

'Settling in' Concept for K1 - a Guide for Parents and Carers

You now should have been given a start date for your child for K1. This is an exciting new chapter for you and your child and may well be the first time they have attended Kindergarten or been separated from you for any length of time. For some children, the settling in period will be very short, for others, it could take a few weeks before they feel fully comfortable.

At BBS Early Years KiTa we want this settling in period to go as smoothly as possible for all concerned, so we ask parents to closely follow our guidance.

Firstly, K1 children must be out of nappies before they start our KiTa.

If they are not "dry" by their starting date, then please let us know. We can discuss a suitable starting date. Of course, we support the children who are recently out of nappies by sending them to the toilet regularly and giving them reminders.

The First Week

Your child will only attend the morning session in their first week. Please bring your child at **8.45 am** so that you can have some time with the class teacher before the other children arrive on the bus. When the other children arrive, we ask you to kindly wait outside in the corridor or go for a walk in the surrounding woods. This gives the teacher and Erzieherin time to build a relationship with your child without you being there and from our experience, the quicker this can happen, the easier it will be for your child to settle into their new surroundings. Rest assured we will always call you if your child is very upset. Please collect your child at **11.30 am**.

The class teacher will discuss with you as the week progresses when your child is ready to stay for lunch, gradually building up to staying for a full day. It is important that you have the time to complete the settling in process and do not arrange any important work meetings or other matters - you should be easily reachable.

In K1 we do not have a nap-time in the afternoon. However, if the children are feeling tired, they have the opportunity to rest and have "quiet" time after lunch time play.

During the settling in phase, it is normal that your child may seem more clingy or tearful than usual. They will probably also be very tired and may even say that they do not want to come back to the kindergarten the next day. This is all perfectly normal: the important thing is that you are consistent in your expectations and bring your child to KiTa every day.

Helping your child settle

Ask your child to take off their own shoes and coat each day and hang it on their peg or put them away in their box. This will create a feeling of belonging straightaway. Resist the urge to do it for them!

If your child becomes upset when you are leaving, please do not turn back or linger in the doorway. Your child will feel that you do not feel confident enough to leave them with the teacher/Erzieher. Children are very good at picking up on our emotions and this could make the settling in process much more unsettling. We will always call you if your child is still crying after a short time.

Things your child will need:

- A healthy snack - **no** chocolate, sweets or nuts (which are prohibited in every case as some children have extreme allergies)
- a water bottle
- indoor shoes/slippers
- rain trousers
- wellington boots
- rain jacket
- For colder days they will need a snowsuit, gloves, hat, scarf and warm winter boots.
- For warmer days they will need a sun hat and sunscreen which they should be able to apply themselves

We go outside in all weathers!

It is also very important that you supply us with a bag of changing clothes for your child (several pairs of pants and socks, change of trousers or skirt, vest) as accidents do happen frequently.

In K1, the children wear the school polo-shirt and school jumper. They do not need to wear the trousers or skirt. Details about how to buy school uniform are on the school website:

<https://www.berlinbritishschool.de/school-life/school-and-sport-uniform>.

We also encourage you to buy a book bag (from the EY office) to protect our Library books.

Eventually, your child will also need some leggings and a T-shirt for their P.E. lesson. The teacher will let you know when these lessons are starting.

Finally, if you have any questions or worries about your child settling in please approach the class teacher or Erzieher sooner rather than later. Usually matters can be resolved easily.

We look forward to welcoming you to Berlin British School Early Years KiTa!