

Profile book for Katrinebjergparkens vuggestue

Our profile book is divided in two parts, and this part contains practical information about the work we do and it is also meant as guidance for you.

Indholdsfortegnelse

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Starting in day care

When a child starts in day care, it is important, that the family feels welcome. Therefore we recommend that the family pays a visit to the day care, before they accept the spot. We are happy to show you our house, and to tell you about our policies and thoughts about our work with the children. Before the child starts, we want to have a start-up meeting, to exchange information about each other. The more we all know, the better we will understand each other. It is our experience, that this gives the best start.

We recommend the family to dedicate at least one whole week, to let the child get use to being in day care.

Here is an example of a first week in day care:

Day 1: The child visits the day care together with a parent, for 1-2 hours

Day 2: Same as day 1, but the parent can try to leave the room for a short time

Day 3: The child can try to stay alone for a bit longer, while the parent stays close

Day 4: The child stays alone in day care for some hours. The parent can leave, but should stay close to their phone.

Day 5: The child stays in day care most of the day, and tries to take a nap there.

This is an example, but every child is different, and has different needs, so parents, and pedagogues will plan the first week together.

Delivering and picking up your child

When the child is delivered and picked up from day care, the child experience the meeting of two different worlds. This can be very difficult, so the parents and workers have to take responsibility, to make it as peaceful as possible for the child.

We feel it is best to confront the child with the truth; they will be separated from the ones they love the most. Therefore we will not try to distract the child with toys or food, the child will say goodbye to its parents together with an adult. When the parent has left, we will comfort the child and figure out what the child needs.

A calm delivery is good. To have good time is a good thing, but too much time isn't always good.

Here is an example of a good delivery:

Come in, go straight to the wardrobe, get clothes off, and in-door shoes on. Do everything you have to do (write pick-up time, put extra clothes in the wardrobe etc.). When you are ready to leave, contact a worker, if needed, tell them about the child's condition, then say your goodbye and leave the child with the worker.

In many cases the child will cry when you leave, and that is perfectly normal. Most times the child will stop crying within a few minutes. We will comfort the child, and fulfill it's needs, while you are gone, and you can trust that we will always call for you, in case we feel it is too much for the child.

When you pick up your child, we want to tell you how your child has been. Sometimes there can be time for a longer talk, and sometimes we only have time for a short comment. It is important for us,

to keep a calm environment for the remaining children. We ask you to respect this, and to try to pick up quick and quiet.

Many children can seem like they don't want to come home. We believe it is important, that you, as their parent, show them that you want them to come home, and that it is your decision, when to leave. Don't try to distract the child with promises or threats.

Playground

We spend much time on our playground. We experience, that most children are very happy to be at the playground. The playground is made in a way, that allows the children to explore it on their own. We have flowers, fruit trees and herbs, that can stimulate and challenge the children's senses. Small hills and stairs challenge the children's motor skills. Furthermore we have sandboxes, bikes, scooters and other kinds of outdoor toys.

Everything is there for the children to choose amongst, which gives the children an experience of independency.

At the playground children and adults from the whole house meet with each other.

The playground is a place where the children can express themselves, and it stimulates their fantasy in a different way, than playing indoor. It is also a big world for the small ones, and normally it takes some time for them to get use to it, and feel secure.

Food

Food is not only about eating and filling the stomach. The meal is a gathering-time for the children, where we try to achieve a good vibe. The meal is also an experience for the senses, and the children are encouraged to look, touch, smell and taste the food. We seek to give the children a good experience with eating and sharing food with others.

We want to give the children opportunity to taste different kinds of food. We find it important that the food is presented to them, in a way that encourage the children to taste and eat.

The portions should be small, rather than big and overwhelming. We separate the food on the plate, so that the children can taste the different foods separately, which gives the children opportunity to choose the foods that they like.

It is our experience, that small children's tastebuds change all the time, therefore we encourage the children to taste all the food, every time, but we respect their choices. Children will naturally vary their food.

The oldest children can participate in serving the food.

We all know that children experiment with food. We guide and teach them good eating manners.

We expect the children to develop their eating manners, when they grow older, but we think the children should have peace to eat, without too much control and injunctions. And of course we don't leave the table until everyone has finished.

We seek to make the meal as ecological as possible. Bread is baked with ecological flour, and all dairy products, meat and vegetables are ecological as well. We use vegetables of the season, which gives a natural variation of the food.

By the entrance you will find a food plan of the week. Monday we serve porridge, tuesday vegetari-an meal, wednesday fish, thursday meat, and friday we serve rye bread with different choices of topping.

Children below 1 year of age can get "baby-food" such as ready-made baby milk and porridge. In cooperation with the parents we gradually introduce the children to normal food.

Please be considerate if you pick up, or deliver your child during a meal. Do it quickly, so that the other children can continue eating peacefully.

Clothing

It is important that the children wear something that is practical and comfortable. The clothes should be clean and have the right size, that allows the child to move around freely. It is important always to have enough clean clothes for changing during the day.

We go out all year, and in all kinds of weather, which requires the right clothing. The workers are available for advising. Always write your child's name in the clothes, else it can easily disappear.

When they are ready, we start to guide the children in how to wear their clothes by themselves. It gives the children a great experience of independency when they are able to wear their clothes all by themselves.

Toys

We have many toys for both outside and inside. We try to have the toys that the children like and that supports their development. We avoid toys that make sounds.

Children are allowed to bring their own toys, but note that the toys could break or disappear. We recommend you to let valuable toys stay home, and always put name on it, if you bring something

Sleep

When the children has to sleep, we prepare them . We change, wash and nurse them, and put them in their sleeping clothes. We take time to prepare the child both physically and mentally, to go to sleep, and there is a close contact between child and adult. The child should feel good and safe being put to bed. The children sleep in wagons or cribs, outside or in the sleepingroom. They sleep with teddy bear or pacifier, if needed. If the child is use to being driven to sleep, we will continue that, until the child is able to fall asleep by itself.

The children sleep according to their own rhythm. We do not wake them up. We believe the children need a good rest, without being woken up. In cases where the child has a bag sleeping pattern, we can cooperate with parents, carefully to adjust the sleeping pattern.

Holidays

When the child has gotten use to being in day care, we recommend that the child takes an occasional day-off. Children need that.

The workers have 6 weeks of vacation per year, and we recommend that children have the same amount.

It is hard work for a child to be in day care. It is not a quiet place, and the child has to relate to many different children and adults, all the time. The day care can not give the same peace and quiet as a home. A long continuous holiday, gives the child a good rest, and allows it to build up new energy to bring, when they return to day care.

It is important for us to know when the children goes on vacation or takes a day-off. We need it, in our planning.

Prior to regular holidays we will put up lists, where u can write whether the child will come to day care or not. Please try to comply with the deadline.

Illness and Medicine

We do not accept ill children in day care.

We consider the child ill if is has: Children's diseases, vomiting, diarrhea, fever, stomatitis, conjunctivitis, flu, heavy cold, or if the child's general condition is simply too bad to stay in day care.

Should the child fall ill during the day, we will call for the parents to pick up their child.

The workers do not give the children medicine. If the child has a chronic disorder, that need treatment during the day, the workers will be trained to do so.

It is important that the child has fully recovered, before returning to day care, after a period of illness. The immune system might be weakened, and the child more receptive of new diseases. Quiet days, good food, lots of sleep and extra caring, can help prevent that the child falls ill again.

It is important that we get to know, as early as possible, if the child is ill. We need the information when we plan the day. We will like to know what kind of illness the child has, since it helps us to know if a virus is in circulation, so that we can warn other parents.

Traditions

We have some annual traditions in the house.

In the early months of the year we celebrate Fastelavn. The children wear costumes from home, or borrow something from the day care, and we all gather to see each others costumes and to "beat the cat off the barrel".

In the summer we celebrate the birthday of the day care. We invite parent to come in the afternoon, for cake and coffee, and we have live music.

In autumn we have theater.

In december we do some different christmas traditions. We sing christmas carols, burn candles and make christmas decorations. We also cook christmas food. On the 3. friday of december we have a christmas party. In the morning, the children dance around the christmas tree, and in the afternoon, we welcome the parents and siblings for cake.

Birthdays

We celebrate the children's birthdays. Parents are very welcome to bring some delights, such as fruit, raisins and the like. We do not accept candy. We are happy to come to visit you at home, with some of the children, when the child turns 2.

Going from day care to kindergarden

The child goes to kindergarden when it turns 2,11 years of age. The parents can apply for kindergarden, from when the child turns 2 years. We recommend you to pay a visit to the kindergarden you have in mind. We cooperate with the parents in making the child ready for kindergarden, according to cleanliness, social skills, language and the like.

We make a goodbye party on the last day in day care. The child gets a book with photos of their time in day care, and parents are welcome to participate, and bring some delights.

After a period of time in kindergarden, we recommend you to pay a visit to the day care.

Information boards

We have many information boards around the house. In the entrance you will find pictures of the board members, and different booklets and flyers. If you have an article, good advice or the like, that you want to share with other parents, you are welcome to put it up there. We like to discuss with others, and believe it is a healthy way to develop.

Next to the entrance door you will find the latest news from the house.

Next to the office you will find pictures of all the workers.

In the child's room you will find a list to write pick-up time. When you arrive in the morning, you can write when you will pick up the child. When you pick up your child, please always remember to cross out the pick-up time on the list. We use the list in cases of emergency, to make sure who went home, and who are still there.

Meetings

When the child starts in day care we want to have a meeting, to get to know you as a family. We want to hear about the child's habits, and to discuss how to start up. We also want to tell you more about life in day care.

After 3-4 months we will have another meeting to talk about the start-up, and any questions that you might have for us.

When the child's around 2,3 years of age we have another meeting, to talk about the child's development, and what to work with before going to kindergarden.

If we or the parents feel a need for a meeting in between, we will find time for it.