

HOW CAN I HELP MY CHILD SETTLE BACK INTO OUT OF SCHOOL CARE (BSO)?

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 out of school care (bso) 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. You can do this by:

- Mentioning to them that they're going to out of school care again.
- Trying to get back into the rhythm of the day when your child went to out of school care, a few days before they actually go. For example by going to bed on time in the evenings and getting up on time in the mornings, and having daily rhythm.
- Talking to your child about the structure of the day. When are they going to school, when are they going to out of school care, etc. This means your child knows what to expect.
- It's possible that your child will attend 2Samen on a different day than what they're used to. There might be different children and/or different teachers. If this is the case, talk about this with your child, so they are prepared for this in advance.
- Talking to each other about out of school care (bso). What did they use to do at bso, what did they enjoy doing at bso the most and what does it look like again?
- For example, looking at the pictures 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 staff before they go back to childcare.

TIP 3 | INFORMATION IN THE APP

It's possible that things have changed for your child since they last attended out of school care, that the teachers are not aware of yet. We ask you to please let us know this new information by using the 2Samen app. This will allow our teachers to know about these things on time. For example, if your child has suffered a loss or if they are behaving differently to normal.

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 the bso reopening. This will allow for the group to start up again. The week after, the group will probably be more settled.
- Picking up your child from out of school care earlier. Starting again can take a lot of energy out of children. A shorter afternoon could, therefore, be preferably for your child initially.