

# KixCare TIPS

## How Do I Help My Child Adapt to a New Routine When My Child Goes to Daycare?



Starting daycare is emotional and a major change for both you and your child.

- 1 Start talking with your child about the routine changes before the first day of daycare.
- 2 Borrow some books from the library to read that relate to children going to daycare and all the fun things they have there to do, including new friends and teachers.
- 3 Ask the daycare to set up a few days so that you and your child can spend some time visiting and planning together. They may also have an option of a half day before the first full day.
- 4 Prepare yourself for all the tears at drop-off and pick-up. They will happen, it is completely normal for them to feel scared and unsure about the change but trust that the daycare will comfort them when you are gone.
- 5 At pick-up show them all the love and excitement that you have after a day of missing them

Cut here for a colouring sheet for your little one

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