

# Transitioning to preschool in Lillestrøm

Information brochure for parents



## Welcome to preschool in the Lillestrøm district!

The transition to beginning in preschool can be exciting for both big and small.

As parents it can be important to have an idea of what can be expected of your preschool during the transition period. It can also be helpful to know what you as a parent can do to facilitate a secure and positive start.

This brochure offers some tips for parents in the transition period and information regarding what preschools have focus on in this time of adjustment.



## Quality plan for transitioning

The district of Lillestrøm has established a quality plan for transitioning to preschool. This plan is obligatory for public preschools and available for private preschools. There will naturally be adjustments made for the transition process in the differing preschools. Each preschool will give more concrete and detailed information to the parents when the time for preschool start approaches.

The quality plan is based on research within attachment with focus on transition periods. Theories such as Circle of Security and the Jåttå model have been pivotal references. There will be more information regarding these at the meeting for new parents.



## **In regards to the transition period parents will be offered:**

### **An information meeting for new parents**

Preschools offer a meeting with information regarding the time of transition and their theory based practice.

### **Times to visit before a child's first day**

Preschools will offer the child and their parent(s) days they can visit the preschool and be familiar with the area and staff before they begin.

### **Transition meeting with the head teacher**

Conversation before starting in preschool where the goal is for the responsible staff to gain information about the child and family along with how they can best accommodate them during the adjustment period.

### **Initial conversation with the head teacher**

Conversation 2-6 weeks after beginning in preschool. The goal for this conversation is exchanging experiences around the transition period and agreeing upon the form for further cooperation.



## Tips to parents for a good start in preschool

When beginning in preschool parents are the most important support for securing a good and positive start to a child's new daily routine.

Infants and toddlers acclimatize themselves with their surroundings by reading their parents reactions and body language. It is therefore important that parents communicate to their child that preschool is a safe place where they can play, discover and be together with other reliable adults.



## Additional tips for parents

- Visit your preschool's playground and outside facilities after closing hours
- Let your child be familiar with their lunch box, water bottle and backpack before starting in preschool
- Feel free to bring a familiar object such as a pacifier, blanket, stuffed animal or similar with you so that your child has something safe to comfort themselves with during this period
- Participate the days that are arranged for visiting before the transition period
- Attend the parent meeting for new parents



- Set aside at least five days for transitioning when beginning in preschool
- Let your preschool know if you are in need of a translator
- It is primarily one parent at a time that is together with their child at preschool in the transition period
- Try to give your child a calm start to their day before coming to preschool
- Plan for slower paced evenings at home when acclimating
- Don't hesitate to call or communicate with your preschool



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