

# How to Prepare your Baby for Childcare



## Bottle Feeding

Start introducing your baby to bottle feeding if they are not already accustomed to it. This will help them transition more easily during daycare hours.

## Sleeping in Their Own Bed

Encourage your baby to nap in their own bed or crib at home to help them get used to sleeping independently.

## Keeping Babies Down

Encourage your baby to spend more time on the floor with interactive toys and in safe play spaces during awake periods to promote independent play and exploration. Avoid consistently carrying or rocking your baby to sleep at home in the days leading up to daycare enrollment.

## Visit the Childcare

Transition visits will be scheduled. This will give you and your child the opportunity to familiarize yourselves with the caregivers and the environment.

## Be Patient

Every child adjusts to childcare or preschool at their own pace. Be patient and understanding.

## Practice Separation

If possible, gradually introduce short periods of separation from your child. Leave them with a trusted caregiver or family member for brief intervals to help them adjust to being away from you.

## Establish a Routine

Start implementing a consistent daily routine that mirrors the schedule your child will follow at childcare or preschool. A predictable routine can help your child feel more comfortable and secure.

## Stay Positive

Children can sense their parents' emotions, so stay positive!