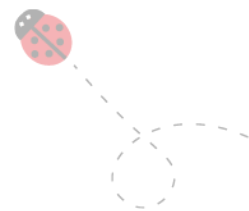


# A secure start in Utsikten Vest FUS Barnehage

Utsikten Vest FUS barnehage  
Bogafjellbakken.90  
4324 Sandnes





# Welcome to Utsikten Vest FUS barnehage

Here you will find some information about our kindergarten and our standard for settling-in. We're glad you chose us for your child.

We are one of many FUS kindergartens throughout Norway. FUS stands for "first – always the child first!" The kindergarten opened its doors on February 26, 2006, and has since become a regular part of daily life for many children, parents, and staff. The kindergarten is located at Bogafjell and offers a unique view over Stokkelandsvannet and the city of Sandnes—hence the name "Utsikten Vest" ("The Western View"). The kindergarten has four departments spread over two floors. On the lower floor, you'll find **Småkrypa** and **Marihøna**, which are for toddlers aged 0–2. On the upper floor, you'll find **Maurtua** and **Tusenbein**, which are for older children.

We are ideally located with many great hiking opportunities in the surrounding area, featuring varied terrain. We are proud of our local environment and enjoy spending time outdoors.

At Utsikten Vest, we have a skilled staff that puts children first and understands the importance of being present and caring adults. We have a low staff turnover, and most of our employees have been with us for many years and enjoy working together.

We do our best to give children a positive experience with everyday kindergarten life where play is central. Our focus is to support children's development on their own terms through the world of play. Children at Utsikten Vest FUS should remember their time in kindergarten as a period filled with attentive, caring, and engaged adults in a creative everyday environment. It is through play that children develop.

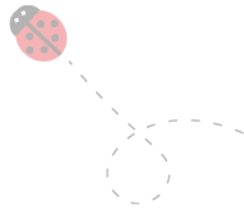
In Utsikten Vest there is a skilled employee group that put the needs of the children first and have knowledge of the importance of safe and warm adults. Our employees enjoy our kindergarten and that reflects on how many years they have worked here. Some have even worked here since the kindergarten first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

## Our Settling-In Standard

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, or from kindergarten to school. 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 it easier for the child to connect with the new person.

## What happens regarding the adaption?

### Before your start this fall:

#### Visit to the Kindergarten

We invite you to visit the kindergarten before the official start. The visit dates are **June 18, 23 and 25<sup>th</sup>**.

During these visits, you will meet a staff member who will be working in your child's department, as well as other new children and their parents. The purpose of the visit is to become familiar with the kindergarten and with one another by spending time together around the children.

This is an optional offer, but we encourage you to attend, as it is a great opportunity for both the child and parents to meet the staff and other families who will also be starting in the fall.

### Parent Meeting

We will host a parent meeting where we will present our settling-in model, and discuss young children's basic needs for safety, care, attachment, play, and learning. We will also introduce the kindergarten, the staff, and provide a tour.

This is an opportunity to ask any questions you may have regarding the settling-in process and the start of kindergarten.

The meeting is scheduled for **June 11 from 5:00 PM to 6:00 PM**, at the entrance of "Småkryp" on the lower floor.

If you are unable to attend the meeting, please let us know **by June 10**.

### Start-Up Conversation

You will be offered a start-up conversation after your child has been attending kindergarten for about 2–3 weeks. This meeting will take place at the kindergarten.

The goal is to talk about how you experienced the settling-in period, how things are going now, how we experienced the process, and to refer to important documents we work with. Parents will also be able to ask questions during the conversation.

### Start – The Settling-In Period

Children are different and have varying needs. The settling-in period is the initial phase when a child enters a new department or meets kindergarten life for the first time. We aim to adapt as much as possible to your child's individual needs.

Below is a general plan for the first five days in kindergarten. Please note that this plan can be adjusted based on the needs of each child.

For children under 3 years old, it is important to set aside at least five full days for settling in—and preferably more if needed by the child or the parents.

For children over 3 years, the process is adjusted to the child's needs and agreed upon with the parents.



Parents have different amounts of time available for settling in. Most have three days each granted by their employer. We recommend spreading these days across separate dates, if possible, to extend the settling-in period and adapt to the child's pace.

We also recommend that only one parent is present during the settling-in period.

## Schedule

Day 1: 9:30 AM – 11:00 AM

Day 2: 9:00 AM – 12:00 PM

Day 3: 9:00 AM – after first nap

Day 4 & 5: 8:30 AM – 2:30 PM

## Day 1

When you arrive at the kindergarten, you will be welcomed by your child's designated attachment person. This person's task is to get to know your child so they feel safe and begin forming a secure attachment.

Your Tasks as a Parent:

- Take the main responsibility for your child
- Stay available and close to your child at all times—even if your child seems to adapt quickly
- Be actively involved in daily kindergarten life
- Change diapers, sit with your child during meals, activities, and play
- Learn how the daily routine in the kindergarten works
- Get to know the staff, other parents, and the children

What to Bring:

- Slippers or anti-slip socks
- Diapers (not up& go)
- A change of clothes
- Something familiar and comforting for the child: water bottle, pacifier, cloth, or cuddly toy
- "My House": This should include pictures of the child's parents, other family members, friends, your home, or anything the child is emotionally attached to. You will receive a paper house to decorate. It will be laminated and can help comfort the child if they miss you.

## Day 2–3

As parents, you still have the main responsibility for your child. Stay close and available at all times—even if your child adapts quickly.

Be actively involved: change diapers, join meals, play, and activities.

Continue to learn how the kindergarten's daily routines work and build relationships with staff, other parents, and children.

## Day 4–5

You should continue to be present with your child in the department. You are their secure base, and during these days, your child should start forming a stronger bond with their attachment person.

The attachment person will gradually take on more responsibility, while you remain present in the background.



## The First Time Without Parents in Kindergarten

### Drop-Off and Pick-Up

Always tell your child when you're leaving and avoid making the goodbye too long. Children need to trust that you leave when you say you will—and that you'll come back later. This provides predictability.

It's common for children to protest or become sad when parents leave, which many parents find difficult.

Even if your child cries, they are often quickly engaged in play or exploration afterward.

Ask the staff to let you know how your child does after you've left—it helps you feel reassured that they're getting the support they need.

Please tell us if you feel uncertain about the drop-off or pick-up situations.

### Pick-Up Time

End the kindergarten day on a positive note. Show your child you are happy to see them again and talk with the staff about how the day went. Help your child transition out of the kindergarten day by saying goodbye to the staff and the other children.

## If Possible – Adjust Your Daily Routine

Children need time to process many new impressions. If you can manage shorter days in the beginning, that is best for the child.

It's also important to have calm and quiet afternoons at home after kindergarten.

## 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.

## 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 every day 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 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.

## WELCOME!

We are really looking forward to getting to know you

