

We practice in our facility the "Berliner acclimatization model", which is considered a binding feature of quality.

The transition from the familiar environment of the family in the out-of-home care poses a particular challenge for all involved.

The First Contact

In a successful acclimatization will – the child becomes familiar with the new environment in cooperation with the parents and establishes a relationship to the nursery school teacher. Against this background a model for acclimatization was developed in the Institute For Applied Social Situation Research e.V. (Infans).

Children, especially in the nursery age are overwhelmed when they have to cope with the acclimatization without the support of parents or other caregivers.

The children perform in this process an enormous adaptation performance. They must find their way in an unfamiliar environment, build relationships with other people and are confronted with other children. The child experiences totally new everyday situations and an unusual daily routine.

New for the child is to be separated from their parents for several hours.

These learning and adaptation services involve considerable stress for the child.

Nothing Works Without Parents!

Even if small children are already able to handle such adjustment services, they absolutely need the support of their parents. Making the transition between family and care facility is a joint task of all involved.

In the familiarization phase, the children must above all experience a secure attachment to their parents. Clear agreements and reliability are important and helpful. Specifically, this means for parents to stick to agreements made and to pick up their child according to the agreed separation time on time.

Basically:

- Don't try anything new after the weekend, but always perform a repetition of the last day.
- Only try a new step per day. The next step takes place only if the previous one has been accepted.
- Each new day / next step will be discussed together.

During the adaptation period the child is only in the morning at the facility. The settling covers a period of about 6-8 weeks. If the child is ill during this time, the settling period will be extended.

The Three-day Basic Phase:

During the first 3 days there is NO separation attempt.

First Separation Trial And Temporary Decision On The Acclimatization Period

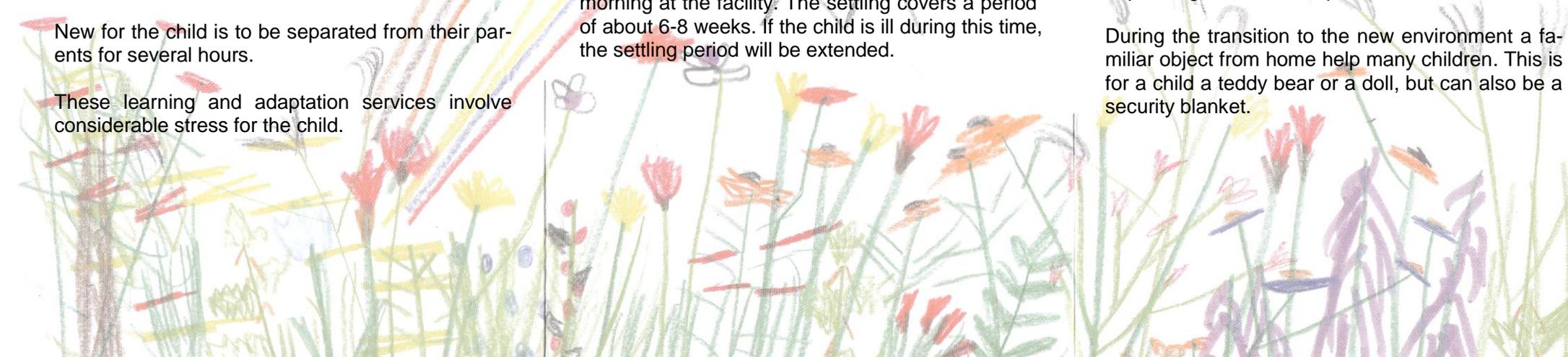
If the separation takes place on the fourth day (no longer than 10 minutes) the parents says good bye shortly and clearly and is available in the parents room in case the child cannot be comforted by nursery school teacher. Here a provisional decision in the period of the acclimatization is taken.

Stabilization Phase

From the fourth day, the teacher assumes in the presence of the caregiver to an increasing extent the care of the child and reacts as a first / r on its signals.

Of course the child's behaviour as a result of the separation from the parents is well observed, so that a continuation of the separation or possibly the cancellation of it can be derived. Can the child be consoled easily or distracted, the period of the separation of parents and child can be increased depending on the development of each child.

During the transition to the new environment a familiar object from home help many children. This is for a child a teddy bear or a doll, but can also be a security blanket.



Final Phase

After about 4 to 5 weeks settling the child can be cared for from 8:30 to 13:00 clock. Now the sleep settling begins. After consultation with the parents about the sleep habits of the child, eg Pacifier, stuffed animal, the first sleeping day is agreed on.

On this date, the parents bring their child at the usual time in the group and say goodbye. At about 12.45 p.m. a parent (without being seen by the child) comes to the children's house and goes into the parents room. If the baby falls asleep, the nursery school teacher informs the waiting parent and the parent picks up the child at 2.30 p.m. If the child does not feel well in the new sleeping situation or can not be pacified, the waiting parent will pick it up. The teachers and parents will then talk about the next steps.

The possible period of stay in the institution depends on the care period the child can cope with.

The settling period is considered to be complete if your child accepts the nursery school teacher as a "secure basis!" This means, that your child can be comforted and plays and sleeps.

For your child getting used to our institution starts a new phase of life.

Now your child experiences a change of the familiar persons, a change in the daily routine and a new environment.

This Requires Your Child:

- Your time
- The accompaniment of his trusted people,
- Confidence.

The Role Of Caregivers:

Try to be passive, that is, do not push your child to move away from you, always accept, if your child looks for your closeness. Take your child to deal with any initiative. Do not play with other children, don't read or knit. Your child now needs the undivided attention of parents or its caregiver.

You trust us with your dearest. Trust us. We are here for you. Because our dealings with you and your child will be characterized by mutual respect and warmth. Together with you we want to support your child while discovering the world and when growing up.

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The 5 steps of the “Berlin Settling Model”

**A successful acclimatization
forms a foundation for
the future education
of your child**