

Adaption 2026

It can be a big step and new experience to start in kindergarten, for students and parents. It's safe to say that cooperation between home and school is important, and trust and respect must prevail in that relationship if it's supposed to succeed. Cooperation and trust between the two are prerequisites for the child to feel comfortable in kindergarten.

- ♥ The Adaption period at the nursery is a time for the child to get to know and adjust to the staff, the other children, and the nursery itself.
- ♥ Adaption usually takes about five days. Parents and staff evaluate how things are going and decide on further adaption, if necessary, otherwise formal adaption is complete. It is recommended to pick up children sooner for the first few days after adaption.
- ♥ These days are very important for the child's wellbeing at the nursery in the future.

In the kindergarten we use the communication app Karellen. You can log in to the website karellen.is or you can also download the app. It includes pictures and information about food and sleep. You can send messages there and register absences.

Parents get access as soon as the child is registered in the kindergarten.

Username: parent's ID number (kennitala)

Password: Child's first name with a capital letter at the beginning, a period and the first four digits of the child's ID number. You can change your password on the website karellen.is

Day 1 – Parent and child come at 9:00-10:00

- ♥ We call this a visit, the child plays if it wants for a little bit.

Day 2 – Attendance at 9:00-11:30

- ♥ The child stays with a parent during playtime and gets to know the routine and then goes home.

Day 3 – Attendance at the childcare time – 12:00

- ♥ Now the child starts to be longer. The parent and child take part in the routine, and the parent goes away for a little bit if it can. They never leave without letting the child know and without it being okay with it. The child eats lunch and then goes home.

Day 4 – Attendance at the childcare time – wakes up

- ♥ If the child is ready, it's left behind after breakfast and picked up after nap time. The day is similar as the day before except that the child eats lunch and takes a nap. The parent picks up the kid when the kid wakes up.

Day 5 – Attendance at the childcare time – wakes up

- ♥ Parent and child stays together during breakfast. Child is then left behind and picked up when it wakes up.

The staff at Ylur



Principal: Huld Aðalbjarnardóttir huld@reykjahlidarskoli.is

Assistant principal: Karen Ósk Kristjánsdóttir karenosk@reykjahlidarskoli.is

Auður Filippusdóttir, instructor/Askja

Bianca Maria Paregger, instructor/Krafla

Carmen G. Ramos Bjornsson, kindergarten teacher and Project Manager in Krafla/Krafla

Júlía Brá Stefánsdóttir, instructor /Krafla

Mavis Owusu Afriyie, kindergarten teacher /Askja

Ragnheiður Jóna Leví Grétarsdóttir, instructor /Krafla

Sandra Haraldsdóttir, kindergarten teacher and Project Manager in Askja/Askja

Sigríður Anna Jónsdóttir, instructor /Krafla&Askja

Zorka Maisarová, kindergarten teacher /Askja

Supporters

Amelía Ásdís Kozaczek

Maríon Edda Stefánsdóttir

Rut Guðmundsdóttir

Clothes at the nursery

Extra in-door clothes

Children have a plastic box in the changing area where we store extra clothes.

If your child goes home with dirty clothes you need to bring more the next day. Here you can see what clothes need to be there daily.

- ♥ 2 underwear (more if the child is stopping using the diaper)
- ♥ 2 shirts/bodysuits
- ♥ 2 socks
- ♥ 2 pants
- ♥ 1 sweater



Outdoor clothes

They are left in the lockers on a hanger. Extra outdoor clothes are in the boxes above their hanger. So, the children can find their clothes more easily, try not to have too much on the hanger.

What is good to have in the nursery?

Base layer when it is cold

- ♥ Wool or fleece sweater
- ♥ Wool or fleece pants
- ♥ 1-2 pairs of wool socks

Cold/Snowing

- ♥ Snowsuit (make sure that there is a band under the shoes)
- ♥ Winter shoes
- ♥ Winter jacket
- ♥ 1-2 pair of mittens
- ♥ 1 winter hat



Raining

- ♥ Raincoat and rainpants (or other waterproof clothes, unlined are usually more suitable)
- ♥ Rainboots
- ♥ 1-2 pair of mittens (rain mittens and warm wool ones)
- ♥ 1 good hat



Warm weather

- ♥ Thin jacket and outdoor sweater
- ♥ Thin hat or buff
- ♥ Thin mittens
- ♥ Sneakers
- ♥ Sunscreen

