

A successful transition

❖ From home to daycare



Gentofte
Kommune

Dear Parent

In Gentofte Kommune, healthcare, daycare and parents work together to provide peace of mind and continuity for children in the transition between childcare at home and daycare provision. We do this because we know that working together successfully is key to your child's well-being and development.

In all daycare provision, the educational staff work to create the best conditions for children's learning, development and well-being in a professionally attentive and caring environment. We look forward to welcoming you and your child to our daycare community.

Healthcare and daycare professionals have prepared this pamphlet jointly to give you an even clearer idea of how to support your child in making a successful transition from childcare at home to a daycare facility. At the same time, you will gain insight into some of the initiatives we work with to support the children in this transition.

Kind regards

Healthcare and Daycare provision in Gentofte Kommune

Transition and starting in daycare

Your child will soon start at a nursery or with a childminder, and we look forward to welcoming you to one of our daycare facilities. This means a new routine, and it's often a big upheaval for both your child and you. Many parents are excited and perhaps also a little nervous about how it will go. A good transition is essential to ensure your child's well-being and development in his/her new routine. In Gentofte Kommune, healthcare and daycare work closely with you to ensure that you experience peace of mind and as much continuity as possible in the transition from childcare at home to a daycare facility. For example, by agreement with you, we share relevant knowledge about your child, and we offer you an induction session before your child starts. As a parent, you can also contribute to a smooth transition for your child. Here in this pamphlet, you can read about what we do to ensure a smooth transition in Gentofte Kommune, and what you as a parent can do.



Sharing knowledge about your child

What the health visitor does

In order for your child to be comfortable with the educational staff in the daycare facility, you need to share relevant knowledge about your child with the daycare facility. That's why the health visitor will work with you to fill in a transitional description on the last visit to your home when your child is typically 8–10 months old. The description includes knowledge of communication/language, motor skills, senses, sleep, contact and interaction.

What the daycare facility does

Daycare facilities in Gentofte work purposefully with communication to ensure a good foundation for working with you. Once your child has started, we focus on:

- The ongoing dialogue with you about your child's everyday life and well-being.
- Communicating digitally through the Aula platform, where you can track your child's everyday life through posts and photos.

How you can help your child

As a parent, you are an expert on your child, so it's also important for you to share relevant knowledge about your child with the daycare facility. This gets your relationship with the daycare facility off to the best possible start, and you can help to create the best everyday life for your child.

Induction session at the daycare facility before your child's first day

What the health visitor does

During the final visit from the health visitor, you'll be discussing your child starting to attend a daycare facility. During that session, you will assess together whether it would be relevant for the health visitor to attend the induction session with the daycare facility.

What the daycare facility does

Your future daycare facility will invite you to an induction session before your child starts. The induction session is based on the transitional description which you and your health visitor have completed together. The transitional description provides the best starting point for taking into account any needs your child may have. At the induction session, you will agree on the procedure for your child starting to attend the daycare facility.

How you can help your child

It's always a good idea to accept the offer of an induction session with the daycare facility, as this can give you a sense of the new routine for you and your child. An induction session helps build the relationship with the daycare facility even before your child starts and can help to provide peace of mind about the transition for both your child and you.

Starting at the daycare facility

What the health visitor does

- **Peace of mind:** The health visitor shares relevant knowledge about your child with the future daycare facility. This is done by agreement with you and in accordance with the GDPR.
- **Coping:** The health visitor can give you useful tips and ideas on how to help prepare your child for everyday life at a daycare facility.
- **Participation:** The health visitor attends the induction session if needed.

What the daycare facility does

- **Peace of mind:** During the induction phase, the daycare facility focuses particularly on creating a safe environment for your child and helping your child into his/her new routine. The induction phase can vary a lot depending on the child's needs, but often lasts up to two weeks. For part of the induction, you will be invited to come to the daycare facility, and you will also be invited to practise going there and coming back. For many children, there is a transition phase after their induction, where they continue to react emotionally and, for example, may have a greater need to be close to you when they come home from the daycare facility. It is quite normal for the transition phase to take a few months.
- **Coping:** The daycare facility supports your child in navigating the new routine of daycare so that your child can become part of the community.
- **Participation:** The daycare facility helps to ease your child into various communities large and small at the daycare facility when the child is ready. The daycare facility focuses on supporting your child's development of motor, linguistic, social and personal skills through play, activities and routine situations such as meals. The daycare facility's starting point is always to provide the right level

of challenge for your child to ensure that all children develop at their own pace.

How you can help your child

- **Peace of mind:** Starting at the daycare facility is a significant transition for your child. All children are different and react differently to their new everyday life. Your child may have a very emotional reaction and need to be closer to you when you both get home from the daycare facility. This is a natural reaction in the early months, when there are so many new and different things to take in. The emotional reactions that arise are natural and require space and care. You can help your child to be comfortable with the daycare facility by giving him/her your time and hugs when needed – but also by letting go and encouraging your child to explore when he/she seeks contact with other children and adults at the daycare facility. You can show your child that the daycare facility is a nice, safe place to be by greeting both the educational staff and the other children and parents when you drop off and collect your child. When you take your child along for the first time, it can be difficult – not least for you as a parent. Please speak to the educational staff about how, together, you can make this handover as positive as possible.

- **Coping:** There are various things you can do to strengthen your child's development and self-reliance when starting at a daycare facility. The following are examples of facilitating a smooth transition:
 - Let your child practise feeding himself/herself with a spoon or fork.
 - Let your child drink from a cup without a lid instead of a bottle.
 - You can encourage your child to move, e.g. crawling or walking, depending on his/her age.
 - You can help your child develop healthy sleeping habits. At the daycare facility, the child will sleep in a pram or cot, usually outdoors.

- If possible, and where this is needed, you can let your child spend time with other children.
- **Participation:** When you and your child become part of the community at the daycare facility, your child will have new people in his or her life. And so will you. You can contribute to a positive community culture at the daycare facility, e.g. by greeting everyone and speaking kindly to and about parents, staff and children.

