



# ElternMail Berlin

## YOUR CHILD AT 10 - 14 MONTHS OF AGE

Dear Mama, Dear Papa,

The third online edition of ElternMail Berlin for months 10 - 14 is here! In this issue you can read about **DAYCARE, SEPARATION ANXIETY, CONFLICTS WITH RELATIVES AND AS A COUPLE.**

The next online edition of ElternMail Berlin will focus on months 15 - 20 (see preview at the end).



*The ElternMail Team*



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### Introduction

It's amazing what your child has learned and can do in their first year. In the second year of life, your child will become even more independent and master many important developmental steps. Where before you might have had your own rhythm and been able to cuddle up in the morning, now life is increasingly dictated by the outside world.

On the one hand, the daycare centre takes the pressure off you, and on the other hand, it can be stressful because of the drop-off times. Along with loving moments and wonderful experiences for your child, interacting with relatives can lead to conflicts about "how to raise your child properly". And when

children leave the nest, it's not just their steps out into the world that get bigger. Their risk of infection is also increasing. Their immune systems are not yet well developed. This means that infections cannot always be immediately fought off.

The good news: The stress will decrease over time once you become accustomed to the new processes and changes. After all, even a busy day still leaves plenty of time for cuddling and play. And when it comes to support from grandparents, relatives or friends: This is often the first time that mothers and fathers are able to learn how to ask for and accept help.

# HOW IS YOUR CHILD DOING AT DAYCARE?

Maybe your child has already settled in well at a daycare centre or facility. Or maybe this new stage of life is still ahead of you.

## Information on the Berliner Bildungsprogramm

The Berliner Bildungsprogramm (Berlin Education Programme) describes the knowledge, skills, and abilities that children need to successfully master their lives. This involves identifying specific interests and finding ways to nurture them in a way that is suitable for their age. There is a special focus on language development in daycare centres. A language learning diary is used to record the child's progress at regular intervals. The aim is for children to be as well prepared as possible for the start of school and the rest of their lives.

## Loving support during the settling-in process

As a parent, you can help and support your child in getting settled in. It takes time and patience to build trust in a new caregiver for children who are barely able to speak. Therefore, during and after the settling-in period, cooperation and communication between teachers and parents is very important. The daycare centre will regularly update you about your child's progress once they have settled in. If you have any questions or would like to find out more about your child's development in the group, you can also use the parent-teacher conferences and parent meetings to do so.

Even during this settling-in phase, each child has their own pace, depending on their age and temperament. Some children may find it more difficult than others to settle in. Being separated from your child on a daily basis can be very unsettling at first, as children sometimes fear that the parent is not going to come back. Of course, if your child is suffering from separation anxiety, this will be stressful for you as well.

However, over time your child will learn to trust that they will not be left alone and that they will always be picked up. Children usually get through the settling-in period very well with loving support from you and the teachers. Even after they've settled in, there will always be small "setbacks" – especially if their favourite teacher is ill, their best friend from the daycare centre isn't there, or your child is sick. Many children will need a little more time to settle back into their routine after the weekend or holidays. Try to accept these small "setbacks" and be loving and patient with your child.

**Important:** Your child can tell whether you yourself are convinced that the daycare centre is a safe place for them. So make sure you have all the information you need to radiate confidence. It is not only your child who needs to settle in, but you too.



# HOW IS YOUR CHILD DOING AT DAYCARE?

## What a day at daycare means for your child

Your child may already be going to daycare for several hours a day. How wonderful! Your child will have lots of fun every day with many other children and lots of exciting toys and playthings. Every morning the children will form a circle. Here they will sing, be read to, and listen to stories together.

Your child will be exposed to many stimuli over the course of the day at daycare. They will try to stick to the rules, learn to navigate within the group, and discover many new things. All these new demands are exhausting for your child.

For this reason, children often have an emotional reaction when their mum or dad picks them up from daycare. They cry, are angry, and sometimes even the expected joy of reunion is not there. If you are not familiar with it: This has nothing to do with your child wanting to go home and leave daycare. Rather, it's because your child's safe harbour is back - and that's you.

So when you pick your child up from daycare, or even later in the afternoon, it's perfectly normal for them to let their feelings out. Your child needs your closeness and patience at this time. The fact that your child shows all their feelings to you is a sign of trust!

## What you can do

- Try to respond to your child's feelings with understanding and love.
- Pick up your child a little early and without any stress. This will give you time for a cuddle while at daycare.
- Make sure that your child gets some rest and your closeness after daycare.
- After daycare, children are often hungry. So why not organise a small picnic in front of the daycare centre?

## Daycare costs

In Berlin, daycare is free for all children. There is typically a monthly contribution that is required to cover the cost of lunch.

You may be eligible for assistance from the Education and Participation Package [Bildungs- und Teilhabepaket] if you have a low income or receive certain benefits.

### The Educational Package provides the following benefits in kindergarten

- Lunch in a daycare centre or facility
- Costs for excursions to daycare centres or facilities
- Costs for participation in daycare centre trips lasting several days
- Cultural, sports, and leisure activities (e.g. music lessons or sports clubs)

You can find more information in various languages by contacting the BuT counselling service.



# HOW IS YOUR CHILD DOING AT DAYCARE?

## The health of your child

Your child goes to daycare now, but it seems that they are home more often than they are in daycare. Do colds, fevers, coughs, and gastrointestinal infections dominate your everyday life?

Don't worry, this is also completely normal. Infections can play a major role, especially in the first year of daycare.

## Good to know:

In fact, up to 12 infections a year are completely normal. Your child's immune system is immature and has yet to develop. This means that pathogens are quickly picked up.

The good thing is: Every time your child gets an infection, the immune system learns something new, and it becomes stronger and more resistant to pathogens.

### How you can strengthen your child's immune system

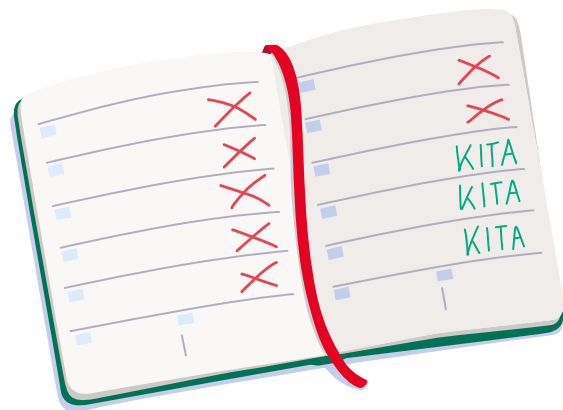
- Get plenty of fresh air.
- Make sure your child gets enough sleep for their age.
- It is important for your child to have a healthy and balanced diet.
- Help your child with hygiene, such as washing their hands regularly.

## Sick on the weekend or at night - What can you do?

Your paediatrician is closed on weekends, public holidays, evenings, and nights. Therefore, having the contact details of the nearest children's hospital or paediatric emergency service on hand is always helpful and sensible.

You can contact the medical on-call service 24 hours a day at 116117 for minor complaints or questions.

**Important:** For example, if your child has a bad cold, fever, or gastrointestinal virus and needs to be cared for at home, it can be very challenging for you. You may have to juggle work with caring for your sick child. Nevertheless, it is important that you do not send your child to a daycare centre when they are ill. They need rest, closeness, and enough sleep to recover. You can avoid infecting other children or caretakers by keeping your sick child at home.



### Tip:

Child sickness benefit

As a rule, employees are entitled to a child sickness benefit. The paediatrician will provide you with a certificate stating that your child needs to be cared for at home due to illness. Once you have submitted the required certificate to your health insurance company, you will be entitled to a refund of part of your loss of earnings.

# DEALING WITH GRANDPARENTS AND OTHER RELATIVES

Many young families are happy to have the support of their own parents or other family members. However, not all families are fortunate enough to receive such support. For example, some families may not have grandparents or other relatives who live nearby and who are able to care for a child. Additionally, some relatives may not be in good health or may still be working themselves, making it difficult for them to provide assistance.

However, mothers and fathers are usually grateful if grandparents or other relatives can provide daily support. Because parents and grandparents, along with other relatives, have typically established long-standing relationships, parents can confidently entrust their child into their care with a strong sense of trust. Tensions can also arise between parents, grandparents, and other relatives because of their closeness. Disputes often arise because, although both today's young parents and parents of previous generations want the best for their children, they have different ideas about what is "best for the child".

## Reasons why a dispute may arise (examples)

- Different parenting styles: Views on parenting have changed considerably in recent decades due to the influence of media, new research findings, and recommendations on childhood development and nutrition. The grandparents raised their children to the best of their ability. Nevertheless, their views on education differ from those held today. This can become a source of disagreement.
- Different ways of dealing with things like media, sweets, bedtimes, general agreements, and boundaries.
- Grandparents have already raised children, so they think they know how to do it "right".
- This can lead to misunderstandings. When grandparents say, for example: "You do this or that differently" may sound to you as if you're being criticised in your role as a mother or father. And in the same way, a statement from you, for example: "But that's how we do it today" could perhaps be interpreted as you being a know-it-all. But it was just a statement.

## This helps when disagreements arise:

- Express your feelings/needs in the "I" form.
- "I am ... (e.g. angry, unsure)"
- Be very clear about why certain things are important to you.
- "It's important to me that Tim sleeps regularly so that he can process the day."
- Express appreciation.
- "I'm so relieved that you're looking after ...! That's so helpful!"
- Be interested.
- If possible, don't immediately feel attacked by grandparents (relatives, acquaintances, etc.), but be open to their suggestions. Maybe you can talk about it.
- Be clear and decisive.
- If boundaries are crossed over and over again, it is okay to say so, for example: "On this point, I am convinced of how we are doing it. I hope that you will accept my opinion and my way."
- Be a team. If you realise that your grandparents or relatives are open to new ideas, e.g. on the subject of parenting, it could be helpful to involve them. Maybe you have an interesting article or podcast you'd like to share? This gives the other person the feeling: "I am taken seriously as a contact person for children's issues." Feel free to ask for advice.



# DEALING WITH GRANDPARENTS AND OTHER RELATIVES

## If your attempts at dialogue are not well received

### 1. Tip:

Try to stay calm and safeguard yourself. For example, if you realise that there is no point in talking, leave the situation. This will prevent you from saying something that you might later regret.

### 2. Tip:

Name the feelings of the other person: "Could it be that you're worried about ....?"

### 3. Tip:

If your child's boundaries are being overstepped, stand in front of them like a protective shield. For example, if your child is being threatened, say: "Stop! You can do that without making threats!" or "I'll help you find a solution."

### 4. Tip:

Grandparents or other relatives can often change their views if they are shown empathy. Sometimes boundaries or distance also help. In the event of violence against your child, there should be a significant reduction in contact or even a complete break. In this case, please seek professional help from a family counselling service.

#### When does it make sense break contact?

- If your child's well-being is at risk, e.g. due to emotional or physical abuse.
- If there is a complete lack of trust in grandparents or other relatives and important agreements are not kept.
- If you feel that the contact is interfering with your own family life.

## WHEN GRANDPARENTS OR OTHER RELATIVES AFFECT YOUR RELATIONSHIP

It is not uncommon for a couple to argue after visiting grandparents or relatives. Both parents don't want the family to be talked about badly and want to protect their own relatives. Perfectly understandable, right? This is because every parent perceives an attack on their own parents as an attack on themselves. Nevertheless, it is important that you stick together as a couple and stand up for each other. Make sure that the grandparents' behaviour doesn't become a constant source of conflict between you, for example when the mother-in-law thinks she knows better or when grandpa spoils his grandchild with a present.

Therefore, try not to talk badly about your partner's relatives. This will help to protect your relationship.



# SUPPORT AVAILABLE IN BERLIN



## **Berliner Familienportal**

The Berliner Familienportal (family portal) offers a wide range of useful service information on the subject of the family, an events calendar for children, young people and the whole family, and advice on a range of topics such as leisure, finance, single parenting, childcare offerings and so on.)

← [www.berlin.de/familie](http://www.berlin.de/familie)



## **Care for your child:**

An overview on the topic of childcare, including links to specialised services, at

← [www.berlin.de/sen/jugend/familie-und-kinder/kindertagesbetreuung](http://www.berlin.de/sen/jugend/familie-und-kinder/kindertagesbetreuung)



← [www.berlin.de/familie/informationen/kinderbetreuung-ergaenzend-und-flexibel-143](http://www.berlin.de/familie/informationen/kinderbetreuung-ergaenzend-und-flexibel-143)



← [www.kita-navigator.berlin.de](http://www.kita-navigator.berlin.de)



## **If your child is ill or sick:**

The Kinder- und Jugendgesundheitsdienst (KJGD) supports families in monitoring children's development and recognising and preventing health problems at an early stage:

← [www.kinderversorgungsnetz-berlin.de/gesundheitsamt](http://www.kinderversorgungsnetz-berlin.de/gesundheitsamt)



If your child is ill (even on the weekend) and you're not sure where to go? The medical on-call service provides advice by telephone at 116117.

More information available at:

← [www.kvberlin.de/fuer-patienten/anruf-116117](http://www.kvberlin.de/fuer-patienten/anruf-116117)



The Berliner Familienportal also provides an overview of important contacts, emergency numbers, and rescue centres:

← [www.berlin.de/familie/informationen/das-kind-ist-krank-kinderarztpraxen-und-kinderaerztlicher-bereitschaftsdienst-45](http://www.berlin.de/familie/informationen/das-kind-ist-krank-kinderarztpraxen-und-kinderaerztlicher-bereitschaftsdienst-45)



If a child is ill, working parents, mothers, or fathers are entitled to children's sick days. They can take time off work to care for their child. During this time, they receive a child sickness benefit.

More information available at:

← [www.berlin.de/familie/informationen/das-kind-ist-krank-freistellung-von-der-arbeit-266](http://www.berlin.de/familie/informationen/das-kind-ist-krank-freistellung-von-der-arbeit-266)



## **Support in the event of conflicts:**

You can get help with family and marital/couples conflicts at Berlin's parental and family counselling centres:

← [www.berlin.de/sen/jugend/familie-und-kinder/erziehungs-und-familienberatung](http://www.berlin.de/sen/jugend/familie-und-kinder/erziehungs-und-familienberatung)



## **Financial support:**

Advice and support when applying for and using benefits from the Education and Participation Package:

← [www.but-beratung.de](http://www.but-beratung.de)



## IN GOOD COMPANY FROM THE START

With the **ElternMail Berlin**, the **Senate Department for Education, Youth and Family** aims to support and promote all parents as they embark on family life and in the years that follow. This publication, free to families, is intended to help ensure that mothers and fathers receive helpful information regarding their child's development and find practical tips and advice on supporting services in their area.

### Preview of the next online issue of ElternMail Berlin for babies 15 to 20 months of age

1. "But I want ..." - When your child discovers their own will
2. Fine motor skills - Painting, modelling, "grasping" the world
3. Cleaning with loving care
4. Your child's sleep



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