

Haere Mai, Hoki Mai

We are excited to be back and are looking forward to your whānau returning. Here are some tips to support you and your child's transition back to our early learning service



Contact your kaiako/teachers if you would like support to help your child return, or you think your child will need additional support. Together you can plan what this look, feel and sound like, including a hand over if your child is upset. The plan may include a few visits, zoom meetings or phone calls.

Reassure your child it is safe

It is a good idea to talk to your child about returning to the centre, with short and simple explanations and information. However, you know your child best, and can plan to alleviate

their concerns and fears. Talk to your kaiako/teachers if you would like help with what to say.

It's ok to gradually return to the centre, and build up to your regular hours. Talk to your kaiako/teacher about what will work for you and your whānau. Be kind to yourself as you and your child step outside your bubble and find your new normal.

Please be reassured that attendance is welcome and not to worry about absence patterns at the moment. The Ministry of Education have relaxed the link between attendance and funding until the end of June.



Revisit your child's profile/portfolio with them

Prior to returning, jump onto Storypark to revisit your child's photos and learning, or call in and pick up your child's portfolio. This will help your

child to look forward to returning and meeting up with their friends again

Establish a routine

Establishing morning routines before going to the kindergarten/centre may help a child to feel settled and returning a positive experience e.g.

breakfast, get dressed, clean teeth, put shoes on, get lunchbox, pack bag, ride to kindergarten/centre.

Predictability helps children to feel safe.

Being Unwell

Unwell parents/whānau are unable to enter the service. If you are unwell or anyone in your household is unwell with flu-like symptoms your child needs to stay home.

Pay extra attention to your child's emotional needs

As your child returns to kindergarten/centre, they may feel a range of emotions, including excitement, relief, or worry.



Acknowledging and labelling emotions is important as it lets your child know you really understand how they feel. You could say -“You look worried, or you sound scared”, then wait. Sometimes a hug is the best response.

You may notice changes in your child's behaviour, sleep, mood, interactions with others, or eating habits – these are all normal expressions of worry and by noticing and responding with care and support, you will help your child to feel better.

Saying goodbye to your child

Please spend the time you need to settle your child. If you think your child will struggle with a quick drop off:

- ★ Plan one activity you will do together on arrival. Begin to play together, then prepare your child by saying that you will be leaving soon, and by showing them with a visual.
 - One example is “I will be going in 5 more” and show 5 fingers,
 - Then in a few minutes “I will be going in 3 more” show 3 fingers,
 - Then after a few minutes “One more left” and show 1 finger, then after a minute say ‘I’m going now’ and ask your child which kaiako/teacher they would like to stay with.
 - Walk to that kaiako/teacher and hand your child over.
 - Say goodbye and then let your child know that you will return to collect them.
- ★ Your kaiako/teachers will have ideas that can help as well.
- ★ Using a consistent drop off strategy will help your child to feel secure and settled.

Feel free to check in to see how your child is going – phone/text

Let your child know you believe in their ability to manage themselves and to cope.



Our team are excited to see you and your child again and will be doing all we can to ensure a peaceful, happy transition for your child.

Check out Central Kids Facebook page. We have been running a series of videos featuring Alison Flutey (Central Kids Kaiarataki/Senior Teacher) sharing tips and hints for whānau

See you soon. Noho haumarū