



## WELCOME TO ÅS PARENT AND CHILD GROUP



- a meeting place for parents and their children -

- \* The parent and child group is for parents with their own children aged 0 - 3 years
- \* Parents can come with their own child or their own children
- \* You can come and go as you like within the opening hours
- \* You have to register when you arrive
- \* We have space for up to 20 children. If there are already 20 children in the room on one day, we hang up the 'full' sign «Beklager fullt»
- \* The parent and child group is free. You don't have to pay.
  
- \* We are closed in the school holidays
- \* If the staff are ill, the group will be closed  
If this happens, there will be a sign on the door.

- \* Meeting place: Midtgard youth club, Skoleveien 5 (beside Åsgård school) **Opening hours: Wednesdays and Thursdays from 09am to 12**
- \* In Nordby: SFO, Sjøskogen skole nearby the Vinterbro senter
- \* **Opening hours: Monday and Wednesday 9 am to 12.00**
- \* Telephone:  
64 96 26 81 (Tone Vik, leader of Rustadskogen nursery)

- \* At each session, we have a song time. Other activities vary from session to session. We want the group to develop according to parents' ideas and suggestions.
- \* At the parent and child group, you have responsibility for your own child or children. All parents need to help this be a pleasant place for everyone. This means taking part in activities, talking to other people and helping with practical tasks like tidying up toys, getting the tables ready etc.
- \* You can bring your own toys but there are also lots of toys and equipment in the parent and child group.

#### Some Practical Rules:

- \* Small children use the floor. Adults and children must have indoor shoes, slippers or something similar, and take off outdoor shoes in the corridor.
- \* Pram and buggy bases must stay outside.
- \* You need to bring all you need for your child (nappies, etc). Used nappies should be put outside in the container immediately.
- \* Bring some food for yourself and your child at lunchtime. Sometimes we bake cakes or make food together.
- \* You can buy tea or coffee when you get here.