



2-1-1
CHILD CARE



For more information: Dial 2-1-1 or 1-800-505-1000 | www.211childcare.org | www.ctunitedway.org

Preparing Your Child for Child Care

In order to best prepare your child for child care, you may want to do the following:

- Before your child begins child care, visit the program together. This will give your child a chance to meet with the provider(s) and other children.
- Talk positively with your child about the program or provider. Even if you are nervous about leaving your child for the first time, try to stay positive so your child doesn't pick up on your fears. In time, your comfort level will increase.
- You can talk to your child about what will happen during the day at child care. You may want to remind your child that this is his/her special place to be while you are at work or training.
- If possible, be prepared to stay briefly for the first few days until your child becomes familiar with the setting. It also allows you to ask questions of the provider and get to know that person better.
- Bringing a favorite toy, doll, blanket or family picture will help your child feel more comfortable, especially when it is time to say goodbye.
- Children react to separation in many different ways. It can be normal for your child to cry during drop off. Having a consistent goodbye routine will help your child adjust. Offer your child a hug and kiss and tell him/her when you will be back. Ask your child care provider for suggestions if your child is having a difficult time adjusting.
- Never leave without saying "goodbye". It might make your child feel like he/she cannot trust you.
- When your child is well rested and has an unrushed morning at home, it will be easier for him/her to start their day in child care. Many families find it easier to pick out clothes and pack lunches the night before.
- Before you know it, the daily separations and the joy of being together again will be part of your day to day life.



For more information on preparing your child for child care, please call 2-1-1 Child Care at 2-1-1 or 1-800-505-1000. Or visit our website: www.211childcare.org