Welcome to kindergarten!

Adjusting to and getting to know your kindergarten

When your child starts kindergarten he or she will enter a new and unfamiliar world.

Much is different from home. Your child will therefore need plenty of time to get acquainted with the other children, with the staff, and with what happens in kindergarten.

If your child doesn’t speak or understand Norwegian you will have to spend more time on this process.

It’s important that children feel safe and secure when they are in kindergarten. Feeling safe is a prerequisite for learning.

What you need to know about kindergarten:

Adjusting to and getting to know your kindergarten

The coat room
Activities in kindergarten:
play - story and lesson time
Meals
Outdoor activities
Walks and trips
What kind of clothing and footwear will your child need?
What should your child be able to do before starting school?
Traditions

For parents, it’s also nice to spend time at the kindergarten. This will give you an opportunity to get acquainted and see how the children are getting along and what they do in kindergarten.

We recommend that one of you spend at least 3 days with your child during their first few days in kindergarten.

If you have the opportunity, it is very useful to bring your child for a visit before he or she starts kindergarten. That way your child will know what you are referring to when you talk to them about going to kindergarten.

You are welcome to set up an appointment before the adjustment process to talk about your child’s needs, your home life, his or her Norwegian language skills and native tongue, or other things that may be important.

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Norwegian Christmas, Easter, and Shrovetide traditions are celebrated in kindergarten along with Norway’s national day, the 17th of May.

We would also like to observe traditions that children and parents from other countries have with them from their homeland. Please let us know if you have any traditions you would like to share.

When someone has a birthday we like to make them feel special. While the kindergartens have different traditions for how they celebrate birthdays, the birthday child usually gets to wear a paper crown. Birthdays are celebrated during story and lesson time, with everyone joining in to wish the birthday boy or girl a Happy Birthday.

What kind of clothing and footwear will your child need?

What should your child be able to do before starting school?

Traditions

Outdoor activities

The children play outside every day - whatever the weather.

There are a lot of things we can do outside that we can’t do inside.

Outside there is plenty of room to be physically active. The children can run, jump, roll, ride and shout as loud as they want. Whether you are big or small it’s fun to be outside.

Good motor skills are also important for preventing reading and writing problems.

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Children become good friends by playing together. They develop language and imagination in the process.

For part of the time, the children decide what they want to play.

During the day, periods are set aside for activities such as drawing, cutting, painting and baking. You can read more about this in the weekly and daily plans.

We also play fun and educational games and read books in kindergarten.

If your child is not a native speaker of Norwegian it is important that you read, play, and play games with your child in your native tongue. It is important that you use your language actively. This will strengthen and facilitate your child's ability to learn in Norwegian.

Play

Children are welcome to bring food that they are accustomed to eating at home. It doesn't need to be whole wheat bread topped with meat, cheese etc. But we urge you to send healthy food that preferably includes fruits and vegetables. Most kindergartens are equipped with a microwave oven for heating food.

Meals

Some children eat breakfast when they get to kindergarten. It depends on how the individual kindergarten is set up. Some serve hot cereal. At others, the children bring food from home. It is important that children get a good, healthy start to the day and that the food provides plenty of energy for an active day. Ask the staff about the types of foods that work well in kindergarten.

For lunch the arrangements vary, be it packed lunches, "make your own sandwich" or hot food.

We sing a song before meals to mark the fact that we are sitting down to eat.

When we leave the table, we say thank you for the food.

In the afternoon we serve fruit that the children have brought with them or that the kindergarten purchases. Some also eat the rest of their packed lunch, if they have any left, and are hungry.

Story and lesson time

We have story and lesson time each day in kindergarten. During this time we explore a subject (see also the daily plan) or traditions.

We sing songs and read rhymes, fairy tales and books.

So that everyone can understand, we often use objects that symbolize what we are talking about, for example we point to a picture of dad or mom when we sing about them. We use figures or dramatize when we tell stories. Children learn best when they can join in. This makes it easier for them to learn Norwegian.

We also make trips to the library.

If we take longer trips we travel by train, bus or car. In that case, you must sign a consent form first.

Trips are often related to the subjects we are exploring (see daily plans).

Over the course of the year your child will need the following items of clothing and footwear: Sneakers, sandals, boots, winter boots, rain gear, jacket, cap, gloves/mittens, scarf, winter overalls, wool sweater, wool pants, wool socks - and an extra change of clothes: pants, top, socks, tights and underwear.

Walks and trips

In kindergarten we go for a walk about once a week.

Sometimes we go for walks in the woods. Once in a while we build a fire and grill, or eat other healthy snacks that the children bring with them.

What your child should be able to do before they start school:

In kindergarten we help the children learn various social and practical skills.

This is part of their preparation for starting school.

They learn how to put on and take off their outerwear and shoes or boots.

They learn to go the toilet themselves - and wash their hands afterwards

They learn to clean up after themselves and where to keep their things.

They learn to sit still and wait their turn.

In the afternoon we serve fruit that the children have brought with them or that the kindergarten purchases. Some also eat the rest of their packed lunch, if they have any left, and are hungry.

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