

Preparing for Daycare:

Here at Mckernan Child Development Centre it is our goal to provide a warm and inviting atmosphere that mimics a family environment. It is our intention to work with you to build your child's skills and develop a lasting relationship outside the home. To help us in this, here are some tips to prepare your child for the transition to daycare:

- If your child is capable of understanding, talk with them openly about going to daycare-what it will be like, what they will do there, etc. Explain that you will be going to work and will return at the end of the day.
- Decide if you wish to stay for a few minutes at the centre to engage your child in an activity or if you will not do this. Commit to your decision and follow through consistently.
- Visit the daycare (even for a couple min or a tour) prior to starting so your child knows what to expect visually.
- Keep a similar routine at home- our naptime is at 12:30-2:30. On days leading up to your start and on days you are away from the daycare, have your child prepare for nap or quiet time at this time.
- Some children benefit from having a photo from home in their backpack to keep with them.
- Come prepared with all the items listed in your parent handbook. Ask our staff if you have any questions.
- Keep a consistent routine- If you plan to use care from 7:30-3 keep that routine daily. This will help your child to anticipate what routines they will be a part of and when you will return as well as help them to be more secure.
- Maintain open communication with the staff regarding your child.

- At drop off, say good-bye and tell them you will be back (even if they cry) then leave- our staff are trained to comfort children and help them to adjust. This will build trust, they will begin to understand that they must stay and it will be OK.
- Prepare yourself! If your child sees that you are comfortable leaving them at daycare, they will be too.

Here are some books you may wish to look at together:

The Kissing Hand by Audrey Penn

I'll Always come back by Steve Metzger

Don't forget to come back by R.Harris

I Love you all Day Long by Francesca Rusackas

We look forward to seeing you and your child soon! ☺