

## **HOW CAN I HELP MY CHILD SETTLE BACK INTO DAYCARE/DAY NURSERY/PLAYGROUP?**

### **TIPS FROM OUR PEDAGOGUES**

We're very happy that children are allowed to attend childcare again and look forward to seeing them. Most children haven't attended childcare for a long period of time. For many children, that can mean they really need to get used to the routine of going again. In order to prepare the children as much as possible for their return, we have collected some tips for you. (In the tips, we talk about your child. Please read 'children' here, if relevant to you).

#### **TIP 1 | HELPING YOUR CHILD PREPARE**

Help your child prepare for going (back) to 2Samen. This is relevant for children of all ages, including children that are only a few months old. Help your child prepare by:

- Mentioning to them that they're going to childcare again.
- Talking to your child about the structure of the day. For example by saying that mum or dad will take you to daycare/day nursery, where the childcare teacher will wait for you. At 2Samen, you're going to play with the teachers and the other children and you will eat fruit/bread/crackers and possibly go to sleep. Mum or dad will then come to pick you up at the end of the day, to go back home together.
- Talking to your child about the childcare centre. For example, talk about the name of the group they're in, the names of the staff, the names of the other children or what they will do at daycare (play, eat, sleep). That means it'll start to come alive again for them.
- Possibly starting the structure of the day when they're at childcare, a few days before they start again. Such as getting up at a certain time in the morning and starting the day.
- Or by walking past the location and pointing it out to your child.
- Perhaps by singing the songs that your child sings often at 2Samen.
- Or by looking at pictures together that were taken at 2Samen.

#### **TIP 2 | VIDEO**

If the staff at your location have made a video for the children of their group, it could help to look at this (again) with your child. It helps children to see or hear the teachers before they go back to childcare. This means that they will recognise the teachers more quickly when they see them again.

#### **TIP 3 | CHANGES AND NEW RHYTHM IN THE APP**

It's possible that things have changed in your child's rhythm since he or she last attended childcare. For example, babies could have a new drinking or sleeping rhythm, or your child could have become potty trained. We explicitly ask you to let us know any new information or your child's new rhythm in the 2Samen app, prior to attending childcare. This is due to time restrictions at dropping off and picking up your child, because of the circumstances. This will allow the staff to be aware of important changes on time.

#### **TIP 4 | SWAPPING DAYS**

It's important to us to try and keep the groups as steady and stable as possible. It's pleasant for children to start in their own group, with children and teachers they know. We want to keep to this standard as much as we can and ask of you to please not request swapping days.

## **TIP 5 | SETTLING IN**

If you know your child can have trouble settling in sometimes, it's important to discuss this with the teachers prior to starting again.

You could think of:

- Keeping your child at home for the first week of childcare reopening. This will allow for the group to start up again. The week after, the group will probably be more settled.
- Taking your child to childcare for half a day in the first (few) day(s). This will allow your child to settle back in quietly, as well as keeping the security of home for part of the day.

Of course, it's important to come to these agreements together with the staff at childcare. This will allow for adaptation of your child's needs to the situation at your specific childcare location.