

## WHAT YOUR CHILD SHOULD BE ABLE TO DO WHEN STARTING KINDERGARTEN

- put on their own shoes
- recognise their belongings and put them back in their designated place
- dress and undress independently
- gradually learn to fold their clothes and keep their belongings tidy
- walk up and down the stairs
- sit at the table while eating
- serve themselves, eat with a spoon, drink from a cup
- master basic hygiene habits – wash hands with soap, wipe hands with a towel, operate the tap on the sink, go to the toilet in time, use a handkerchief and blow their nose independently
- they should know that harming others in kindergarten is unacceptable

## WHAT YOUR CHILD NEEDS TO BRING TO KINDERGARTEN

### TO CLASS

- **appropriate, comfortable clothing** – sweatpants/leggings, T-shirt
- **slippers** – preferably closed, with a solid heel (Velcro and black soles are not recommended – they ruin the carpet/floor)
- **cup** – plastic with handle (ideally suitable for dishwasher)

### FOR OUTDOOR ACTIVITIES

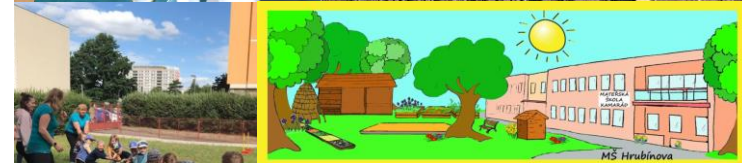
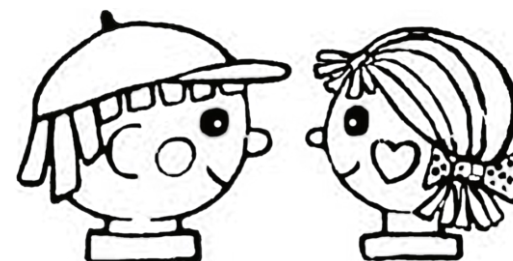
- **clothes, always different than for class, depending on the weather** – sweatpants/leggings, shorts, T-shirt, sweatshirt, jacket, raincoat in summer, hat and gloves in winter (mittens are better for smaller children)
- **boots** – boots, trainers/tennis shoes

### SPARE CLOTHES

- **children should keep them in a bag in the locker room in case they get their clothes dirty or other accidents** – T-shirt, sweatpants, socks, underwear, etc.

### PLEASE SIGN ALL ITEMS

# Mateřská škola KAMARÁD



# SOME TIPS FOR STARTING KINDERGARTEN

When a child begins kindergarten, it's always a significant event not only for the child, but also for the whole family. This important moment naturally comes with uncertainty and fears about how the child will cope with the transition from family to peers, and whether it will be possible to overcome this significant moment without significant damage to their psyche. A child's adaptation to the kindergarten environment is a long-term affair. It depends not only on the family's approach, but also on the professional approach of the teachers.

The child's age and maturity are important aspects for successful adaptation to kindergarten, but so is their readiness to enter the group of children.

To successfully integrate into a peer group, the child will need their family's help, and a partnership between the child and the teacher will have to be established.

The child must feel comfortable and safe in the kindergarten. The kindergarten environment is a huge source of inspiration for new knowledge and comprehensive development of the child.

## Talk to your child about what awaits them in kindergarten

Take advantage of Open House Day and come and take a look. Talk to your child about what it's like in kindergarten and motivate them to enjoy it.

You can bring a book with pictures of children in kindergarten or talk to a friend who already goes to kindergarten.

Give the child enough information so that they do not worry unnecessarily.

## Get your child used to separation

A child should enter kindergarten when they are looking for new stimuli, activities, friends, and are eager to explore. Most often this is the third year of life, but it's an individual thing.

Have another person watch your child occasionally, but make sure you return when you leave. It's a mistake to sneak out of the house secretly; the child feels betrayed, and the fear of separation and mistrust deepens.

## The child's independence

You'll make it easier for your child to get used to kindergarten if you guide them to independence.

You will need a lot of patience. Still – be consistent and take your time, and the results will come.

What can sometimes make a child's stay in kindergarten uncomfortable is that they don't know how to dress themselves, they're always last, and they don't know how to do something.

## Talk positively about kindergarten

Never threaten or intimidate a child with kindergarten. The child would then perceive the time negatively. On the contrary, encourage them and build their confidence. Reassure your child that they are not being abandoned at the kindergarten, and that they will like it there once they get used to it.

## What to do when the first tears come

It takes time and patience, a calm and positive attitude from everyone.

The period of separation is stressful for both parent and child. The child loses the sense of security they need to regain. Say goodbye to them in the changing room and do not prolong the handover to the teacher. Children like a regular daily routine that makes them feel safe and secure.

The slightest change can upset this balance.

## The first days in kindergarten

The first three months are a familiarisation period for the child, getting used to a new routine, new surroundings, friends and rules. The rest will present itself when the time is right. Sometimes children try emotional tricks their parents; they won't want to go to kindergarten and want to go home after lunch. The important thing is to stay strong and not give up!

## Keep your promises

On the way to kindergarten, tell your child who will come pick them up and when.

Don't promise to pick them up after lunch when you know you can't fulfil it.

Reassure your child that you will not forget them, and you will definitely come at the promised time.

## Anxiety

If you are afraid of separation, and you are not really convinced that you want to put your child in kindergarten, then you should reconsider it entirely. Agree with your partner that the parent who has less of a problem with it and will handle the situation better emotionally will bring the child to the kindergarten.

If you have the option, pick up your child after lunch at first. They should only sleep in the kindergarten when they are used to it and ready.

## Among friends

The child gets used to saying goodbye gradually, usually after the parents leave.

The teacher greets the child, assures them that the parent will come soon, and manages to entertain them with an interesting activity.

The child will soon stop crying.

## A sick child

Finally, we must address a rather unpopular topic – sickness.

For any parent, this is an unpleasant and difficult period. In practice, we often see parents, in an effort to get back to work quickly, putting a **still-sick child** back to kindergarten.

Unfortunately, this is usually harmful to the child. Their weakened organism cannot cope with the onslaught of germs, and the child gets sick repeatedly.

Even the common cold is a highly contagious disease and spreads like wildfire in a group of children!

This also applies to conjunctivitis, diarrhoeal diseases and coughs.

Please be considerate, and try to find a babysitter for your child.

**School rules prohibit bringing a sick child to the kindergarten group. In case of sudden illness during the day, do not worry, the teachers will call you on your contact phone.**



## What our kindergarten offers to children

Visits to theatrical performances, swimming training, ecological and physical activities, speech therapy activities, outdoor school, skiing, taking care of animals (tortoises, chickens), gardening, fun cooking, experiments, field hockey, extra activities – flute, Little Reader, etc., involvement in various projects, quality educational program, individual approach, and more.

## Leisure activities and kindergarten events

St. Martin's Day, May Fest, Kite Day, Halloween, Carrying out the Morana, Witches' Day, Beetle Lullaby, Snow Joys, Vegetable Harvest, Creative Workshops, Café for the Elderly, Parents' kindergarten, Christmas Jingles, kindergarten shows, International Children's Day, Welcoming Spring, Earth Day, World Water Day, Farewell to Preschoolers, Athletic Olympics, Field Trips, Colour Days, Charity Events, World School Events, and more

## Kindergarten projects

Green School, Sidus Fund, Healthy Teeth, Fireflies, Cepík Healthy Eating, Nature Garden, Carrot, Kids at the Start, Healthy Five, Forest at School, Debrujáři Technicians, Sokol, Czech Republic Reads to Children, World School, Seed School, Kosík, Let's Clean Up Czechia, Movement Games of Hradec Králové Nurseries, Grandma and Grandpa come to Kindergarten



## Contact details

**Address:** Veverkova 1495, 500 02 Hradec Králové

**e-mail:** skolka.kamarad.hk@gmail.com

**web:** [www.mskamaradhk.cz](http://www.mskamaradhk.cz)

**Director:** Mgr. Bc. Marie Pražáková, DiS.

**Founder:** Statutory City of Hradec Králové

**workplace MŠ Veverkova**

**Tel.:** +420 725 761 533

**detached workplace MŠ Hrubínova**

**Tel.:** +420 724 383 782

## School meals

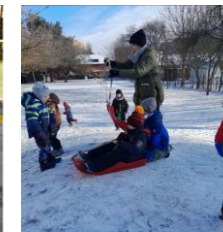
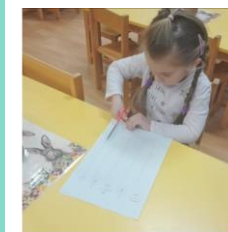
**Head of the school canteen:** Svatava Poletová

**Tel.:** +420 725 761 533

**Lunch cancellations:** [www.odhlaska.cz](http://www.odhlaska.cz)

Both buildings of the Kamarád Kindergarten have their own kitchen where fresh and varied food is prepared for our children every day. We prefer local ingredients and try to enrich the menu with new recipes.

During the day the children are assured a drinking regime.

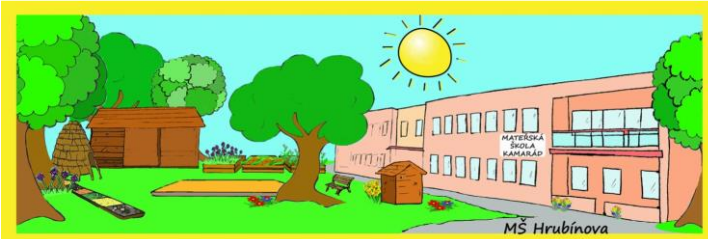
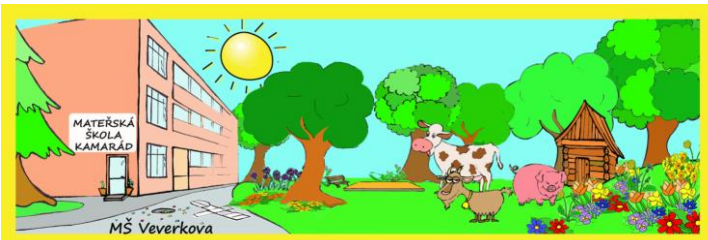


# Mateřská škola KAMARÁD



## Mateřská škola Kamarád, Hradec Králové, Veverkova 1495





## Buildings of Kamarád Kindergarten

The main building is located in Veverkova Street. It has four classrooms and a library for parents, and it houses the kindergarten administration. In the garden there is a quail pen in addition to a sandbox, misting area and tree houses.

The detached workplace is located about 400 m from the main building in Hrubínova Street. There you will find 3 classrooms, as well as a sandbox, a misting area and a tree house in the garden. In addition, there is also an enclosure for silkie chickens.

Both buildings have dedicated parking for parents.

The tuition fee is 600 CZK per month.

## Main Objectives of Preschool Education

The child should:

- develop an active approach to learning and creativity
- be able to actively explore and discover
- honour the principles of moral values, be responsible, compassionate and act in solidarity with others, whether they are equal or not
- understand that everyone is different, tolerate the origin, race and religion of others
- have respect for life, the environment, cultural heritage and history
- be able to work cooperatively with others as well as work independently

## Characteristics of Kamarád Kindergarten

At Kamarád Kindergarten, we follow the path of global development education. Our aim is to develop sophistication, healthy self-esteem, all-round knowledge.

We guide children to develop life values, respect, tolerance and friendship. We see the motivation for further education in experiencing success, and we try to express praise for every effort shown. We remember the folk customs and traditions of our nation, we care for the environment, and we try to evaluate the impact of our actions on our lives and the lives of those around us. We encourage children to have the courage to come up with ideas, and we consider communication and shared experiences a necessity.

Our kindergarten supports literature and every year announces art competitions and DIGI meetings of kindergartens in Hradec Králové.

The school holds the “World School” title and the “Nature Garden” certificate.

**“If you wake up early,  
you won’t be cold from the dew.  
If you like to laugh instead of cry,  
if you like to sing, dance, jump,  
come play with us,  
and come be our FRIEND!”**



## Meeting the needs of the child takes place in all areas:

- **Physiological needs:** nutrition, drinking, all-round exercise, posture care, hygiene needs, strengthening the deep stabilisation system
- **Safety and security needs:** safe environment, functional rules, solid background, trust, rituals, educated teacher
- **Need for love and belonging:** knowing that the child is expected, welcomed and needed in the group, freedom
- **Need for respect and recognition:** trust, respect, effective communication
- **Need for self-actualization:** the desire to acquire new knowledge, the conscious development of aptitudes and talents, the opportunity to be anything



**světová škola**  
ve světě i doma

