

Transitioning
soon to
daycare?



CHECK OUT MY TOP TIPS

Transitioning to Daycare

A QUICK GUIDE

MATCHMAKING

Take ideally a week, or at least a day or two, to visit the new caretaker with your child before the start of drop offs. No need to force interactions between caretaker and your child. Simply allow your child to be present as you calmly interact with the new caretaker. This is also a great opportunity to discuss your expectations in regards to how you'd like the new carer to respond to your baby while in their care.

MODEL

You are modeling calm and safety with the new caretaker as you visit with them and baby is taking this in. This helps baby acknowledge that this new person is now part of their village of caregivers. This makes it easier for baby to attach to the new carer as they become familiar with them and feel safety in their presence.

SAY GOODBYE

Once drop offs start, do not sneak off! Confidently hug and say goodbye to your baby/toddler and allow their new carer to soothe them as you go. With an older child, emphasize the next point of contact, "I can't wait to see you after your lunch and you can tell me all about your day!". This sends your child the message that you trust their new carer and that they are safe with them. This also helps the attachment process between the new carer and baby.

HOME BASE

No need to change routines at home. Your child will adjust to their new environment and routine at daycare and will seek and need the safety and comfort of their normal routine at home with you. This safe home base to return to is key to their well-being. It is a misconception that you'll have to hold them less or respond to them less in preparation for separating from you. They actually need the opposite-- extra closeness and connection.

WEAN?

There is no need to wean or stop nursing to sleep while baby is home with you. You can start to gradually introduce bottle feeds during the daytime and the new carer will continue to work with baby on bottle feeding. Baby will often reverse cycle and wait to be home with you to nurse and get all of their calories in. This is usually temporary and helps your supply as well. Continuing to nurse baby to sleep when together is a great way to ease baby after a day away from you. The new carer will find alternative ways to soothe baby to sleep without nursing (i.e. rocking, holding, pacing, etc.).

INDEPENDENT SLEEP?

Independent sleep is not a requirement for starting daycare. Babies are pretty adaptive. Send over something that smells of you for the new carer to carry as they soothe them to sleep. Before starting daycare, you can share with the new carer your wishes for them soothing baby to sleep and remaining responsive (i.e. no CIO or controlled crying). Trust that the new carer will respect your wishes and find ways to soothe baby for their naps. Don't be alarmed if there are some missed naps at first, baby will eventually adjust to their new environment.

Relax, you and your baby have got this!