



adjusting to child care

Separating from your child can be hard but with a bit of planning it can be successful.

Things to do

If possible ease your child into the program slowly

Bring a comfort item with them

Become familiar with primary caregivers

Know the routines

Relate pick up time to a daily routine (example: "I'll pick you up at afternoon snack time")

Let your child know who will pick them up (when possible)

Try to leave with a smile on your face, this helps your child to see that you trust who you are leaving them with

Examples

Visit to get used to the program

Blanket, doll, stuffed animal, family picture

Know caregivers names, the shifts they work

When things happen during the day

I will pick you up when you are outside this afternoon

Grandma is picking you up today

Say good bye when leaving



It is important that parents remain positive as some children may take longer than others to adjust to new situations.

If English is not your child's primary language, providing simple phrases or words in your primary language to the child care team, will help to make your child's transition to the child care centre easier.