



## Child's Adaptation:

- Be calm when you accompany the child to a children's group, the child will feel nervous about you and then he/she will be nervous as well.
- Say goodbye to your baby briefly, do not leave in a hurry or even secretly. Do not return immediately after your farewell, the child will not calm down, on the contrary, it will make him angry.
- Believe that we can calm the child when it is needed. Just give your child time and space to know us better. We will also give the child time and space to get used to our children's group.
- Fulfill your promises. If you tell a child to pick him up after lunch, really come after lunch for the child. The child will feel that he can rely on you and will not be afraid of separation.
- Communicate with caring staff.
- Bring the child's favorite toy.
- Don't be convinced by your child and be consistent. Do not admit, during the adaptation, that you miss him/her.
- Praise the child for each day in the children's group and encourage him/her to continue. Please do not promise rewards in advance, the child may be afraid of failure.
- Use the same morning rituals with the child and the same ritual when you are saying goodbye.
- Observe regular attendance, safe and predictable routine is important for a child.
- Adaptation is prolonged in the case of a child's illness.
- Do not punish the child, be patient.

## What your child needs when joining a children's group:

Marked shoes by children's name

Suitable slippers

Tissues, wet wipes by appointment

Signed mug with a drinker when the child cannot drink from the mug

List of prohibited foods in case of allergy

If the baby wears diapers all day-please sign the package

If the baby wears diapers for night only-put some of them into the locker

Spare clothes including socks and underwear put into the locker too

## Important operating instructions for parents:

After the child joins the children's group, please set up a direct debit as soon as possible (at the latest within a week) and submit it to the children's group.

Please excuse the child's absence within 8 hours at the latest.

Please fill in the „Participant Card“ and submit a certificate of employment to the staff.

From the staff you will receive the access password to the photos from the children's group, see our website [www.zzpraha4.cz](http://www.zzpraha4.cz).

We ask you to regularly check your websites and our Facebook profile with the name "Zdravotnické zařízení MČ Praha 4". You will find all current information here all year round.



## Adaptation

The adaptation period begins with the child's entry into the children's group and ends when the child manages to stay in the group without emotional fluctuations, manages separation from parents and already understands that the stay in the children's group is limited in time and the parent picks it up. The adapted child has already established a relationship with the caregiver nurses, who provide the child with support in all directions. There is a period when the child naturally engages in activities within the children's group day mode and understands it.

**The length of the adaptation period is completely individual**, lasting approximately 4 weeks to 3 months.

The child's personality, parental approach and the approach of carers play an important role here.

It is important to arrange a safe, predictable and stimulating space in a children's group (the child has and knows his / her brand, knows where he / she has a wardrobe, shoes, where he / she has a towel and where he / she has his / her cot).

It is important for carers to have information about the child from their parents "Entry questionnaire about the child" and also, of course, the information provided by the parent to the carers during the morning handover. This is very important for a child with a different mother tongue. Caregivers regularly inform about the child during the afternoon handover and also whenever necessary. A common success is a happy child. Be aware that at the time of adaptation, the child may begin to behave temporarily differently than before joining the children's group. The baby's behavior can change: silent, angry, unwilling to eat, crying at bedtime, wet oneself again.

However, even after the successful adaptation of the child, we do not recommend to stay in the children's group for more than 8 hours a day. The child's entry into the children's group should not coincide with the parent's entry into the work process. In the first days, the child stays in the children's group only a few hours in the morning, sleeping in the children's group usually begins after a few weeks. Adaptation will be easier if the parent gets the child used to separation.

We ask parents to understand that we allow entry parents to the playroom only the first day of adaptation.

## Keep in mind that your child:

- copes with separation from his parents,
- is building new relationships with caregivers who also care for other children,
- copes with the fact that he is not the center of attention just like at home,
- learns to establish a relationship with other children and share the caregiver's attention, toys, etc., the child must take a certain social position, know the role in the group, the way of cooperation but also the way to resolve conflict situations,
- adapts to the new regular regime and rhythm of the day, new rules and restrictions,
- learns the regularity of meals, new tastes of served meals, eating together and greater independence in self-service (personal hygiene, dressing and dining),
- must be able to ask for help (eg hygiene, reporting the feeling of thirst or hunger, dining, etc.).