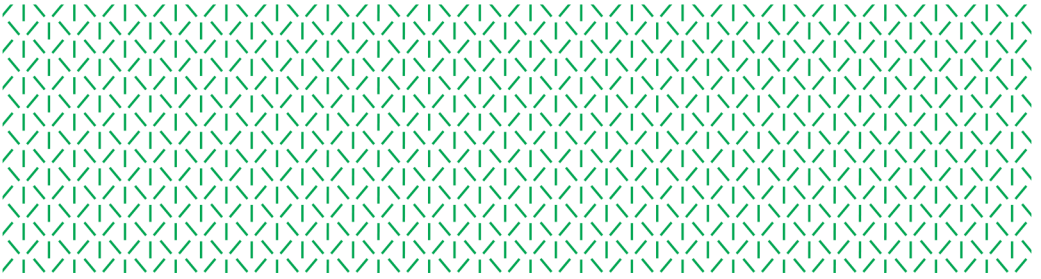




**NES  
MUNICIPALITY**

# **PRACTICAL INFORMATION FOR PARENTS/GUARDIANS WITH CHILDREN STARTING DAY CARE**



Welcome to the day-care centre!



### **Place at a day-care centre:**

When the child is allocated a place at a day-care centre, the offer is valid until the start of school or until parents/guardians give up the place.

### **Start of day care:**

You will get a letter stating the date, time, and name of the group the child will attend. One of the parents/guardians is expected to accompany the child at the day-care centre for the first couple of days. You will agree with the educational supervisor on how much time you will spend with the child.

Some employers may offer paid leave on these days. Please ask your employer about this possibility.

Let the child bring their favourite soft toy, a dummy, or other things they find comforting. We would love to know what parents/guardians consider important for the child.



Welcome to the day-care centre!

### **Drop off and pick up:**

Please inform one of our staff members when you will be dropping off and collecting your child. Take your time to talk to the staff members and do not hesitate to ask any questions. We need to know if someone other than a parent/guardian is collecting your child.

### **Absence or time off:**

You must notify the day-care centre when the child cannot come due to illness, a day off, or a holiday.

### **Holidays:**

All children must have a holiday during the summer.

### **Sick children:**

must stay at home. If a child becomes ill at the day-care centre, we will contact parents/guardians. Please also make yourself familiar with the guidelines at [www.fhi.no](http://www.fhi.no).

### **Clothes and equipment:**

Children and adults spend some time outside every day and need clothes that are suitable for all types of weather. Each child gets their own shelf in the changing room where they can keep their clothes. Parents/guardians are responsible for keeping things in order.

Parents/guardians must make sure children have season-appropriate sets of clothes available to them.

Please see a separate list of practical clothing items and equipment.

### **Indoor footwear:**

We recommend that children wear slippers or sandals inside the day-care centre. All clothing and footwear must be labelled with the child's name (also applies to rainwear, boots, mittens, underwear, and socks).



Welcome to the day-care centre!

### **Meals:**

The food at the day-care centre should be healthy, nutritious, and contain little sugar. We recommend avoiding juices and sweet pastries in children's lunch boxes on regular days.

Make sure to inform us of any special considerations we need to take into account in relation to food and drinks.

### **Birthday parties:**

Day-care centre staff have a tradition of celebrating children's birthdays. The way it is done may vary from one place to another.

### **Interpreting services:**

The day-care centre can request an interpreter through the interpreter service. Interpreting may be especially important in the beginning to make sure employees, children and parents/guardians understand each other. Please see a separate list of useful words your child should practice before starting day care. This helps to better understand the child's needs in the beginning.

### **Plan of activities at the day-care centre:**

All day-care centres have their own annual plans which are handed out to the parents. The plans focus on providing children with a sense of security, care, experience, and learning. All day-care centres have professionally trained staff whose task is to make sure the children are offered appropriate day care.

### **Information about the day-care centres in Nes:**

All day-care centres have internet access and websites. Please find more information about the day-care centres in Nes on the municipality's website:

<https://www.nes-ak.kommune.no/virksomheter/barnehagene-i-nes/>



Welcome to the day-care centre!

### **Recommended spare sets of clothes to be kept at the day-care centre:**

- 2 pairs of pants or bodysuits
- 2 pairs of trousers
- 2 jumpers
- 2 pairs of socks
- Nappies and nappy cream if necessary

#### **+ Winter:**

- 2 pairs of tights / warm tights
- 1 pair of extra mittens
- 1 pair of extra wool socks
- 1 extra knit cap

#### **+ Summer:**

- Shorts/dress
- 2 t-shirts / short-sleeve jumpers

### **Everyday outdoor clothing to be kept on the shelf:**

- Fleece / wool clothes
- Knit cap
- Mittens
- Wool socks
- Neck gaiter / buff

### **Please also have available:**

- Rainwear
- Outdoor suit / jacket appropriate for the season
- Footwear appropriate for the season
- Waterproof boots

### **If children sleep outside:**

- Separate pram (only applies to some day-care centres)
- Thick sleeping bag or sheepskin/winter blanket
- Thin sleeping bag or summer blanket
- Loose-fitting safety harness
- Fleece jumper / jacket / sleeping suit
- Thin knit cap



Welcome to the day-care centre!

- Thin mittens
- Dummy, soft toy, etc.

### Useful words to practice before starting day care:

- Hei – hi
- Ha det – bye
- Spise – eat
- Sulten – hungry
- Drikke – drink
- Tørst – thirsty
- Vann – water
- Mat – food
- Tisse / Bæsj / gå på do / skifte bleie – pee /do a poo / go to the toilet /change a nappy
- Vaske hender – wash your hands
- Mamma & pappa – mum and dad
- Leke – play
- Leke inne – play inside
- Sove – sleep
- Gå ut – go outside
- Leke ute – play outside
- Kle på seg – get dressed
- Kle av seg – get undressed

### Nes Municipality

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