

## Tips for a Smoother Transition to Child Care

- Have other adults put your child down for their afternoon nap. This gets them used to it not always being Mommy.
- Start following lunch and snack times. This helps your child's tummy adjust to different eating times.
- Introduce your child to a sippy cup and a Rubbermaid Litterless Juice Box. These are both items we use in the class.
- Try to arrange visits to the classroom with your child. This gives yourself and your child the opportunity to become comfortable with starting child care.
- Expect some changes in your child. You may notice a change in their sleeping patterns, eating or bowel movements.
- Give your child experience with caretakers outside the family and outside the home. Some children have never been in a stimulating environment outside of the home.
- Confront your own ambivalent feelings about your child starting childcare. It is normal to feel guilty and anxious. But it is important not to communicate this to your child. Expect that you will have an emotional reaction when your child starts to like day care and form attachments to the caregivers.
- Items you will need for childcare:
  - Diapers and wipes
  - Summer:
    - Sunscreen
    - Watershoes
    - Sunhat
    - Bathing suit
  - Spring/Fall:
    - Splash pants

Rubber boots

Winter:

Warm coat

Snowpants

Boots

Neckwarmer

Hat (no strings)

Mittens (with thumbs, that go up to elbow)

- Every item your child brings in should be clearly labelled with their name. Follow the link to order labels from Mabel's Labels <http://www.mabel.ca>