

Webinar

Adaptation to kindergarten and nursery

**How to prepare your child
and yourself?**



Schedule

1. A few words about the **adaptation** itself
2. How long will it take? What does the **duration** depend on?
3. What **behavior** should you expect?
4. **Preparing a child** for adaptation step by step



Schedule

5. What not to tell a child about kindergarten?
6. How to prepare yourself for separation from a child going to kindergarten?
7. Summary and additional tips.
8. Questions.



ADAPTATION

What is it?

- **The child gets used to the new environment, new people, rules and routines;**
- **Its purpose is to help child feel safe and comfortable in the new environment;**



ADAPTATION

What is it?

- **It affects their further emotional, social and intellectual development;**
- **It can be exciting, but also stressful;**
- **A period that requires support from parents and teachers.**



ADAPTATION

What is important?

Be prepared for... Separation Anxiety

- **The state when child experiences strong anxiety and stress in situations, when they are separated from parents or guardians.**
- **Natural reaction of the child to being separated from people, who make them feel safe.**
- **Time to understand, that parents come back after they leave.**



ADAPTATION

What is important?

REMEMBER

- **Adaptation does not depend only on actions taken in preschool/ nursery**
- **cooperation between parents and teachers is essential. It allows faster and more effective solution for adaptation problems**



ADAPTATION

What is important?

REMEMBER

**Adaptation can take place irregularly
(a few good days and then a drop in mood).**



ADAPTATION

How long does it take? Why?

**From a few days to a few months
It depends on many factors, such as:**

- **Child's temperament;**
- **Their experience;**
- **Support recieved from adults and parents' attitude;**
- **The child's sensitivity to change;**



ADAPTATION

How long does it take? Why?

**From a few days to a few months
It depends on many factors, such as:**

- **The ability to cope with difficult emotions;**
- **The willingness and reaction of caregivers to separation from the child;**
- **The dynamics of the group the child joins;**
- **The child's health etc;**



ADAPTATION

What to expect?

Behaviors that may appear:

- **crying, fear and anxiety;**
- **decrease in energy at kindergarten**
- **excessive activity at home;**
- **sleep disturbances, lack of appetite, refusal to eat at daycare/kindergarten**



ADAPTATION

What to expect?

Behaviors that may appear:

- **Outbursts of anger and other emotional behaviors at home;**
- **Isolation from the group in kindergarten while simultaneously wanting to talk with others outside of kindeergarten;**
- **Somatic symptoms (headaches, vomiting, stomach pain, bed-wetting).**



ADAPTATION

What is important?

Preparation – step by step

- a. **Talking to the child about kindergarten and describing it in a positive way, in order to built positive connotation;**
- b. **Visiting the kindergarten before the school year starts (on an Open Day)**



ADAPTATION

What is important?

Preparation – step by step

- c. Gradually introducing a new daily routine
 - getting used to a new routine such as. Regular sleep hours, meals or time for play or learning (familiarizing with the kindergarten schedule).



ADAPTATION

What is important?

Preparation – step by step

d. Rituals – establishing regular hours for separation and return, as well as using the same rituals during goodbyes, for example a short conversation and a hug before the parent leaves (creating a sense of stability).



ADAPTATION

What is important?

Preparation – step by step

e. Developing social skills and independence such as:

- **Playdates with peers or taking the child to the playground;**
- **Introducing independence through activities like dressing themselves, using the toilet, or eating meals independently.**



ADAPTATION

What is important?

Preparation – step by step

f. Developing ways to deal with emotions with the child – learning to recognize and express their feelings

g. Providing the child with emotional support, parents being ready to talk to teachers and adapting to the child's needs.



ADAPTATION

What is important?

What not to tell child about kindergarten?

- **Introducing a child to kindergarten can arouse difficult emotions in both the child and the parents.**
- **The way we talk about kindergarten must support a positive attitude and alleviate any fears.**



ADAPTATION

What is important?

Reducing the risk of feeling unwanted and rejected

Don't say: you have to go to kindergarten because mom/dad has to work or I have no one to leave you with;

Say: in kindergarten you will be able to play with other children and learn new games.



ADAPTATION

What is important?

Not scaring your child with kindergarten

Don't say: if you don't listen to your aunt at kindergarten, they'll get angry.

Say: there are nice aunts at kindergarten who will always help you.



ADAPTATION

What is important?

Not using preschool as a form of reward or punishment

Don't say: if you're good, we'll go to preschool

or

if you don't clean up your toys, you won't go to preschool

or

you're behaving so badly that I can't wait until you're in preschool!



ADAPTATION

What is important?

Not comparing your child to others

Don't say: look, Ania is already going to preschool and she's so brave

Say: ask Ania what she did at preschool today?



ADAPTATION

What is important?

Avoiding negative comments about kindergarten in the presence of the child

Don't say: I don't know if kindergarten will take good care of you

Say: kindergarten has nice aunts who will take care of you and you can always tell them what you need



ADAPTATION

What is important?

**Not simplifying the role
of kindergarten to play**

Don't say: kindergarten will only be about playing

Say: kindergarten will be about playing and learning new things that you can tell me about at home



ADAPTATION

What is important?

How to prepare YOURSELF for separation from child going to kindergarten

1. **Accepting your own emotions and showing understanding for the child's emotions. Open communication will help the child understand that their emotions are just as normal as their parents'.**



ADAPTATION

What is important?

How to prepare YOURSELF for separation from child going to kindergarten

2. Trusting that the child is not being harmed and is well cared for behind the doors – collaborating with the teachers.



ADAPTATION

What is important?

How to prepare YOURSELF for separation from child going to kindergarten

3. Actively participating in preparation for adaptation at home – being aware that everything has been done to prepare the child for kindergarten will reduce anxiety and minimize concerns.



ADAPTATION

What is important?

How to prepare YOURSELF for separation from child going to kindergarten

4. Talking to parents who have experienced this – it will reduce the feeling of being misunderstood.



ADAPTATION

What is important?

How to prepare YOURSELF for separation from child going to kindergarten

5. Planning the first day of kindergarten – preparing yourself and the child for this day will reduce chaos and possible tension.



ADAPTATION

What is important?

How to prepare YOURSELF for separation from child going to kindergarten

6. Talking after returning home – the child will be able to express their feelings, which builds trust in the parents. This also allows the parent to calm their fears and feel more confident.



ADAPTATION

What is important?

How to prepare YOURSELF for separation from child going to kindergarten

7. Familiarizing yourself with the kindergarten/daycare regulations – strengthening the parent's confidence in the place where they are leaving their child.



Additional tips

- **Visiting the facility earlier together with the parent, e.g., Open Days;**
- **Preparing the child for separation – leaving them with grandparents or friends for several minutes, then gradually extending the time;**
- **Talking about daycare/kindergarten in a positive way. Not scaring them with stories about teachers or the facility itself;**



Additional tips

- **Paying attention to the child's diet at home – it is worthwhile to introduce foods that appear in kindergarten meals so the child won't be hungry if they refuse to eat;**
- **Providing teachers with important information about your child;**



Additional tips

- **Familiarizing yourself with the kindergarten group's schedule to introduce the routine at home before sending the child to kindergarten;**
- **Gradually extending the child's stay during the adaptation period. Not sending the child for many hours immediately;**



Additional tips

- **Dressing the child comfortably so that the clothes are comfortable;**
- **Celebrating together with the child the day before and in the morning before leaving, that they are going to daycare/kindergarten;**
- **Not being sad together with the child in the dressing room;**



Additional tips

- **Not prolonging the goodbye in the dressing room – it should be short: smile, kiss, "bye-bye," and established rituals;**
- **Reassuring the child that they are loved;**
- **Establishing the pickup time, e.g., after lunch, after nap time, after afternoon snack, at 1:00 PM, etc.;**



Additional tips

- **Not promising the child a reward for going to daycare/kindergarten;**
- **Not feeding the child before breakfast – especially sweets;**
- **Allowing the child to take their favorite cuddle toy, stuffed animal, etc., to kindergarten;**



Additional tips

- **Helping the child find their way in the dressing room – paying attention to their clothes and where you leave them;**
- **Adhering to the arrival time for daycare/kindergarten (breakfast), so they eat together with the other children;**



Additional tips

- **Not taking the child home when they cry at separation – if you give in once, the child will use tears to try to convince the parent to do the same next time;**
- **Considering having someone else (the other parent, grandparent, etc.) bring the child if separation, e.g., from the mother, is very painful for the child;**



Additional tips

- **Every greeting should be happy and with a smile – it is very important not to start with: "What happened?" Instead, say: "Good day, darling! I came as we agreed!"**
- **Controlling what is said in the child's presence about daycare/kindergarten/staff;**



Additional tips

- **Not forcing the child to talk about kindergarten immediately after leaving the facility. This can cause additional stress.**

It is better to wait until they feel ready.





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Thank You
Time for questions



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