

# Tips on how to help your child feel good in a nursery or kindergarten

29 Jul 2021, 08:48 | learn with the educator

Tips on how to help your child feel good in a nursery or kindergarten. Starting an adventure with a nursery or kindergarten can often be very stressful - both for children and for parents. How to deal with your own emotions and at the same time help your Toddler to adapt well to a new place?

**Check out some of our tips! We start with topics that will help your child prepare well for a new adventure:**

- Even before bringing the child to the nursery or kindergarten, it is worth starting to raise this topic at home
- and gradually introduce consolation into a new, hitherto unknown world.
- Various books on the subject of kindergarten will prove to be helpful. We have already mentioned the books here.
- When reading the word "kindergarten" for younger children, we can replace the word "nursery" or simply talk about a place,
- where the toddler will learn and play with other children.

**Introducing the child to the subject of kindergarten, you can play scenes with stuffed animals or dolls.**

- With their help, a child can be taught to communicate their needs, express feelings or identify emotions.
- You can also try to recreate the day from kindergarten - in familiar, safe home conditions.
- Once the toddler is in the facility, he will positively associate the situations from the scenes played earlier with the parent.
- Even during the summer holidays, it is worth going for walks in the vicinity of the nursery or kindergarten.
- It is important for the child to get to know the area and feel safe in it.
- If possible, you can use the kindergarten playground,
- where our child will certainly spend a lot of time from September.

Most institutions organize adaptation classes for children before the start of the school year, it is worth going with a child and tame them with a new place. During such classes, kids have the opportunity to meet teachers, the facility itself and children, who will also go to nursery or kindergarten for the first time.



**When our child returns to classes in**

**September, will have an idea of what to expect - the adaptation days are very helpful here!**

- We do not always have such an opportunity, but at the beginning it is good for our child to graduate the time he spends in a new place.

- At the beginning, let it be two or three hours so that the little one can get used to it.
- When the child feels more confident, this time can be extended.
- Preparing a layette together may be helpful. The child will surely be happy that he has to pack his backpack and choose his favorite clothes.
- Such packaging can be combined with mum's or dad's preparations for work.
- While packing, you can start talking about what a parent's day at work will be like and what a day in kindergarten will be like.
- Some nurseries and kindergartens prepare a work plan in advance and plan meals for a given month - such knowledge
- it will also be useful during conversations with the child.

When talking to the child about the new situation, let's try to use positive phrases.

- After all, we want the child to feel well in kindergarten and have a positive association with them.
- So let's avoid a sad tone and phrases like: "it won't be that bad", "don't be afraid", or "I was also afraid when I was a child".
- It is better to replace these phrases with: "you will have a lot of fun" or "great that you will be able to sing songs and build a tower of blocks".
- Also, remember that you shouldn't cheat your baby by saying "mom will be back when you stop crying" or "I'm just going out for a moment, be right back".
- When you come back a few hours later, your little one will be disappointed and won't want to trust you the next day.
- You can specify when you will come back, for example, "I'll be after your dinner", or "when you wake up from a nap, daddy will be waiting for you", etc.



It is easier for children to get used to new situations when they are taught a certain routine. Your child will know what to expect, which will help you avoid a lot of stress. Together, decide on the order of morning activities and the way you say goodbye, eg "two hugs, a kiss and you go have a great time".

Or you can introduce yourself some morning tasks that you do together while getting ready to leave. If your nursery or

kindergarten offers such an opportunity, choose a toy with your child that he will take with him.

1. Having a favorite soft toy or a car in a new place, a toddler will feel more confident and safer.
2. Toys can also be a good excuse for the first conversations with peers.
3. They often help to overcome shyness and overcome fear.
4. 23 ideas for fun without toys

Children are bored with power. But don't worry - if you run out of ideas for engaging games, we are here to help.

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**In the article you will find:** It's not about toys, it's about having fun

How to have fun? 23 ideas for fun without toys

1. Flour
2. Grains
3. Cups and cans
4. Newspapers
5. Yarns
6. Pillows

Modern children have an innumerable number of toys. We find out that there are far too many of them when it comes time to clean up. Each new toy brings joy, but it does not always go hand in hand with hours of joyful fun. These items very often end up in a corner or, at best, have a completely new destiny in the hands of a child. What if you tried to play without toys?

**It's not about toys, it's about having fun**

... And time spent together - carefree and spontaneous. Home comfort offers an endless number of games and activities that not only stimulate the imagination and stimulate creative thinking, but also encourage you to explore and experience the surrounding reality with all your senses. Time spent with a child on creative games is an excellent investment in his development, a great opportunity to build a positive relationship and deepen mutual bond.

