



SETTLING KIDS INTO CHILD CARE

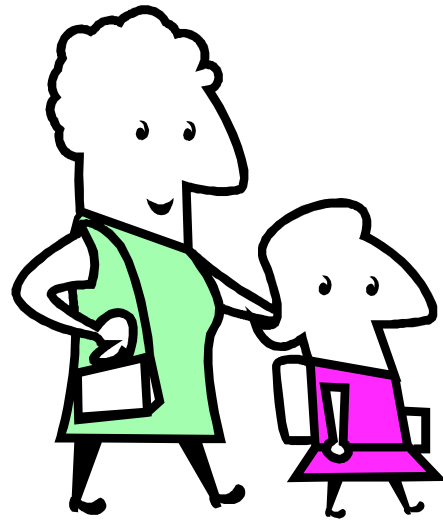
Your child's first days in childcare may be upsetting for both you and her. The best way to ensure your child settles into their new childcare centre happily and quickly is to be prepared!

Before starting your child into a new childcare centre try some of the following strategies:

- ✓ If possible, take your child to the centre for a visit. Walk around, have a look at the activities and meet some of the teachers and other kids
- ✓ Talk about the child care centre and what types of activities your child may do there, the new friends they may meet etc
- ✓ Explain to your child why they will be going to child care
- ✓ Talk about new routines so your child is prepared for changes

The first day in Child Care is bound to involve some tears at the door. Make sure that this is not also your first day on the job! Try to settle your child into childcare before you start work. Here are a few more tips for dealing with the first day.

- ✓ Make the first day a shorter day, and increase the time spent in care gradually if possible.
- ✓ Make time to 'hang around' for a little while on that first day. Use the time to introduce yourself to teachers and help your child settle into an activity
- ✓ When it is time to go, say good-bye to your child. Reassure your child that you will be back to collect them later.
- ✓ Make the good-bye short. Give your child a hug, kiss and leave. If your child cries, remember that most kids stop crying within 5 minutes of their parents leaving. If you are really concerned, call the centre 30 minutes later – you'll probably be reassured to hear your child has settled and is happily involved in an activity



Kids have good and bad days, just like adults! There may be mornings when your child is excited about going to child care, and there may be days when your child definitely does not want to go to child care. Don't worry, this is very normal. Here are a few tips to help with the childcare drop off each morning:

- ✓ Stick with your goodbye routine. When you leave say goodbye and reassure your child by telling them when you will be back to pick them up.
- ✓ Talk to staff to get regular feedback on how your child is settling in. Keep staff informed about important events or issues that may affect your child.
- ✓ Encourage conversation with your child – ask about their day and let them know you are interested in what they have been doing
- ✓ Take time each afternoon to look at paintings or other activities that your child has been involved in.
- ✓ Remind your child, or encourage discussion each morning about what activities they may be doing at child care today.
- ✓ Talk to your child about your day at work. Kids are often very keen to hear about their parent's workday.
- ✓ Make sure your child understands the benefits associated with your new job – for example you may be able to afford to go to the movies, or save for a great family holiday. Involve your child in these discussions.

