



Seit 1923 – Dein Werk,
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**Here we
grow
together**

Day-care facility „Blumenland“

**Acclimatization model
of childcare**



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grow
together**

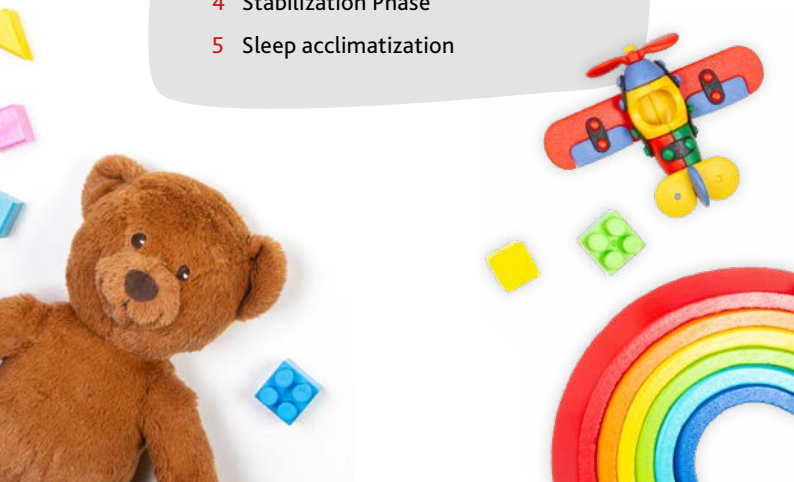
The transition from the familiar environment of the family to out-of-home care poses a particular challenge for everyone involved.

For your child, a new chapter of life begins with the acclimatization in our facility. Accompanied by caring and sensitive parents, as well as caregivers, we will help your child master this developmental task successfully.

In our facility, we practice the “Berliner acclimatization model,” which is considered a hallmark of quality.

The 5. Steps of the Acclimatization model:

- 1 The First Contact
- 2 The Three-Day Basic Phase
- 3 First Separation Trial
- 4 Stabilization Phase
- 5 Sleep acclimatization



1 **The First Contact**

In a successful acclimatization, the child becomes familiar with the new environment alongside the parents and forms a relationship with the nursery schoolteacher. Only when the child perceives and accepts the nursery schoolteacher as another attachment figure can the acclimatization be considered successful. Based on this, the Institute for Applied Social Situations Research / Early Childhood e. V. (Infants) has developed a model for the acclimatization process.

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

During this time, children undergo an enormous process of adaption. They must find their way in an unfamiliar environment, build relationships with new people, and interact with other children. They are faced with new everyday situations as well as an unfamiliar daily routine.

A separation for several hours is also a new experience for the child.

These learning and adaptation demands place considerable stress on the child.



Parents are essential!

Even though young children are capable of handling such adjustment services, they absolutely need the support of their parents.

The transition between family and care facility is a joint task for all involved.

In the acclimatization phase, the secure bond and relationship between a child and their parents are of most importance.

Clear arrangements and reliability are helpful and important. In short, parents must their agreements and pick up their child on time.

The Basics:

- Only choose to do one step a day. The next step follows only after the first one has been accepted.
- The next day/ step will be discussed together each time.
- No new steps will be introduced after the weekend; the previous day will be repeated.

The acclimatization consists of two parts:

- Acclimatization in the mornings
- Acclimatization to sleep

Only after the first part has been successfully completed can the second part begin. The acclimatization process takes about six to eight weeks in total. If your child falls ill during this time, the acclimatization period will be extended.



The parents role:

Act passively; this means this means: do not push your child to distance themselves from you.

Always accept and respond when your child needs closeness. Avoid initiating entertainment for your child, playing with other children, or being on your phone.

Your child needs:

- Your time
- the presence of their trusted environment
- Trust

Your child needs your undivided attention.

2 3-Day-Initiation Phase

During these first three days, **no** separation attempts will be made. Together with their primary attachment figure, the child can explore their new environment establish initial contacts with the other children in their group and the nursery schoolteachers.



3 First attempt of separation

From the fourth day, the nursery schoolteacher will be the first to respond to the child's signals and will gradually increase their care in the presence of the attachment figure.

On the fourth day, the first separation attempt may occur: The attachment figure briefly says goodbye and leaves the room. The initial separation lasts a maximum of 10 minutes. During this time, the nursery schoolteacher will guide the child and their feelings through the separation in a caring and sensitive manner. This may lead to a variety of reactions. The most important factor is that your child allows the nursery schoolteacher to comfort them and views them as a reliable attachment figure.

Please wait in our parents' room for a message from the group in case your child can be comforted by the nursery schoolteacher.

In some cases, it may be best to extend the days of the parent to accommodate the child in the group for a couple of days. Many children find it helpful to be comforted by a familiar item from home, such as a blanket or a teddy bear, for example.

4 The stabilization period

From the fourth day, the nursery schoolteacher is the first to respond to the child's signals and increases their care in the presence of the attachment figure.

If the first attempt at separation is successful, the time will be gradually increased. During the next few days, the nursery schoolteacher will carefully monitor the acclimatization process and discuss it with the parent. Together, they will decide to steadily increase the time until lunch.





5 **Sleep acclimatization**

After about four to five weeks, when the child can comfortably stay for lunch, the sleeping acclimatization will begin.

After the parents inform the nursery school teachers about the child's individual sleeping habits (for example, a pacifier or a stuffed animal), the first day of sleeping will be arranged.

On this date, the parent bring the child to the group at the usual time says goodbye. During lunch, a parent (without being seen by the child) will come to the childcare center, reaches out via SMS on the group phone, and makes themselves comfortable in the parents' room (1.OG). If the child sleeps, the nursery schoolteacher will notify. After the nap, the parent will take the child straight home.

If the child is not comfortable with the new sleeping arrangement or does not calm down with the help of the nursery schoolteacher, the parent will be informed, and the child will need to be picked up. The nursery schoolteacher and the parent will then discuss how to procede. The length of stay will always be determined by the child's comfort level.

The acclimatization is considered complete when your child sees the nursery schoolteacher as source of secure support. This means the child allows them comfort to them, can play, and will fall asleep in their presence.



You trust us with your most precious treasure. Trust us - we are here for you. Our relationship with you and your child is built on mutual respect and warmth. Together, as a team, we want to support your child in exploring the world and growing up.



Imprint

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**We are
there for you**

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