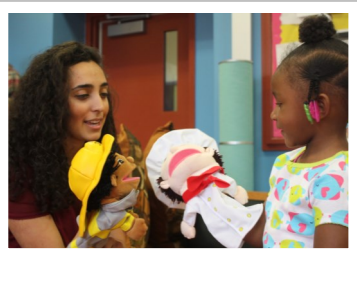


## Tips for Parents

**Use these tips to help your child's transition to child care. It may take a few months for your child to adjust, but soon, it will all be routine!**



### Visit your child care

Introduce your child to their new teacher(s). If you can, visit a few times.

### Talk to your child's teacher

Tell your child's teacher about your child's eating,

sleeping and toileting habits. Talk about what makes your child happy, what they fear, and what helps them calm down. Ask how they help new children feel comfortable.

### Help your child prepare

Tell your child about their new child care. Talk about their feelings about going. Help your child understand what to expect when they start. Explain routines like activities, snack and nap time.

### Take it slow

Consider a slow transition. You can start with shorter days, transitioning to longer days.

### Make drop off easy

Make sure your child has been changed and fed. Give your child a favorite stuffed animal, blanket, pillow or toy to bring. Bring a photo of your family. Help your child get settled. Be sure to make time for drop off – feeling rushed can be hard for everyone!

### Create a good-bye routine

Use the same good-bye routine each time you leave. Sing a song, read a book, or share a hug and kiss. When you leave, leave quickly but do not sneak out. Sneaking out can worry a child that you will leave anytime without warning.

### Be calm and consistent

Show confidence in your child. Let your child know its ok to miss you. Tell your child where you will be and when you be back. Use a reference to help them understand – “I will get you after nap.”

### Good-byes can be hard

Your child might cry or cling to you. This can be upsetting. However, most children do well once you leave. Later in the day, you can call your child's teacher to see how your child is doing.

### Have a teacher meeting

Talk to your child's teacher to see how your child is adjusting. Share your ideas to support your child's transition. Ask if they have ideas for you.

### Expect regression

Your child might do things you thought they grew out of – like needing a diaper, sucking their thumb, or speaking less. This should be temporary. If you are concerned, you can call Help Me Grow.



**Have questions? We are here to help.  
Call Help Me Grow!**