

Daycare Guide



PREP WORK

It's important to get an understanding of how the daycare operates.

Ask for their nap schedule in advance. This gives you a template on how to structure your child's day **BEFORE** starting.

If they are only there part of the week, you don't have to get them adjusted to their new schedule.

If they will be there the majority of the week, it might be a good idea to go by what they are doing at the daycare.



VISIT:

Ask to visit the daycare so that your baby or toddler can see the people and other children. This will bring a little familiarity to them.

If they are old enough, talk to them about the changes coming up.



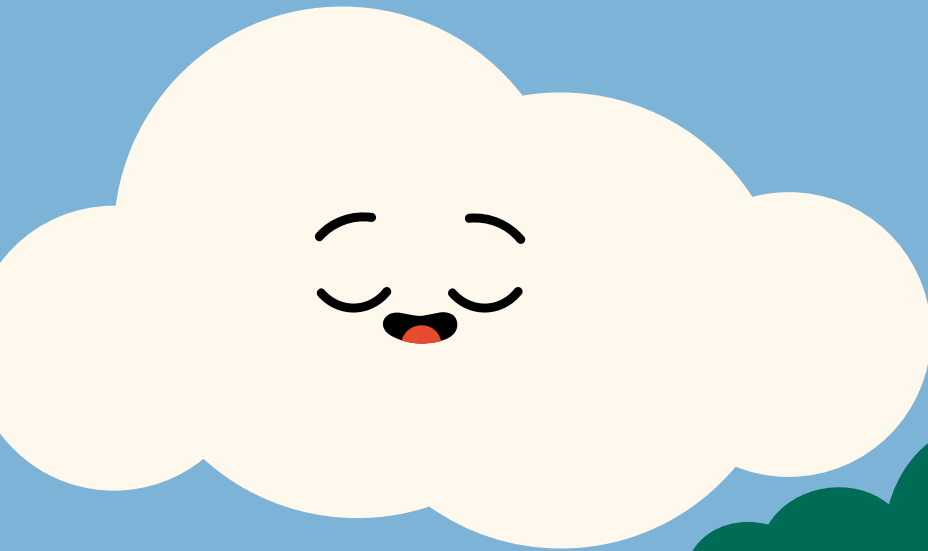
Speak to the daycare ahead of time to see what things they provide. Oftentimes you can bring your own small sound machine and a sleep sack if you let them know it helps your little one sleep better.



Your little one might start to exhibit separation anxiety.

A great tip is to spend a little extra time with them before bedtime where it's just you and them. No device.

Extra cuddles, hanging out, talking to them, etc.





It's very common for babies and toddlers not to get the rest they need at daycare.

Most daycares will have a log and if they didn't sleep well, opt for an earlier bedtime.



An overtired child may have more nightwakings and tantrums.

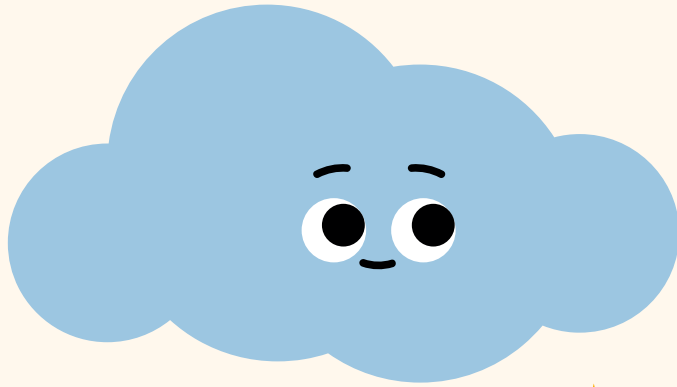




PRACTICE ROUTINE

A morning routine, a goodbye routine, & the routine of putting things away (if they're old enough) can help their transition. Things that they are familiar with go a **LONG** way.





EXTRA TIP

Bring a comfort item
from home

Bring extra
EVERYTHING! Diapers,
clothes, snacks, etc.





Need more tips?

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