

Duration: 1-2 h

Duration: 2-4 h

Leaflet Acclimatisation at ylaa

Targets:

- The child slowly gets used to the new caregivers and structures.
- The child becomes securely attached to the new caregiver and feels sheltered at ylaa.
- The acclimatisation builds up trust between parents and caregivers, it fosters a good cooperation with the parents, creates transparency and openness.
- The parents get used to being separated from their child.

1. The First Contact: The First Conversation

The first conversation on the first day serves the purpose of parents and group managers getting to know each other. It helps to evaluate the specific needs of the new child. Furthermore, the next steps are discussed.

2. The Base Phase Duration: 1-2 h

One parent accompanies the child for two or three days to ylaa and stays there for about one hour. The parent remains passive and serves as a secure base. The caregiver carefully establishes contact with the child and observes the situation. Depending on age and after discussing it, a first separation of about 10 minutes can be attempted. During this attempt the parent leaves the room, but remains in the building. Sometimes this can be tried on the second day, however generally, the first separation is attempted on the third day.

3. Attempt of Separation

Preliminary Decision about Duration of the Acclimatisation Period

The parent arrives with the child at ylaa on the third or fourth day and says goodbye after a few minutes in a clear way. The parent leaves the child for about 30 minutes, but remains nearby and is reachable via mobile phone.

The child remains relaxed. Or it cries, but can be comforted and calmed by the caregiver within 10 – 15 minutes and settles back into play after a short time.

The child protests, cries and cannot be comforted and calmed by the caregiver, even after 15 minutes. Or it starts crying over and over again.



4. Stabilisation Phase



Shorter Acclimatisation Period

Day 4 to 5: Slow expansion of the separation time, first possible participation at meals and diaper changing, observation of the child's reactions; parent leaves ylaa.



Longer Acclimatisation Period

Day 4 to 5: Stabilisation of the relationship between child and caregiver; renewed attempt of separation on about the sixth day; depending on the child's reaction expansion of the separation time or of the acclimatization period.

5. End Phase

The parent is no longer at ylaa but is available on mobile phone at all times. The acclimatisation period is finished, when the child can be comforted by the caregiver quickly and generally plays in a good mood.