Transitioning Home to Childcare

Helping your child settle in during the first weeks

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Starting childcare is an important milestone for both children and parents. At Country Lane Early Learning, we understand that transitioning from home to childcare can bring a mix of excitement, emotions, and adjustment for the entire family. Our goal is to create a warm, supportive, and nurturing environment that helps children feel safe, comfortable, secure, and confident during this transition.

Before Your Child's First Day

- Complete and return the Childcare Services Contract, Admission Agreement, Health Assessment, and current immunization records (or an approved exemption) before your child's enrollment start date.
- The first 14 calendar days of enrollment serve as a probationary period, giving your family and our program time to confirm the fit is right for everyone.
- Share any relevant routines, allergies, medical needs, or comfort preferences in advance so we can prepare a smooth first day.

Infants

When Can My Baby Start Childcare?

Many childcare programs accept infants as young as six weeks old. Families should choose a start time that best fits their family's needs, work schedules, and comfort level. We understand that beginning childcare is a major transition and strive to support both infants and parents throughout the process.

What Should I Bring for My Baby?

- Families should provide all necessary infant supplies unless otherwise discussed.
- Common infant items may include diapers, wipes, bottles, formula or breast milk, baby food, diaper cream, pacifiers, and extra clothing.
- All items should be clearly labeled with your child's name.
- Sharing your infant's feeding schedule, sleep routine, comfort preferences, and soothing techniques helps us provide consistent care.

Will Childcare Affect My Baby's Sleep Schedule?

Changes in routine can temporarily affect an infant's sleep schedule. Maintaining consistent bedtime routines at home and communicating openly about sleep patterns can help your baby adjust more smoothly. Families are always welcome to ask about their child's naps and daily routines.

Toddlers & Preschoolers

How Can I Prepare My Child for Childcare?

- Talk positively about childcare and the exciting experiences they will have.
- Visit the childcare environment ahead of time whenever possible.
- Practice short separations to help build confidence and independence.
- Read books about starting school or childcare to help children understand transitions.
- Create simple and consistent goodbye routines to help children feel secure.

What Items Should My Child Bring?

- A favorite blanket, stuffed animal, or comfort item may help children feel more secure during the transition.
- Please provide extra clothing and any additional approved comfort items as needed.
- Sharing information about your child's routines, calming techniques, and preferences helps us support your child successfully.

Is It Normal for Children to Act Differently?

Yes. It is very common for children to experience temporary separation anxiety, clinginess, changes in behavior, or emotional ups and downs during transitions. Most children adjust over time as they become familiar with their new routine, caregivers, and environment. Patience, consistency, reassurance, and positive routines are extremely helpful during this stage.

Why Are Routines So Important?

Children thrive with predictable routines. Consistent drop-off routines, meal times, bedtime routines, and family connection time help children feel safe and emotionally secure. Reading together, cuddling, talking about their day, and spending quality time together can also help ease the transition.

Supporting Parents During the Transition

- Preparing items the night before can help reduce morning stress and create smoother transitions.
- Open communication with caregivers helps families feel informed, connected, and reassured throughout the day.
- It is completely normal for parents to experience emotions during this transition as well.
- Building trust, consistency, and communication between families and caregivers helps create a successful childcare experience.

Questions & Program Contact

Questions about starting care, paperwork, or your child's transition may be directed to: Sara Kingston, Program Coordinator/Director, sara@countrylaneearlylearning.com, (435) 255-8499.

While transitioning to childcare can feel emotional and overwhelming at first, it is also an exciting opportunity for children to learn, grow, build friendships, and gain independence. Our goal is to support families every step of the way and create a safe, loving environment where children can thrive.