



## YOUR CHILD'S FIRST DAY

Welcome to Bright Beginnings Daycare & Preschool! The first day of school is an exciting milestone for your child. Whether they're 6 weeks old or 5 years old, dropping your child off for their first day of daycare or preschool can be emotional for both you and your child. Below are a few tips to make sure we get off to a good start together.

### **BEFORE YOUR FIRST DAY**

- Prepare your child for the new school experience by explaining what to expect and answering any questions they may have.
- Children are aware of your feelings. Make sure to express your enthusiasm about this fun and exciting place.
- Schedule a visit to our facility with your child and introduce them to their teachers and new classroom. Give yourself time to get to know their teachers as well and ask any questions you may have.
- Give your child (and yourself) several days to adjust to a new bedtime and/or wake time and morning routine.
- For breastfed babies, introduce a bottle a few weeks in advance.
- For older children, start talking to them about school and what to expect. Read books about starting school to encourage more conversations about how they're feeling about starting school.
- Consider getting older children a new backpack to get them excited for their first day.

### **ON YOUR FIRST DAY**

- Allow for extra time at drop off. Feel free to spend some time in the classroom with your child. Help them settle in and introduce them to their new surroundings. This is a great time to establish a drop off routine. Check them in, put their things in their cubby and get them settled into an activity.
- For infants, spend time talking to their teacher about how their evening and morning went and discussing your child's needs.
- Keep goodbyes short and sweet. Validate your child's feelings and reassure them you'll be back. Sneaking away without saying goodbye can make it harder for your child once they realize you're gone, so be sure to say goodbye. When you are ready to leave one of your

child's teachers can give them extra attention, cuddles or involve them in an activity to make the transition as smooth as possible.

- Teachers will send updates via HiMamma app on how your child's day is going.

**Please bring the following items on your child's first day:**

- a. Two (2) extra changes of clothes
- b. Crib sheet and a small blanket for nap time (not required for before and after school program children)
- c. Diapers, wipes and diaper cream (if used) for infants and toddlers not yet potty-trained)
- d. Formula/milk (if applicable)
- e. Breakfast, lunch and snack (if applicable)

**AFTER THE FIRST DAY**

- Spend a few moments at pick up checking in with your child's teacher about their day. If you have an older child, ask them to show you something they made or enjoyed playing with today.
- Your child will probably be more tired than usual. First days can be exhausting! Cut them a little slack during their first week as they transition to their new routine.
- Allow for extra bonding time with your child, especially if it's your child's first time being away from you for an extended time.

If you have any questions, please don't hesitate to speak to us! We're here to support you and your child and to ensure a smooth transition to Bright Beginnings Daycare and Preschool. Welcome!