



...my child doesn't want to go to kindergarten and cries every morning?

If your child is new to the kindergarten (especially if it is his/her first time), it is only natural that those initial days are quite stressful. Children need to come to terms with the new situation in their life when they suddenly have to be away from their parents all day. Each child is different, so this adaptational period can last from two weeks to a month, or up to three months. Children gradually get used to it, start building up self-confidence, begin making friends. Do not rush them and instead make it clear that you are not mad at them, that you understand their fear, and that things will eventually get better.

How can you help your child? Allow him/her to grow familiar with the new environment gradually, over time. Start with shorter stays in the kindergarten and slowly increase the number of hours. Watch for positive and negative changes in your child's behaviour, cooperate with the teacher. Together you can come up with a plan on how to make the adaptation as smooth as possible. Trust the teachers' experience, they know how to help your child.

Pay attention to your own emotions, try to act calmly and lovingly, show the child that everything is alright, smile. When you need to leave the kindergarten, explain to the child why you need to go to work and how long you'll be gone for. Always try to keep that promise. Be firm! When a child gets your attention by crying repeatedly, making you stay at the kindergarten considerably longer, your departures will be more and more difficult. This period is complicated for every parent



(sometimes even more than for their children). It is normal that, especially at the start, you will experience feelings of guilt and sadness. Don't worry, the situation will soon get better. The important thing is how the child feels and behaves when you come to pick them up. Is he/she happy, playing with the others, focusing on some activity so much that they often do not even notice your arrival? Then everything is on the right path.

If the child keeps on crying even after the usual adaptational period is over, it is likely that the child is worried by something that has been going on for a while. Consult the situation with the teacher. When it comes to children of foreigners, the language barrier could be the problem. The child could be stressed out by the fact that teachers and friends do not understand them, or vice versa. If kindergarten allows it, enroll your child to a suitable Czech language course. At that age, children learn very quickly and every little improvement motivates them to further efforts.

...my child is unable to perform tasks that it can easily do at home?

Change of environment and presence of new people is demanding even for an adult, let alone a little child. Having problems with tasks that one easily does at home may be the result of stress and feelings of uncertainty. There is really a lot that a child must learn and get



used to at kindergarten. That is why it is useful to tell the teacher, when enrolling your child to the kindergarten, about everything your child is already capable of doing at home, as well as what the problems are. The teacher then knows what to expect of the child, and what needs to be taught. Watching other classmates may also present great motivation for a child as it tries to imitate and match them. Certain „incidents“ may also occur during this adaptational period, such as when the child does not make it to the toilet on time. Do not stress your child out for these initial mishaps. Instead, explain to them how to deal with such situations next time. Teachers are used to those, so there is little to worry about. Explain to your child that he/she should not be afraid to approach the teacher who will help them to deal with a similar situation in the future.

... my child doesn't want to eat at kindergarten?

Some children refuse to eat their lunch at kindergarten, and especially children raised in different cultures may experience this problem. Czech food can taste quite strange to them, and they may need some time to get used to it. Czech children also often refuse to eat food they would normally eat at home. It could be due to feelings of uncertainty in a new environment, distrust of food cooked by „strangers“, or because they miss their parents. Teachers should never force children to eat, but they can positively motivate them, and help them overcome the mental block they have formed. Talk to the teacher and try to find a common approach. They will gladly help you and give their opinions founded on years of experience.

...my child doesn't want to sleep after lunch?

In this case you should take a similar approach as when children refuse to eat. The main thing is not to force them into anything. Explain to them that they do not necessarily need to sleep if they are not tired. They can just rest, listening to a fairy tale, for example, or leaf through a picture book. The main thing is that they do not disturb other children while they are trying to sleep. It may take a little while before children get accustomed to this part of regular kindergarten activity, especially if they are used to a different regime at home. Give them time to learn.

I am not sure, if I can deal with the situation, I need help!

Are you dealing with a new and/or complicated situation and you are not sure if you can handle it? Do you worry that your Czech language skills will be insufficient to deal with it effectively? We will gladly help you with translations, accompany you to school, seek out all the necessary information for you, and find you professional help.

Contacts

Centrum pro integraci cizinců | www.cicpraha.org

Meta, o.p.s. | www.meta-ops.cz

InBáze, z.s. | www.inbaze.cz

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