

Transition to Childcare

It is quite normal for both you and your child to have a hard time saying good-bye. A new place with new people can be scary or at the very least, a little unsettling. We want to help make this transition as smooth and easy as possible for all of the members of your family.

We have attached a postcard with a photo of your child's teachers, so that you can begin to talk about them and about coming to school.

When we come to meet you for a home visit, we will bring you a homemade book: **A Day at CECC** with photos of our classroom and daily routines. This is a tool you can use to familiarize your child with how his/her day will look and when he/she can expect you to pick up.

Here are some things you can do to help make the transition easier:

In preparation for the first day:

Encourage small steps of independence: Putting on shoes, taking off shoes, using spoon/fork independently, drinking from a cup, settling for sleep.... all monumental tasks for young children!. The more of these things your child is able to do on his/her own, the less challenging transitions will be.

Label EVERYTHING: Young children rarely recognize their own belongings, especially the items they don't really like to wear! Please make sure EVERYTHING is clearly labelled with your child's name: jackets, bags of diapers, creams, pants, socks, shirts, shoes, bottles, etc. We will do our best to keep track of it all.

On the first day:

Bring something special: a toy, a favourite t-shirt, a family picture. Something familiar and cherished can bring much comfort. Just please make sure it is not something irreplaceable.

Create a routine e.g. Bring your child into the classroom, perhaps read one story or play one game and then say your good-byes. It is important to stick to a routine, so please choose one that is manageable.

When you are ready to leave:

1. **SAY GOOD BYE** - (don't sneak out - it tends to be very unsettling)
2. **REASSURE** - them you will be back later. Try to give them a concrete reference. ("I'll be back after sleep time..." etc)
3. **LEAVE** - the longer you prolong the good-bye, the harder it is on both you and your child.

Check in: Feel free to call the office during the day to see how things are going.

Be patient: It often takes several weeks for children to adjust.

Recognize that every child is different. Some children may be fine for the first week or so and then suddenly have a hard time saying good-bye.

Know that it does get easier.

We will have some extra staff in the room for the first few weeks to ensure that there are extra laps for cuddling and extra arms for hugging. Please feel comfortable to speak with any member of staff regarding your needs and concerns.