



Dear Parents

Soon your child will begin to attend kindergarten. This means a great step into independence, as the child has to find his or her place in a group of 16 to 24 children and to relate to two adult teachers.

You may already ask yourself how this will affect your child.

For instance:

How will my child experience the first days in the new environment?

How is he or she going to react to the temporary separation from the parents and will he/she feel comfortable with the new persons of reference?

How will our child cope with the new day structure?

What new demands will he/ she have to face?

We, the kindergarten teachers, are faced with the same questions every year, and we do our best to enable your child to make a good start.

For these reasons we have decided to write to you in advance and to try to give you some advice as to how you can prepare your child for "the great step" to enable him/her to experience the start at kindergarten as something positive.

The following examples are meant as suggestions and in no way as a training programme.

As persons responsible for the education we are daily asked to encourage our child on his/her way

towards a healthy, independent life and to pay attention to every "I can do this myself".

Nothing strengthens your child more than the confidence you place in him or her.

I am looking forward to meeting you and your child very soon.

Yours sincerely

Changes for your child when entering kindergarten	Preparatory support at home
<p>Daily separation from the parents The child is in the care of other persons for a longer period of time.</p> 	<p><i>Examples:</i></p> <ul style="list-style-type: none"> • play group • occasional meals at a neighbour's • being allowed to go and play at a friend's home • tasks that mean leaving the house on his or her own: emptying the postbox; back to a neighbour taking the rubbish out; taking something back to a neighbour
<p>New day structure / timetable Different sleeping hours</p> 	<p><i>Examples:</i></p> <ul style="list-style-type: none"> • Getting the child used to the new sleeping hours • Regular sleeping hours / sufficient sleep
<p>Regular physical exercise required (indoors and outdoors)</p> 	<p><i>Examples:</i></p> <ul style="list-style-type: none"> • Letting the child play on a children's playground • Going for walks including games: climbing, • Experiencing nature in every weather balancing, playing with a ball
<p>Going to the loo on his/her own (and washing one's hands)</p> 	<p><i>Examples:</i></p> <ul style="list-style-type: none"> • Daily practice
<p>Dressing and undressing without help</p> 	<p><i>Examples:</i></p> <ul style="list-style-type: none"> • As often as possible give the child enough time to practise: opening and closing buttons and zips; if possible tying the shoelaces
<p>Being able to use pencils, colours, scissors and everyday tools</p> 	<p><i>Examples:</i></p> <ul style="list-style-type: none"> • The child has materials at his/her disposal (colour pencils, scissors, chinks, paint box, glue, adhesive tape) to try out and to experiment • Helping in the kitchen: peeling, cutting, pouring drinks, stirring • Helping with the housework
<p>The child has to communicate with persons unfamiliar to him/her</p> 	<p><i>Examples:</i></p> <p>The following can further the development of the child's language:</p> <ul style="list-style-type: none"> • Looking at picture books together with the child • playing games with him/her • telling him/her stories (e.g. as a daily good night ritual) • listening to the child and talking to him/ her <p>With all the above use the child's mother tongue. Children are only able to learn a second language if they are confident in their mother tongue.</p>