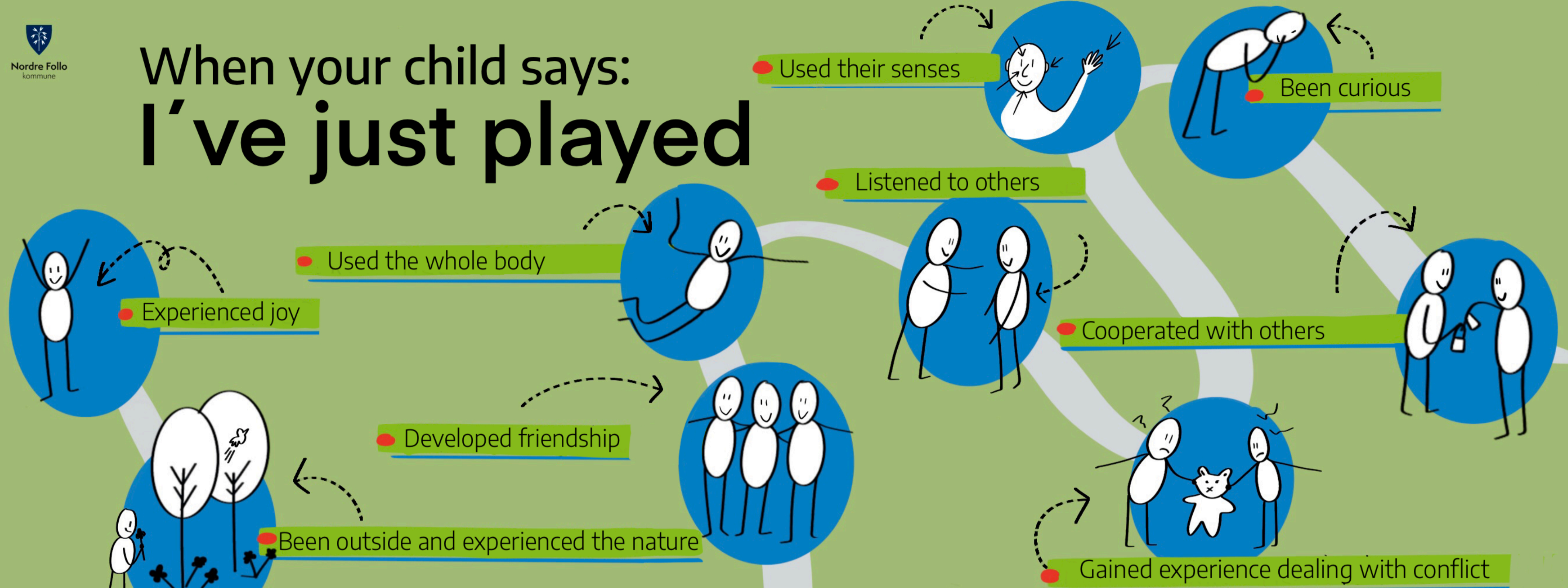
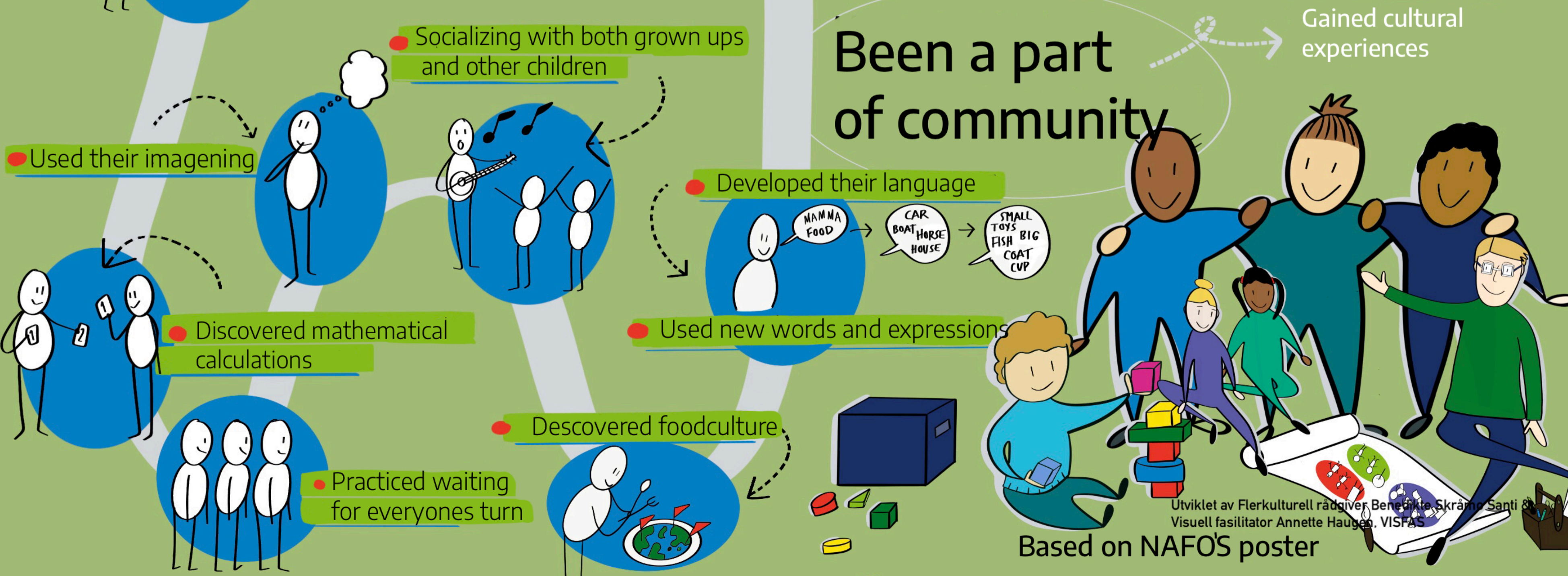


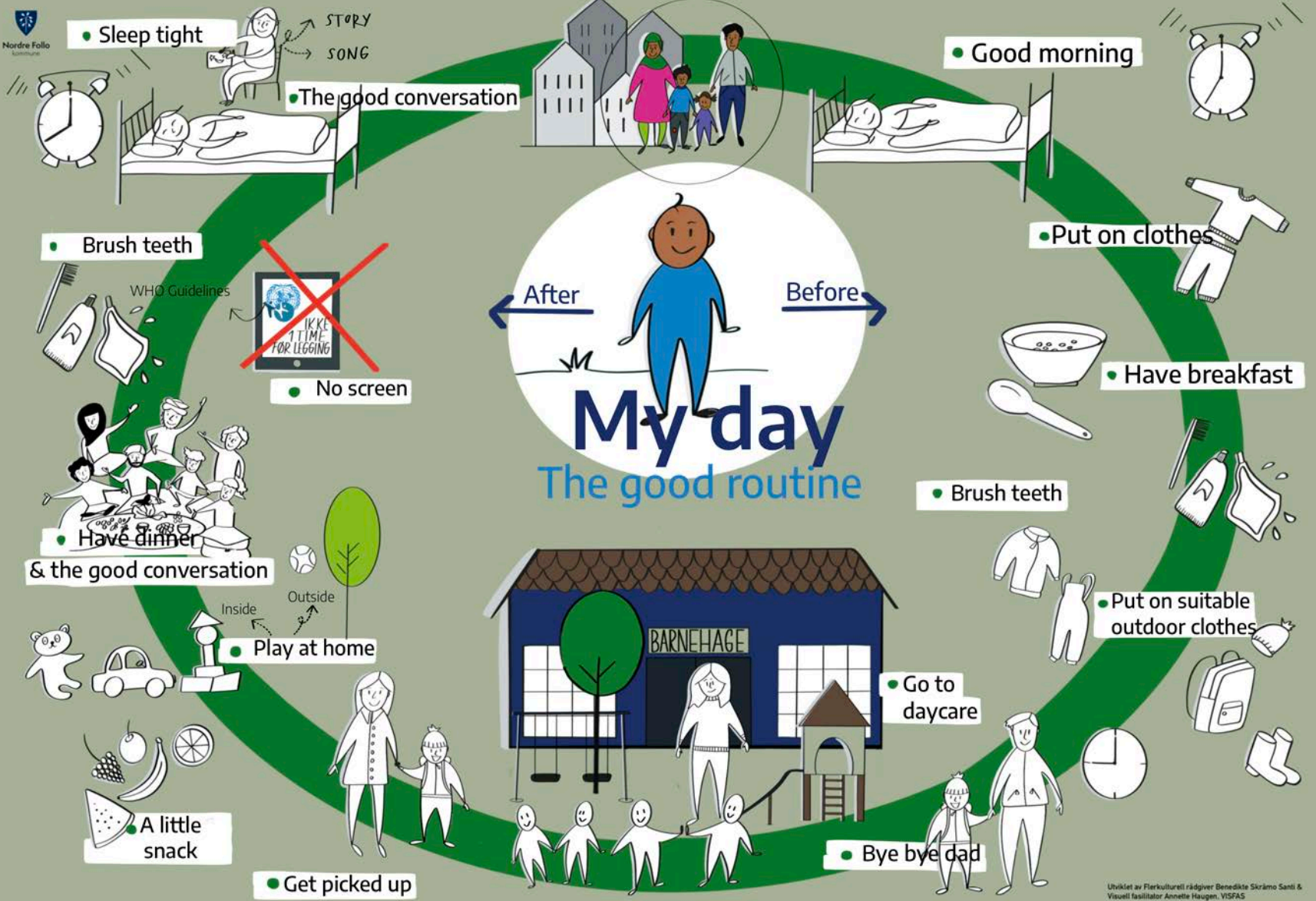
When your child says: I've just played



Been a part of community



MAMMA FOOD → CAR BOAT HORSE HOUSE → SMALL TOYS FISH COAT CUP



• Sleep tight



• The good conversation



• Good morning



• Put on clothes



• Have breakfast



• Brush teeth



• Put on suitable outdoor clothes



• Go to daycare



• Bye bye dad



My day

The good routine

← After → ← Before →



• No screen



• Brush teeth



• Have dinner



& the good conversation

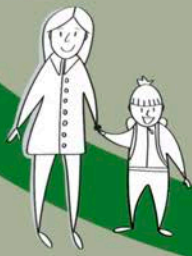
• Play at home



• A little snack



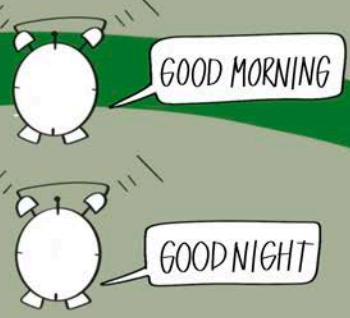
• Get picked up



Bedtime routines



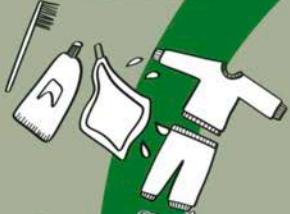
Get's up
Goes to bed



Routines that works

Blank lines for writing routines that work.

Hygiene



Screen
Minutes



Routines that can be improved

Blank lines for writing routines that can be improved.

Conversation topics
The good conversation

Blank lines for writing conversation topics.

Meals



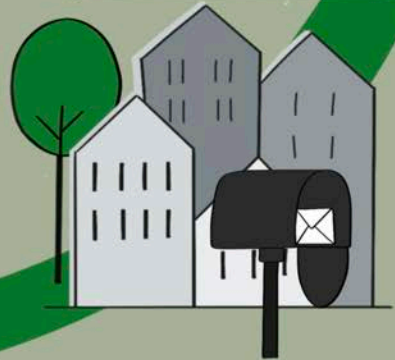
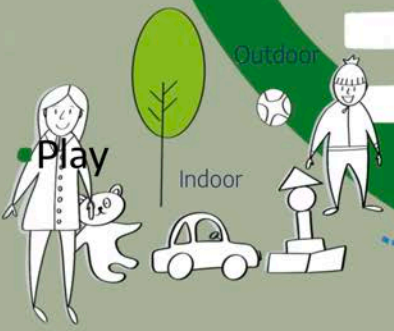
Social activities

Blank lines for writing social activities.



My day
The good routine

Play



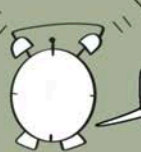
Bedtime routines



Get's up
Goes to bed



GOOD MORNING

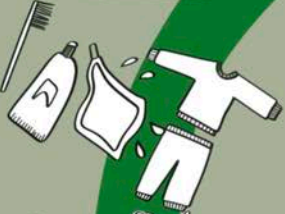


GOOD NIGHT

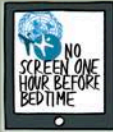
Routines that works

Three horizontal white bars for notes.

Hygiene



Screen



Minutes

One horizontal white bar for notes.

Routines that can be improved

Three horizontal white bars for notes.

Conversation topics
The good conversation

Two horizontal white bars for notes.

Meals



Social activities

Two horizontal white bars for notes.



My day
The good routine

Play



Indoor

Outdoor



•Personality

•Toys and play



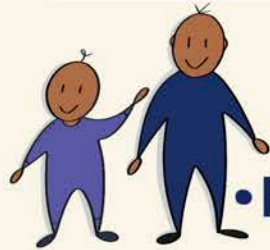
•Comfort

Let's get to know each other

Tell us about your child

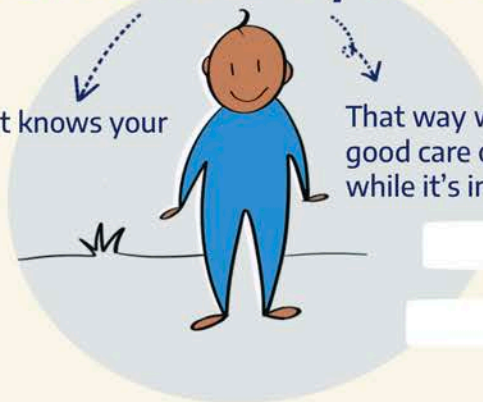


• Languages



•Family

It's you that knows your child best.



That way we can take good care of your child while it's in the daycare.

•Meals



• Books/Songs/Fairytales



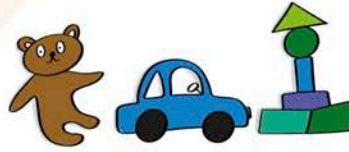
•Bedtime routines



•Holidays

Personality

How would you describe your child?
Is there anything you think is important
that we know?



Toys and play

What toys or activities does the child like?



Comfort

How can we comfort
your child if it is sad?



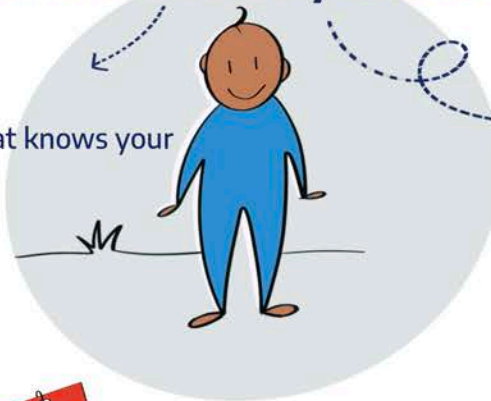
Family

Who are you in the family?
Are there anyone the child is
very close to?

It's you that knows your
child best.

Let's get to know each other

Tell us about your child



Languages

That way we can take
good care of your child
while it's in the daycare.



Which languages does
the child speak?



Meals

What does the child like to eat?
Is there anything the child doesn't like?



Does the child sleep well
at night?

Bedtime routines



Holidays

Do you celebrate any holidays
in your family?



What kind of songs, books or fairytales
does the child like?

Books/Songs/Fairytales

Where do you live?



What do you like to do in your
sparetime?



Let's get to know each other

Tell us about you



Whats important for
you and your child?

Where do you come from?



Do you have family nearby?



How do you think we
can include all children
and parents in the
community?

- The meal is a great opportunity to be together as a family

Community

- We can show each other that we care.

Presence

- Be present. Look at each other.

- Put mobile phones and Ipad away.

What - Which - Why - How - Who

- Use open questions.

The talk

- Tell us about your day.



Eat fruits and greens



Eat coarse grains



Fish



WATER

MILK



The good meal

TODAY THE FOOTBALL PRACTISE WAS HARD. I AM SO TIRED

SO NICE TO SEE YOU?

HOW WAS YOUR DAY?

WHAT DO YOU THINK OF DINNER.

THIS TASTES GOOD



- Breakfast
- Lunch
- Dinner
- Evening meal



- The meal is a great opportunity to be together as a family

Community

- We can show each other that we care.

Presence

- Be present. Look at each other.

- Put mobile phones and Ipad away.

What - Which - Why - How - Who

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SO NICE TO SEE YOU?

HOW WAS YOUR DAY?

WHAT DO YOU THINK OF DINNER.

THIS TASTES GOOD



- Breakfast
- Lunch
- Dinner
- Evening meal



Community

How many meals do you have together?

What do you want to talk about with your child while you eat?

The talk



The good meal



The food

What is going well regarding your child's eating habits?

What's difficult?

Community

How many meals do you have together?

What do you want to talk about with your child while you eat?

The talk



The good meal



The food

What is going well regarding your child's eating habits?

What's difficult?



Body

- Regulate hormones
- Stimulates to more physical activity because we are more rested.
- Build and repair organs and tissues.

Emotion regulation

We can feel our emotions and reacts properly.

Concentration

We can keep focus more easily.

Memory

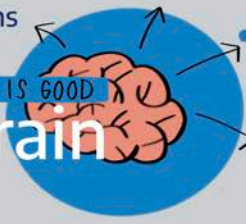
Our memory is better.

Processing

We can sort impressions and information.

SLEEP IS GOOD

Brain



The important Sleep

Children who don't sleep enough

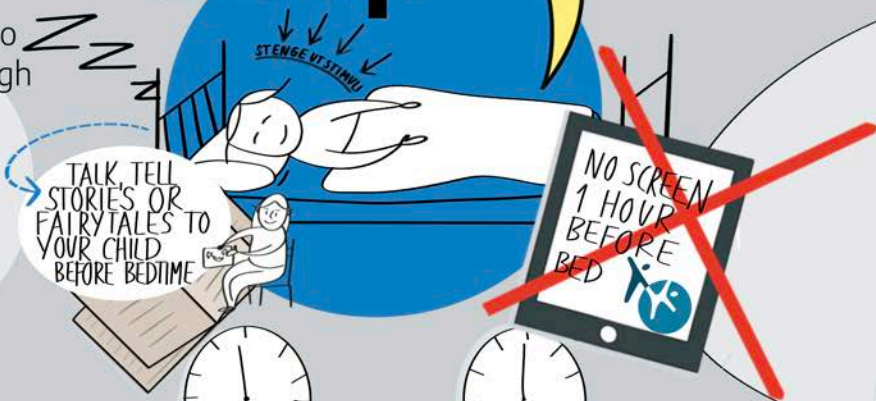


- Sad
- Mad
- Touchy
- Annoyed
- Restless

Children who sleeps enough



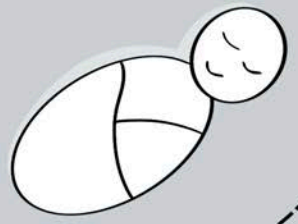
- Happy
- Energic
- Considerate
- Patience
- Creative



What is a good bedtime routine for you?



11-17 HOURS



0-3 months



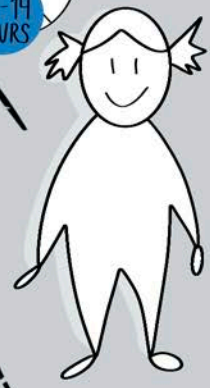
12-16 HOURS



4-11 months



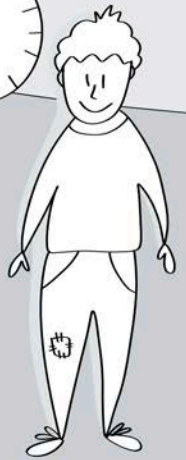
11-14 HOURS



1-2 years



10-13 HOURS



3-5 years



Body

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- Stimulates to more physical activity because we are more rested.
- Build and repair organs and tissues.

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We can feel our emotions and reacts properly.

Concentration

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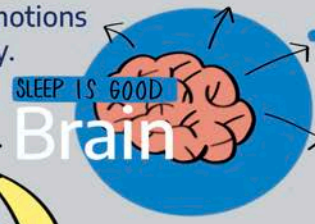
Memory

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Processing

We can sort impressions and information.

Brain



The important **Sleep**

Children who don't sleep enough



- Sad
- Mad
- Touchy
- Annoyed
- Restless

Children who sleeps enough



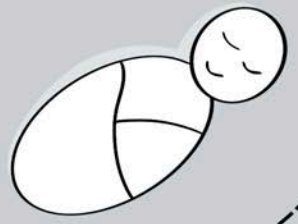
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What is a good bedtime routine for you?



11-17 HOURS



0-3 months



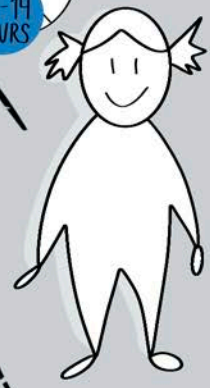
12-16 HOURS



4-11 months



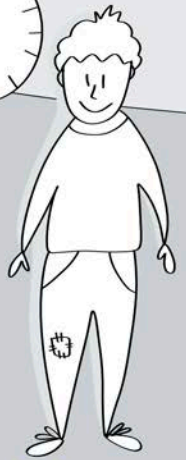
11-14 HOURS



1-2 years



10-13 HOURS



3-5 years

• Look • Talk



• Listen

Language development

Childs first year



WHO recommend no screen to children under 1 year.

• Do activities



Good advice

Put the phone away when you are breastfeeding.

Look at things with your child and tell it what it is.

Listen to the sounds the baby is saying and repeat it.

Talk to the child when you are eating or changing diapers.

Do stuff together.

ARE YOU HUNGRY MY DEAR

LA LA LA LA LA LA LA LA

0-7 months

- Listening
- Can hear different sounds

6-12 months

- Mental pictures
- The child sees the things you ask about

BROM BROM

12 months

- Points
- Sees
- Movements

HELLO

MAKE SOUNDS GIGGLING IMITATES

- Look
- Talk
- Listen
- Do activities

Language development

Childs first year

WHO recommend no screen to children under 1 year.



Good advice

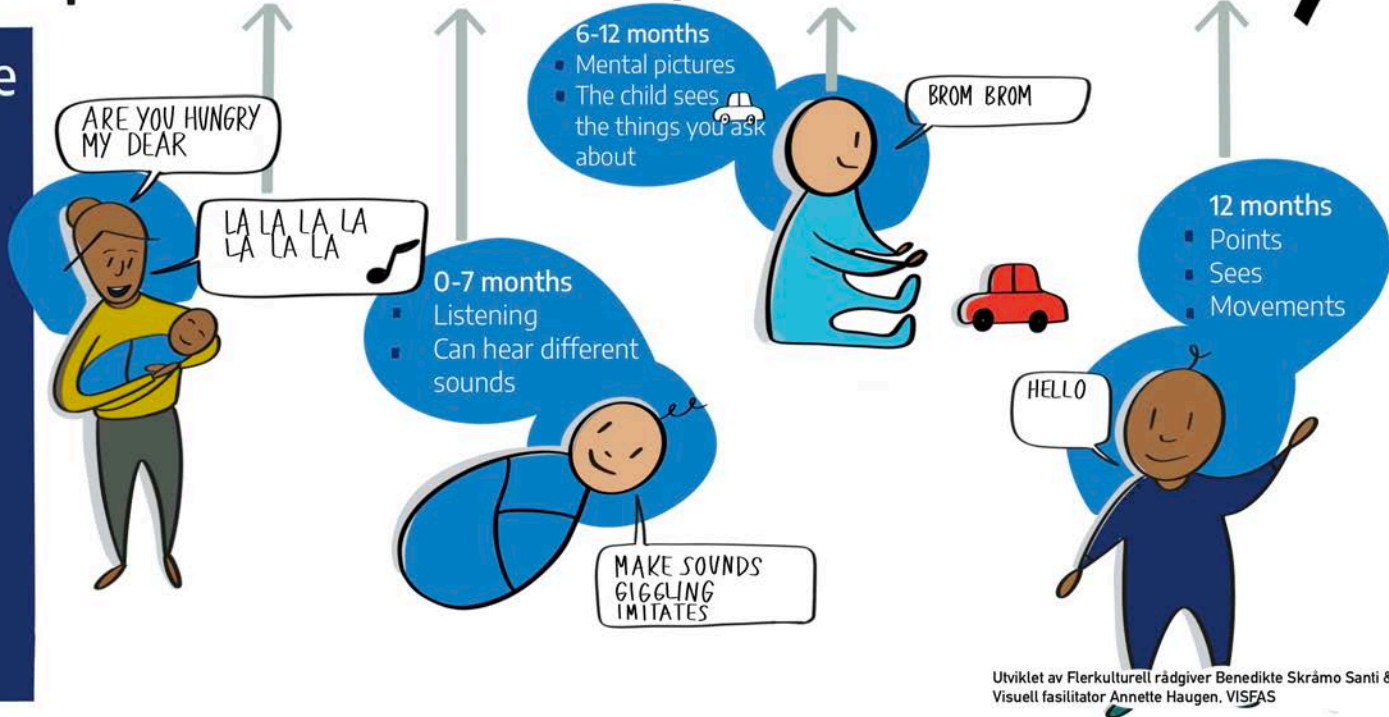
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Do stuff together.



Listen

Talk

See

Do activities

Language development

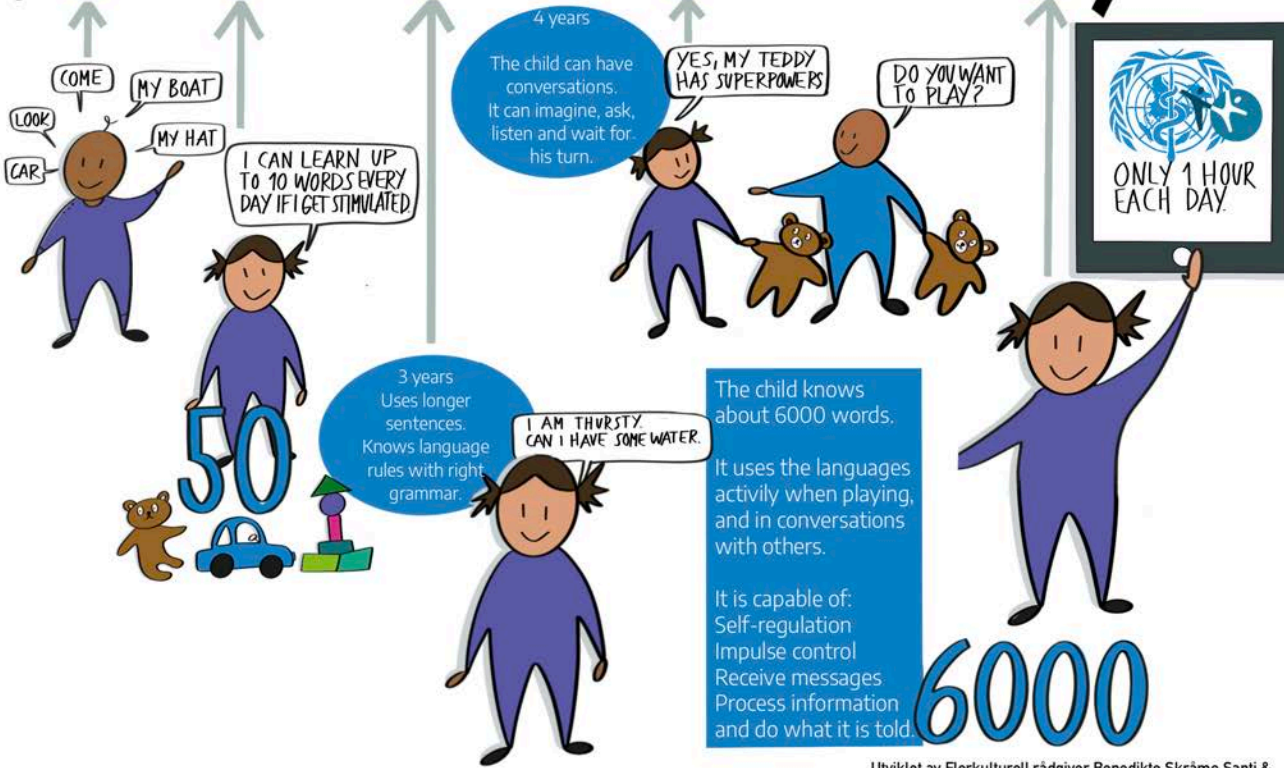
1-6 years

To know several languages is good for the child.
You as parents are important when the child is learning languages.



Good advice

- Put your phone away when you are talking to your child.
- Practice sounds. Read words that rimes.
- Talk about what you are doing.
- Talk about emotions.
- Read and tell stories. Ask the child to make up stories.



• See • Listen

Language development

How does it work for you?

1-6 years

• Do activities

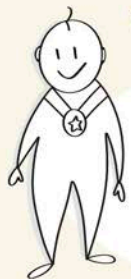
• Talk



What is the child good at?

Age

What we do together:



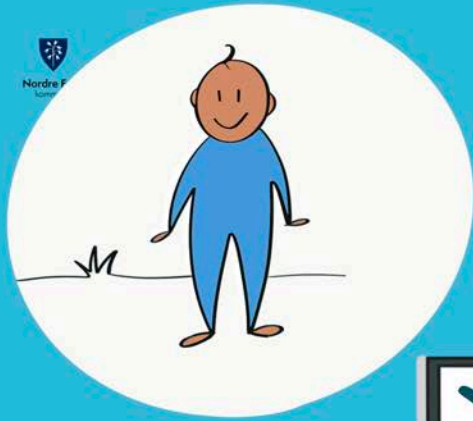
Other languages?



What 's difficult?

Who and what can help?





Good screen habits

Tip:

Barnevakten.no
Games recommended based on age.

Recommended

Only 1 hour a day



Phone/Ipad

The way adults use digital units influence children.

I'M AWARE OF MY OWN USE OF DIGITAL UNITS AND WHAT IT SIGNALS



Content

Games

- Is the content in educational compliance with the child's age?

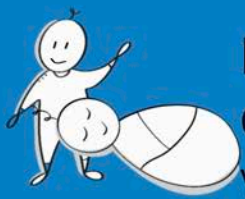
Context

- Does it make sense using screen in the situation?

Contact

- Is the experience with the screen shared with others.

Time spent with digital units takes time from physical activity.



No screen to children younger than 1 year



Physical activity is important

Feeling of mastery
Confidence
Joy

THIS IS FUN!

DO WANT TO SEE ME MAKE A SOMERSAULT

I WOULD LOVE TO HELP

180 minutes of physical activity every day



We can explore our body and the nature when we are outside.

Remember appropriate clothing

Ask the daycare staff if you need advice or tips.

Better attention

Better concentration

Easier to learn

I CAN DO SEVERAL THINGS AT ONCE MORE EASY

I CAN SOLVE PROBLEMS EASIER

Together

We can give children a good childhood -together.



All parents can experience that is hard to raise a child. Ask us - We are there for you.

It is important that the child gets the help and the support it needs.



Seek counseling → Who can help? Parentgroups

It ensures a transition from daycare to school.



BARNEVERN TJENESTEN

BVT

HELSESTASJON



Regular controls



Vaccinations



Ask us if something is challenging

we can help with everything from sleep, meals, activities and much more. Just ask.



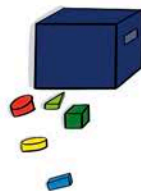
BOTH PARENTS AND THE DAYCARE CAN MAKE CONTACT WITH US.



PEDAGOGISK-PSYKOLOGISK PPT

Can help parents or the daycare if you are worried about your child.

ASK US IF YOU ARE WORRIED ABOUT YOUR CHILD'S DEVELOPMENT



FOREBYGGING OG TILTAK

- Daycareteam
- Parent counseling
- Physical therapist
- Eye pedagogue
- Occupational therapist
- Speech therapist
- 'Mobbeombud'



- Advice and counseling
- Parentgroups
- Supportperson
- Financial support to pay for daycare, SFO/AKS, leisure activities.
- Supportfamilies during weekends.

Parents

The childrens law: Parents have the main responsibility for the upbringing and education.



Get to know other parents

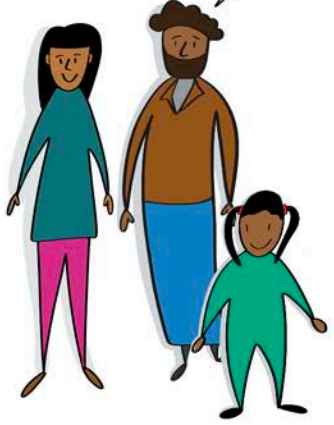
Go to birthdayparties

Good friends

Visit each other

HOW ARE YOU?

DO YOU WANT TO GO TO THE PLAYGROUND?



Family and friends

All children should feel safe and have a good time at school, at the daycare and at home.

Sense of self

The childrens best



• Selfconfidence



Ask the child about their day

The school and the daycare

• Seek guidance



HOW DID YOUR DAY GO?

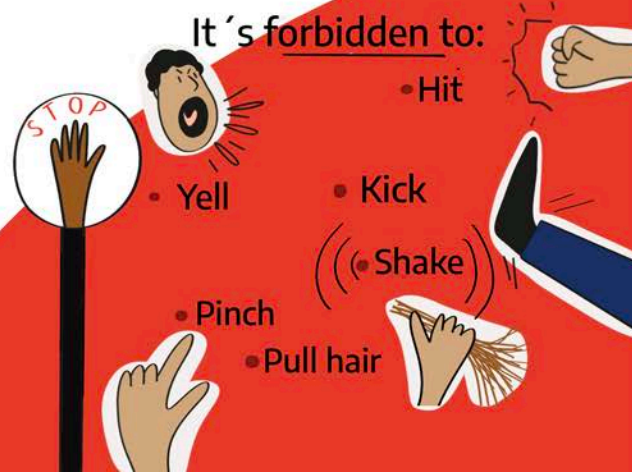
ASK US FOR HELP AND GUIDANCE



Safety in childhood

THE LAW §104 → VN'S CHILD CONVENTION CHILDREN ARE ENTITLED TO RESPECT FOR WHO IT IS. THEY ARE ENTITLED TO BE ASKED IN QUESTION REGARDING THEMSELF. THE CHILD'S BEST INTERESTS IS ALWAYS WHAT'S MOST IMPORTANT.

It's forbidden to:



• Hit

• Yell

• Kick

• Shake

• Pinch

• Pull hair

How did your parents/family show you that they loved you?

When you were a child, when did you feel safe?

What do you remember as painful when you were a child?

How did your parents/family comfort you?

Which experiences regarding caring can you use raising your own child?



Your childhood

Your experiences from your own childhood affects you as a parent

All parents wants their children to be happy and succeed.

How did your parents/family set limits for you?

How did you learn what was right or wrong?

Which experiences do you have to change in order to nourish your child's best interests?

Who do you ask for advice when you need support raising your child?

Does this advice work for you?

Who else can help you? ?

How can I make sure that my child feel safe and is happy?



• Why is self-regulating important?

Self-regulating is important to the child's development, learning abilities and coping strategies.

It is important to the child because:

- Learn more easily.
- Better to cooperate.
- It gets easier to solve problems.
- It's easier to plan and finish tasks.



• How can we help your child to regulate itself?

- Plan activities that fits the age.
- Be a good role model
- Be active and curious about what the child is experiencing.

• What is self-regulation?

- Remembering messages and do what they are told.
- Being able to hold focus and change it.
- Being able to wait for its turn.
- Know how to regulate emotions.
- Know how to control their impulses.



IT'S EASIER TO LEARN STUFF WHEN I KNOW HOW TO SELFREGULATE



Self-regulation

At home I like to:



I'm happy when:

Mum/dad/siblings/
others

I'm happy when:

Mum/dad/siblings/
others

In the daycare I like to :



I'm happy when:

Friends(other children)
Grown ups(employees)

I'm happy when

Friends(other children)
Grown ups(employees)

The childs voice



What I feel

Utviklet av Flerkulturell rådgiver Benedikte Skråmo Santi & Visuell fasilitator Annette Haugen, VISFAS



Happy



Ok



Grumpy



Angry



Sad



Furious



Scared

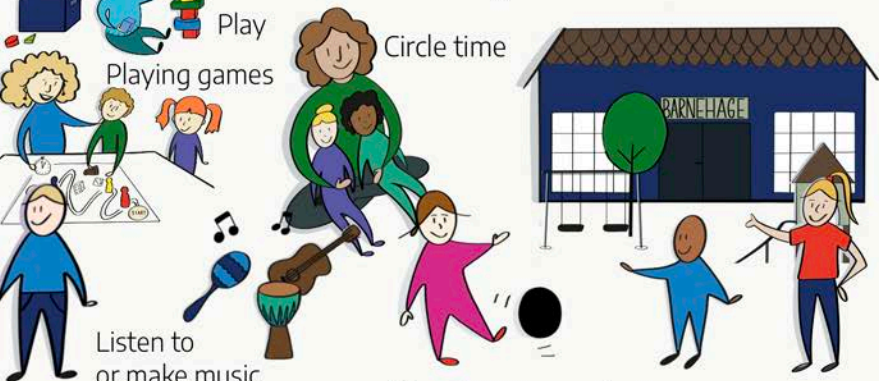
At home I like to:



I'm happy when
Mum/Dad/Siblings/Others

I'm sad when
Mum/Dad/Siblings/Other

In the daycare I like to:



I'm happy when
Friends(other children)
Adults(Employees)

I'm sad when:
Friends(other children)
Adults(Employees)

The childs voice



What I feel



Happy



Ok



Grumpy



Angry



Sad



Furious



Afraid

The child likes to do at home:



Listen to stories

Play

Be outside

Draw and paint

Go on trips

The child likes to do in the daycare:



Play games

Listen to or make music

How do you think your child is doing?

How is your child interacting with other children?

What does the child say about the daycare

What does you and your child like to do together?



What we experience as parents



Happy



Ok



Grumpy



Angry



Sad



Furious



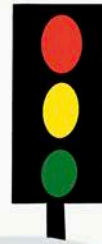
Scared

How was your day?

What did you play with?



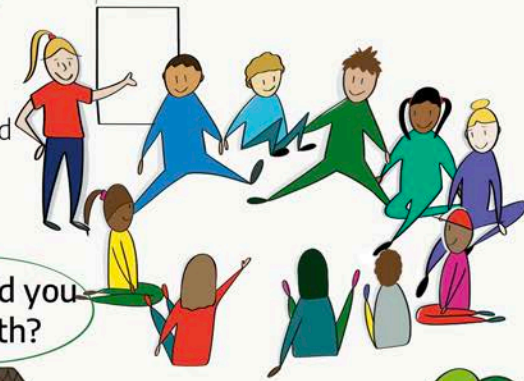
How was it?



Not so good

A little bit good

Very good



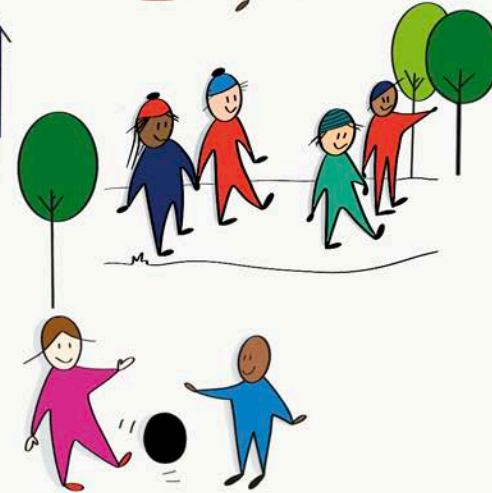
What was fun?



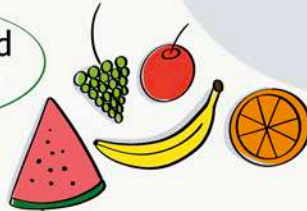
What was boring?



Who did you play with?



What did you eat?



What kind of feelings did you have today?



Happy



Ok



Grumpy



Angry



Sad



Furious



Angry

WE ARE STARTING SCHOOL SOON



• I'm looking forward to:

• I'm dreading:

• What do you want to ask when you are visiting the school?

• What do I want the school to know about me?



• I'm good at:



• I like to play with:

From daycare → to school

Utviklet av Flerkulturell rådgiver Benedikte Skråmo Santi & Visuell fasilitator Annette Haugen, VISFAS



Happy



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