

Welcome to the Nursery at Børnehuset Støberigade: Bærfolket!

We warmly welcome your child and your entire family to Bærfolket and look forward to getting to know you. The nursery years are a wonderful journey filled with play, learning, and social relationships.

About us:

We are a function-based nursery with 36 children and 9 staff members.

This means we are not divided into fixed rooms but work in groups across the setting.

Your child will therefore be part of a small group community but will also get to know all the other children and adults in the nursery.

We have a language room, a construction room, a motor skills room, and a playground on the 2nd floor.

We work from our annual wheel, inspired by fairy tales and magic. During the week, your child will have visited all our functional rooms and experienced our fairy tale/magic themes based on the room's purpose.

In the hallway before the glass door, you can see our annual wheel and gain insight into how we pedagogically work with the curriculum themes based on it.

We have strollers for local walks and Christiania bikes for longer trips.

Important:

Download the AULA app. Here you must fill out the registration form with information and permission regarding your child. Remember to keep it updated.

You can read daily logs, messages, and notices from us, as well as register your child's holidays and sick days.

Phone number for Bærfolket: 20 53 15 68

Read more on our website: <https://Stoeberigade-kk.aula.dk/>

Settling-in period: As a rule, you should set aside two weeks for your child's settling-in process.

Your Child's First Days at Bærfolket:

Day	What You Do	What We Do
Day 1	You come and stay with your child from 9:30 – 10:15. Other arrangements can be made if your child usually naps at this time.	We get to know your child – for example, sleep routines, whether they use a pacifier or comfort toy, what they like, food preferences, and much more 😊
Day 2	You arrive at 9:30. You, as the parent, leave for a short period (approx. 10–15 minutes).	We talk about how it went and agree on the plan for the next day.
Day 3	You arrive at 9:30. You leave for about 30 minutes.	If your child becomes very upset, we will call you. We talk about how it went and agree on the plan for the next day.
Day 4	You arrive at 9:00. Your child stays and eats lunch with us. You pick up your child after lunch at 11:00.	If your child becomes very upset, we will call you. We talk about how it went and agree on the plan for the next day.

Day 5	You arrive at 9:00. Your child stays, eats lunch, and tries to nap here.	If your child becomes very upset, we will call you. We talk about how it went and agree on the plan for the next day. We will call you when your child wakes up so you can come and pick them up.
Week 2	We agree together on when your child arrives and is picked up.	Remember: we must always be able to reach you if your child becomes upset. Even after your child has settled in, they may occasionally need shorter days.

What to Expect During Your Child's First Days

During the first days, you may notice that your child is very tired when coming home. There are many new impressions, lots of children, and unfamiliar adults your child needs to relate to. It's a whole new world—very different from what your child is used to.

You may also find that your child wants to stay close to you during this period. This is completely natural and understandable.

It is very normal for a child to become upset during the settling-in period. Some children cry the first time you leave, while for others, the tears come a few days later. We place great importance on trust and are always open about how your child has managed while you were away. Your child will never be left to cry for a long time without us contacting you.

It's important to know that when you drop off your child, you should be clear and confident in your goodbye. Your child reads your signals, and the more confident you appear that this is the right thing to do, the calmer your child will feel.

On the first day, your child's key person will sit down with you to learn more about who your child is and gather information about their habits and routines. You will also get some insight into who we are. This key person will be the one to hold ongoing conversations with you about your child.

Meal Times

Time	Meal
7:00 – 7:45	Breakfast
9:00	Morning snack
10:30	Lunch for the youngest children
10:55	Lunch for the oldest children

Meals are prepared in our own kitchen.

We kindly ask that your child arrive no later than **9:30 AM**, so we can maintain our shared routines and rhythms. If you arrive later, please send a text message no later than **9:00 AM**.

Drop-off and Pick-up

In the morning, you drop off your child at the glass door to the nursery. One of our staff members will greet your child and say goodbye together with them. We make sure your child is checked in on AULA.

If no one comes to the door, or if your child has had a rough start to the day, you are of course welcome to come inside with your child to ensure a calm and secure drop-off.

Please avoid promising your child that specific adults or children will be present at drop-off. It can lead to disappointment if that person is not there.

You are always welcome to call or send a text message to ask how your child is doing. We fully understand that it can be emotional for you as a parent if your child is upset at drop-off.

In the afternoon, you enter the nursery to pick up your child. Please remember to say hello and goodbye to a staff member so we know your child has arrived and gone home safely.

If someone other than you (the parents) is picking up your child, you must inform us. If we haven't received a message, we will call you to confirm that someone else is picking up your child. You can also make a standing agreement, for example, that grandparents are always allowed to pick up your child.

Cloakroom and Spare Clothes *REMEMBER TO LABEL YOUR CHILD'S CLOTHING*, for example in the wash tag. We have many children, and it can be difficult for us to tell the clothes apart. Help us—and yourself—by labeling everything.

It affects your child's little friends when we spend a long time looking for your child's clothes at pick-up because they were misplaced.

We encourage you to check all the cloakrooms, the drying cabinet, and even the stroller before asking us for help. If the clothes are labeled, they usually turn up within a few days.

We have a lost-and-found box for clothing. If items are not picked up within a certain time, we wash them and use them as spare clothes.

Due to choking hazards, children must not wear loose items such as scarves, belts, necklaces, hats or mittens with strings, or hoods that cannot be removed.

Spare Clothes

We recommend that your child always has **two sets of spare clothes** at the nursery. Your child may spill food, have accidents during diaper changes or toilet visits, or get messy during. We need to be able to change your child's clothes during the day.



Figure 1 Bodystocking for the youngest.

We recommend underwear for your child from 18 months of age, when they begin to dress and undress themselves in connection with diaper changes and possibly practicing sitting on the toilet.



Figure 2 Socks.

In winter, we recommend tights. We also recommend slippers during the cold months.



Figure 3 T-shirt, blouse, warm sweater depending on the weather.

Soft pants that the child can move in and take on and off by themselves.

All clothing must be able to withstand stains!

Clothing for all kinds of weather:

At the institution, there must always be clothes and shoes available for all types of weather.

We adults and children love going outside – even when it rains or snows.



Figure 4 Rainwear

Rainwear and rubber boots must be available all year round.

should preferably be two-piece.

Sometimes we use the rain pants when the sandbox is wet, even if it's not raining.

It's important that the rubber boots are not too big.

It's no fun for the child if the boots keep falling off.

During the transitional seasons – autumn and spring – there should be thermal wear or similar, one thin hat, and thin gloves.



Figure 5 There must be no strings in hats or other clothing.

We recommend a balaclava as it also keeps the neck warm and fits well.

In winter, your child should have a snowsuit, a warm hat, and warm gloves.



Preferably a snowsuit that allows your child to move around easily.

Figure 6 The snowsuit must not be too tight.

The child should be able to bend over without the snowsuit being too stiff or tight.

When buying shoes/boots for your child, make sure they fit well.
Do they fit the size?



If your child's shoes fall off easily or are too tight, it will hinder their play and physical activity.

We sometimes find food, candy, medicine, and toys in the children's backpacks.

Since we have curious and inquisitive children, we unfortunately also experience that they sometimes get into and open each other's backpacks.

We therefore kindly ask that such items are not placed in your child's backpack.

Your child is very welcome to bring a water bottle with water every day.

Please remember to take the bottle home and wash it.

Due to hygiene, we recommend that your child's pacifiers are kept in boxes in the wardrobe.

Remember to take the pacifier home and sterilize it.

Children who nap:

We follow the recommendations of the Danish Health Authority and do not wake sleeping children.

All children in the nursery must rest on a mattress for at least 30 minutes each day.

If they fall asleep within that time, the Health Authority's recommendations apply.

The youngest children and those who nap twice a day sleep outside in prams.

We have a limited number of prams, so you may find that your child will start sleeping on a mattress before turning two.

We provide prams, harnesses, duvets, blankets, and bedding.

There is a notice in the wardrobe area listing what your child should have in their wardrobe.

When your child sleeps in a pram, it is important that during autumn, winter, and spring, warm sleeping clothes are kept in a basket here at the institution.

The basket should contain:

- A wool or fleece suit (or similar)
- 1 warm hat
- 1 thin hat
- Warm socks
- Warm mittens
- Thin mittens
- 1 warm sweater



Figure 7 It is important that this is extra clothing that stays in the basket. It should not be dirty or wet from earlier outdoor play.



Figure 8 Remember to take the clothes home

occasionally and wash them.

Pacifiers and comfort toys:

If your child use a pacifier, please label it and have more than one available.

A pacifier can easily go missing, and it's easier to find when it's labeled.

You can simply write the name with a permanent marker 😊.

We would really appreciate it if a comfort toy could stay with us permanently and not be taken home every day.

Please write your child's name on the care label of the toy.

Independence:

We know that being independent strengthens your child's self-esteem and confidence.

We spend a lot of time teaching your child to do things on their own.

This includes everything from understanding short instructions and acting on them, to dressing and undressing, climbing up and down from chairs, eating independently, going on longer walks, holding onto the stroller, helping friends, and much more.

Please support this at home too – it helps your child on the path to independence.

Children and impulses:

Toddlers are driven by immediate impulses and cannot yet express themselves through spoken language.

That's why many children end up hitting, scratching, or biting other children they want to play with.

Once one child starts biting, we often see others begin to bite as well.

During your child's time in the nursery, you will experience that your child (and/or others) may be bitten, pushed, or scratched.

You will also experience that your child may be the one who bites, pushes, or scratches.

We will always inform you if your child has been bitten, pushed, or scratched.

However, we never disclose who did it.

They are children, and they cannot control it yet.

We work closely with parents whose child repeatedly bites, pushes, or scratches.

We try to identify possible reasons and implement measures in the nursery to minimize such behavior.

Unfortunately, it cannot be completely avoided that your child may go through a phase where this happens repeatedly.

Doctor's appointments, dentist visits, etc.:

It is hard and stressful for a small child to be dropped off at the institution, then picked up for a dentist appointment, and then returned.

We therefore recommend scheduling such appointments either before or after your child's time at the institution.

When your child stops using diapers:

We have written a section on our website describing how we support your child's toilet training in the nursery.

Your child's language development:

We work with the UGLe strategy, which stands for Observe, give time, and listen.

- Observe: Pay attention to what your child is saying – what might they be trying to tell you?
Did a car just drive by? Could it be about that? Or is it the spider on the wall?
Often, you can find the source of what your child wants to say and provide the words if they can't express them yet.
- Give time: Give your child time, maybe 10 seconds or 20.
It can feel like a long time waiting for a response, but it's important to give space.
- Listen: Listen to the words or sounds you recognize, so you can piece them together and understand.

If we observe that your child is not acquiring language, you will be asked to book an appointment with an ENT specialist. No referral is needed.

Your child may have fluid in the ears, making it hard to hear sounds – and there is a solution for that.

If there is no fluid, we can refer your child to a speech and hearing specialist from our resource team.

We look forward to a great collaboration with you and are excited to follow your child's development and experiences with us at Bærfolket.

If you have any questions or concerns, you are always welcome to contact us 😊