should not get angry at children for issues reported by the teacher. Instead, they should be understanding and help reinforce a sense of security. For example, if a child has had an accident, they could say, "You had an accident, but that's okay. Next time, try to use the toilet, but don't worry, you always have a spare set of clothes."
11. Parents should assist their children in dealing with challenges. For example, they can remind their child that they can always ask the teacher for help or that they have a spare set of clothes available if needed.

CHANGING BAG



PLEASE SIGN THE CHILDREN'S BELONGINGS!



1. A bag with a set of clothes for a change (shirts, socks, shorts, trousers, panties) 2 sets.



2. Shoes alternating with a light rubber sole or non-slip socks.



3. Diapers and wet wipes - if a child uses diapers.



4. Toothbrush and toothpaste, mug - signed with child's name and last name.



5. Bed linen (pillow, blanket in pillowcase and sheet with rubber band).



6. The child's favourite cuddly toy, if they are used to falling asleep with it.



7. Cream (with UV filter or protective greasy, depending on the season).

