



First weeks at GARDERIE RAINBOW

The first weeks at GARDERIE RAINBOW will be an adjustment period for both you and your child. Some children adjust to a group setting without any apparent difficulty. Other children will cry and cling to you. Some children will become unusually quiet and will not join in activities. Other children may become overstimulated and act out aggressively. The following suggestions are things that you can do as a parent to help ease the adjustment period:

1. If possible, visit the daycare with your child prior to leaving him/her there for the first time.
2. Small children are not always sure that mom or dad will be back to pick them up. Even if they do understand that mom or dad will return, they have no idea about timing. Please explain to your child in advance what will happen when you drop him/her off and also reassure him/her that you will be returning.
3. If your child is over one year, talk to your child positively about the daycare and the things she/he will be doing there.
4. Place emphasis on what your child is going to do at the daycare rather than on what your activities will be while he/she is at the daycare.
5. See that your child is involved in a specific activity or is in the hands of an educator before you leave him/her.
6. Avoid prolonged goodbyes.
7. During the first weeks, you may be feeling some apprehension after having left your child. Feel free to email or phone the daycare during the day to find out how your child is doing.
8. Do not hesitate to discuss adjustment issues with your child's educator or the daycare administrator.

The adjustment period varies for every child and this is a natural growth and developmental process. As children mature, they begin to identify themselves as independent personalities. In separating from you, the parent, your child is learning:

- To develop an interest in the activities of the daycare.
- To feel comfortable with others.
- To understand that you will come back to pick him up.
- To understand that parents often must concentrate on their own interests and duties which are separate and different from those of a child.
- To develop an acceptance and willingness to allow the parent freedom to come and go as needed.

It is important to point out that sooner or later after the initial successful adjustment to the daycare; all children want to explore the limits of "not going to daycare". When this occurs, go back and use the above suggestions again.

Remember, We are here for you! If you have any questions or concerns, talk with the daycare administrator.

We call it learning. Children call it fun.

The integration week:

We recommend a gradual approach to introducing the child to our program. Here is our suggested schedule:

- On the first day, we suggest the child stay for one hour, from 9:30 to 10:30 or longer, depending on their reaction, in the classroom.
- On the second day, the child can stay for two hours, from 9:30 to 11:30 or longer, with one hour in the classroom and the second hour in the park.
- On the third day, the child can stay for three hours and have a meal with us, from 9:30 to 12:30.
- On the fourth day, the child can stay longer and take a nap with us, from 9:30 to 2:30.
- Finally, on the fifth day, they can stay for a full day.

Typically, it takes about a week for a child to fully integrate into our program. However, some children may need more or less time.