



7 Bears
Zollikerstrasse 1
8008 Zürich
Tel. 044 201 47 47
info@7-bears.ch www.7-bears.ch

Adjustment period at 7 Bears day nursery

Social integration

Social integration is the period during which a child is newly introduced to spending time at a day nursery. It is a very important time, for the child as well as for the parents, as mostly it is the first experience of a separation. Therefore it is especially important, to assure that this new experience will be introduced to the child carefully and step by step: The child needs time to get to know the new environment and - at the beginning - unknown personnel.

A person, to whom the child is emotionally attached (parents, grand parents, nanny etc.), must be present during the adjustment period, in order to ensure confidence and safety to the child. The regular presence of the emotionally attached person can be gradually reduced after the first week of the adjustment period. Children, as well as parents/guardians, need their individual amount of time to get used to the new day-care routine. It is very important that supervising tutors and parents are working very closely together. A successful social integration is the basis of a relationship of trust that allows the child to feel safe and comfortable as well as to ensure the the best possible personal development for the child.

Adjustment period

The group-leading tutor of the according group will contact the parents by telephone to arrange the start date of the adjustment period. Generally during this period, the child will be coming to the day nursery on a number of consecutive days, even if those are not the final days he will be spending at 7 Bears after the adjustment period. This will assure that he gets to know the whole group and the team of tutors. Only one and always the same tutor, maybe in co-operation with an apprentice, will be responsible for the child during the adjustment period. Therefore the child does not have to be confronted with several tutors during this sensitive period and it will reassure the child as well as the parents. Generally, the adjustment period lasts approx. 1 to 2 weeks and is individually adjusted and customized to each child. Therefore the following example/guideline may change depending on the child's needs.

Day 1: Information (approx. 1 hour)

Goals of this meeting are:

- get to know the child's life-situation and habits
- building personal relationship between tutor and parent/guardian and child
- get to know rituals of the child (favorite toy, eating habits, sleeping habits etc.)
- discuss the planned adjustment period with dates and times

Day 2 to 3: 1 - 2 hours during mornings, maybe already a first, short separation (parent stays in the premises, but maybe in another room)

Goals of these days:

- getting to know the child
- building trust between child, parents and tutors
- getting to know the tutor and the children

Day 4: mornings, without lunch, maybe without presence of parent

Day 5: mornings, with lunch and maybe already afternoon nap (without presence of parents)

Day 6: all day, children should be picked-up by 4pm.

Day 7: all day

IMPORTANT: During the separation from day 4 to 7 the parent is leaving the premises but can be reached over the phone at ALL TIMES.

Costs during adjustment period

Should the children start their adjustment period before their official entry date at the day nursery, we will charge these costs separately. During the adjustment period a tutor will be spending her time exclusively with the new child and his parents and we therefore charge CHF 15.- per hour. Should the children stay a full day already during the adjustment period, we charge the normal daily rate of CHF 145.-.