



Adaptation Plan

Definition of the adaptation period

The adaptation period is the time during which the child gets used to the new environment (preschool, classroom, staff, and children in the preschool). Each time a child enters a new facility, a new adaptation period begins. It is not true that if a child has already attended another preschool, children's group, or similar facility, they are already adapted. Adaptation takes place differently in each new facility that the child attends.

The duration of the adaptation period is not precisely defined and is very individual, depending on the needs and social and emotional development of the student. The adaptation period, until the child is fully adapted, can take up to 2 to 3 months.

Adaptation period at MŠ Wonderland

The first step towards a smooth transition for your child is a visit/tour of the preschool accompanied by a parent, during which your child can get to know the preschool building, its premises, equipment, and garden, and possibly meet some of the teachers.

The next step is to visit the school garden during the morning outdoor time, when the child comes to play, accompanied by a parent. They will get to know the children at the preschool, the teachers, and the preschool environment in general.

The adaptation period is tailored to the individual needs of the child and family. However, we recommend a gradual adaptation, where the child stays at the preschool for only part of the morning during the first few days (as agreed with the parent). In the following days, the time spent at the preschool can be extended until pick-up before lunch (11:30 a.m.) or until after lunch (12:30 p.m.).

During the first 14 days, we do not recommend leaving children at the nursery for a full day with an afternoon rest. The planned extension of attendance to the afternoon is at the parents' discretion, but we still recommend consulting with the child's teacher.

How to make adaptation easier for your child

Here are a few tips that can help your child adapt:

- A positive attitude on the part of parents is part of a child's successful adaptation.
- Positively talk about preschool.
- Don't prolong the morning goodbye unnecessarily. Create a shared morning ritual, after which you say goodbye and leave.
- Don't leave "secretly" without saying goodbye!

- Stick to what you have agreed with your children (time of leaving preschool, follow-up activity for that day).
- If one of you parents finds it more difficult to part with your child in the morning, try to plan it so that at least in the beginning, the other parent takes the child to preschool.
- Prepare a morning schedule with enough time to ensure that everything runs as smoothly as possible.
- If your child cries, be sensitive but consistent.
- Don't be late. Allow your child to acclimatize to the preschool environment during free morning play, when the teachers can devote more individual attention to the children, and there are no structured activities.
- If you arrive at the preschool at 8:30 a.m., your child will not have time for free play and will be immediately involved in activities. Even we adults like to look around before we start working. Children need some time to play freely in the morning.
- Before starting preschool, it is good to practice organizing the morning routine (getting up, hygiene, breakfast, getting dressed, etc.).
- If your child is used to being only with you, try to arrange with other families or friends to look after each other's children for a while.
- Label all of your child's belongings and show them what your label looks like. This will eliminate the stress of your child not knowing whether the items are theirs or whether they have any at all.
- Do not threaten your child with preschool ("Wait until you go to preschool, they'll sort you out there," etc.).

We know that the adaptation period is challenging for both children and their parents. Often, this is the first time your children are away from home and not spending time under your supervision. Don't hesitate to ask us questions, send us an email, or make an appointment. We are here not only for your children, but also for you.

