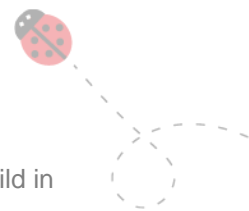

A secure start in Utsikten Vest FUS Barnehage

Utsikten Vest FUS barnehage
Bogafjellbakken.90
4324 Sandnes





Welcome to Utsikten Vest FUS barnehage

Here's some information about our kindergarten and our way to make the best adaption for your child in our kindergarten.

We are happy you chose us to take care of your child.

We are one of many FUS kindergartens in Norway. FUS means first – putting the child first!

Our kindergarten opened February 26th 2006 and has since then become a good place for a lot of kids, parents and employees. The kindergarten is located on Bogafjell with an amazing view over Stokkelandsvannet and Sandnes city. Hence the name Utsikten (the view).

The kindergarten has four groups divided on two floors. On the first floor we have Småkrypa and Marihøna, where the youngest children stay, 0-3 years old. On the second floor we have Maurtua where the 3-4 year olds stays and Tusenbein where the oldest, 5 year olds will be attending before starting school.

The location of the kindergarten is excellent for taking trips outside of the fence, we have a lot of varied terrain for the kids to explore. We are proud of our unique nearby area, and we enjoy taking trips outside.

In Utsikten Vest there is a skilled employee group that put the needs of the children first and have knowledge of the importance of safe and warm adults. Our employees enjoy our kindergarten and that reflects on how many years they have worked here. Some have even worked here since the kindergarten first opened.

We do our best to make sure the kids get to meet the kindergarten in the best possible way. Our daily focus is that our kids get to play and have fun with their friends and develop in their own terms in the world of games. The kids attending Utsikten Vest FUS will remember the years of kindergarten with adults that were caring, present and engaged in a creative environment. It is through games and play the kids develop.

We have set a standard in Utsikten Vest on how we will make the best start in kindergarten. We have the knowledge on how important it is to have a close and secure contact person when they start their new life. We want the adaption into kindergarten life to be at the kids' needs, and both child and parents should feel a safe and good adaptation into the new life.

The adults must be emotionally present and be able to mirror the child's needs and facial expression.



Why is a good adaption important?

When the youngest children start in kindergarten for the first time, it's difficult to explain to them why and how this period will happen. A good transition is important for all children, if it's from home to kindergarten, or from an old one and to a new kindergarten. The kid needs that their parents and the employees cooperate for the best of the child. This is important so the transition into kindergarten is as painful as possible. Our goal is that kindergarten will be a positive place for your child's life with a lot of new experiences and development. A good adaption where the child gets time and possibilities to experience the room, with the parents, will make a safe and happy child that will play, explore and learn in kindergarten.

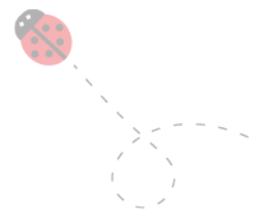
Parent active adaption makes a safer start.

We use a parent active model to get the best and securest start for both children and parents in kindergarten. The model is mainly for the children below the age of three, but some is also used for the older children. Parent active adaption implies that the parents have an active role in the adaption period. You are representing safety for your kid and know how to comfort and support when they are exploring a new place. You know your child routines best and know when it need comfort or are ready to continue exploring. In the days you have in kindergarten together you have the opportunity to share this knowledge with the employees who will care for your child. The goal is that the kids will slowly experience that the kindergarten is a safe and nice place to stay at.

Your own secure adult in kindergarten

To make the first period as best as possibly, we will give your child an adult that will have extra contact with you as parents and your child. Your secure adult has the responsibility to take care of "their own" kids and parents in connection with your start in kindergarten. If there is more than one child starting at the same time, we will make small groups with 1-2 adults and 2-3 children with their parents starting together.

Your adult in kindergarten has their own assignment to get to know your child and make a connection early, so that the child has a secure haven when the parents have to leave for work. It is also important that you as the parents make a good relationship with your safe adult, this will make is easier for the child to connect with the new person.



What happens in regards to the adaption?

Before your start this fall:

Visit us in the kindergarten.

We invite all of you to visit us during the spring/early summer. The dates are usually in may/June, from 9.30-10.15. During the visits you will meet one of the adults that will work on the group your child will start in. We want to give you and your child this opportunity to get to know the room, the adults, the kindergarten and give you the opportunity to see and talk to the other parents in your group.

Parents meeting

We will arrange a parents meeting where we will present to you our model for the best adaption in kindergarten, small children basic needs for safety, care, attachment, play and learning. We will also introduce the staff and you will get to know the kindergarten and we offer a tour if you want one. You will get the opportunity to ask questions you may have in regards to your adaption and start in kindergarten.

The meeting is Wednesday 31st of May, at 17-18.30, the meeting will be held in the group Marihøna. Entrance with the stairs from the parking lot.

Parent – teacher meeting

When your child has been alone in the kindergarten for about 2-3 weeks you will be asked to have a meeting with the preschool teacher. This is a conversation where you can talk about how it's going with both your child and you after starting work and leaving your kid in our hands. This conversation is a great place for you to ask anything you would need the answer to.

Starting kindergarten – the adaption period

Kids are different and have different needs. During the adaption period we want to adapt for your kid the best way possible. We have made a schedule for your five days in the adaption period. It is important to know that this plan can be fitted to suit each individual child, depending on the needs of the children. For the youngest, the children under the age of 3, it is important to use at least five whole days. And even more if that's possible if you or your child need it.



Every parent has different time for the adaption, but most parents have three days each from their workplace. We recommend you take three days each, so you have six days to make sure your child gets the best transition into their new life in kindergarten.

Day 1:

When you arrive the first day you will be met with your secure person. The task for your secure person is to get to know the child, so in time it can start to trust this person to seek comfort and care when you are gone.

Your tasks as the parent
<ul style="list-style-type: none">• Have the main responsibility for your child
<ul style="list-style-type: none">• Be around and available for your child. This is also relevant for the children that feel comfortable quickly in kindergarten
<ul style="list-style-type: none">• Be active in the happenings during the day. Ex. Lunch, diaperchanging, when we gather and sing together.
<ul style="list-style-type: none">• Sit with your child during lunch, activities and during playtime
<ul style="list-style-type: none">• Get information on the daily routines
<ul style="list-style-type: none">• Get to know the employees, the other parents and children

What to bring with you?
<ul style="list-style-type: none">• Inside shoes or anti-slip socks• Diapers, not up-and-go.
<ul style="list-style-type: none">• A few changes of clothes
<ul style="list-style-type: none">• Something familiar and safe: waterbottle, pacifier, teddybear
<ul style="list-style-type: none">• "Mitt hus". Stick on pictures of important persons in your child's life. Mom, dad, uncle, aunt, siblings, grandparent, animals, etc.. You will get a paperhouse, and we will laminate it for you. This can be used when your child is sad and misses you.

Day 2-3:

You as a parent still have the main responsibility for your own child. Be available and close to your kid all the time. Even if your child is exploring all around, stay close. Be active during the routines in the kindergarten. Wash your child, sit with it during meals, activities and during playtime. If you haven't yet, ask and get information on how the daily routine is. Talk to the employees and other parents, get to know each other.



Day 4-5:

It is important that you are still available and close to your kid, you are your kid's safe haven. But this is the time for your child to get to know the and trust your secure person. Now is the time for your secure person to get to know and do more with your child, she/he will try to change diaper, sit next to them during lunch etc.

The first time without the parents in kindergarten

Delivering and picking up in kindergarten

It is important that you always tell your child goodbye, and don't linger in the wardrobe. The child needs to know that when you say goodbye that you will actually leave, and that you will return later. This gives the child a sense of predictability. A lot of children will protest or start to cry when the parents leave in the morning, and this will often feel difficult for you as a mom or dad. Even if your child cries when you leave, they are often playing soon after. And don't worry, we will text you and let you know how it's going. If you feel insecure when saying goodbye or picking up after work let us know and we will try to help you the best we can.

We want the end of everyday to be a good ending. When you are picking up your child let them know how happy you are to see them and don't be shy, ask the employees what happened during the day. Help your child to say goodbye and leave when everyone is happy.

And if your child cries when it sees you when picking up, most likely it is just really happy to see you and it feels relieved that you came back.

If possible – adapt your workday

During the hours in kindergarten your child will see a lot to proceed. If possible, give your child short days the first few weeks. It is also important that your child gets calm evenings at home, it will be tired and needs the comfort from mom and/or dad.

