



Dear Parents:

Welcome to Faith Works Preschool & Childcare! The first day of preschool/daycare is an exciting milestone in your child's life. Your child is embarking on a journey that will lead them on many roads of discovery and learning.

As wonderful as this new experience may be, it can also be quite stressful for your child. New situations and change can, at times, be unsettling for all of us. For many children this may be their first experience of separation from parents or care givers at home. It is common for even the most outgoing child to be anxious for the first month or two of daycare.

We have provided a few suggestions for assisting your child during this time. Remember the preschool/daycare staff will be available to provide support and assistance; making your child's first days happy days.

- Prepare your child for the new preschool/daycare experience by explaining what to expect. Answer all questions directly and honestly. Toddlers may need additional encouragement.
- Convey a positive attitude. Children are aware of your feelings. Your enthusiasm will assure your child that daycare can be a fun and exciting place.
- Establish a routine involving both the night before a preschool/daycare day as well as morning preparation. Rituals and routines will add predictability and are comforting in unfamiliar situations.
- Bring something from home. This is acceptable and often reassuring in helping your child with the initial adjustment. This item may be a treasured blankie or even a photo from home.
- Clearly state to your child where you will be and when you will return. It may also be helpful to discuss what will happen when you return at the end of the day.
- Maintain a clear good-bye routine. This may include warning the child you are leaving in 3 minutes, a kiss and hug, or a wave from the window. Once you tell your child you are leaving, it is important to follow through. Extending the good-bye with "Ok just one more kiss, and then I really really have to go." tends to heighten anxiety rather than relieve it. Avoid sneaking out, this seems to encourage children to become less trusting and makes the return days to daycare even harder.

Again, please know we are here to help make your child's preschool and daycare experience a happy transition and we look forward to an exciting journey with your child. Welcome!