

Settling in Period for Kindergarten and Preschool Children

The settling in period at ISF is designed to give your child a stress-free and positive introduction to Kindergarten/Preschool. During this time a Kindergarten teacher is always available for them and also acts as a point of contact for the parents or for the person looking after the child (parents, grandparents etc.). This means continuity for everyone, which is an important aspect of building a stable bond.

Different phases of settling-in:

Basic Phase

For the first 3 days, a parent will stay with the child in the classroom for around 2 to 3 hours (ca. 8:30 am to 11:30 am). The Kindergarten teacher will slowly build up contact with the child. The parent is, however, still the main person who gives the feeling of security to the child, but tries to stay in the background where possible.

Stabilising Phase

In this phase, the Kindergarten teacher gradually takes on the main role of caring for the child, initially in the presence of the parent, and periods of play are accompanied by her. The parent says goodbye for the first time and leaves the classroom, but does not leave the building so that he/she can be fetched if needed.

End Phase

The parent brings their child to the class and hands it over to the trusted Kindergarten teacher. He/she says goodbye as soon as possible and leaves the building. A lot of children feel more at ease with a goodbye ritual e.g. waving at the window. The Kindergarten teacher must be on call in this phase. It is important that no changes are made to the settling in process on Mondays as children have to get used to being in Kindergarten/Preschool again. The settling in period has been completed when the child accepts the Kindergarten teacher to comfort them, look after them and play with them, as well as accepting the classroom as a 'safe haven'. A familiar object from home, e.g. a soft toy, helps ease the settling in period. Children who are ready to stay all day, stay for nap and lunch in the end phase. Our experience shows that the settling in period takes around 1-2 weeks, depending on the age of the child. For children who have already experienced a socialisation phase in another nursery or Kindergarten, it may only take a few days.