

# Story House

A SMOOTH TRANSITION BACK TO  
CHILD CARE



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# A smooth transition back to child care

There's no doubt about it, this year has been all about change. All of us - our children, families, teams and communities have adapted to new ways of learning, living and working. We are thankful that everyone has stayed safe and well and are looking ahead to welcoming back our children and families. We are excited to see you and hear your news, to celebrate how much children have grown and developed during the weeks of lockdown! And we are looking forward to opening our doors to welcome in new children and families to Story House, to continue to grow and learn together.

Children who have been at home during the lockdown will be feeling settled and comfortable within their home routines and having their family close by throughout the day. We are mindful that some families and children may be feeling anxious about having to make more changes. To support children with a smooth return to child care we are encouraging all families to begin to prepare children for this transition

Here are some tips to guide your family with a successful transition back to child care.

## Home routines

- Think about your child's current schedules – bed times, waking times, meal times. If you need to make an earlier start to the day for coming back to child care, help your child to make small and steady adjustments to their home routines. For example, going to bed 10-15 minutes earlier, waking up 10-15 minutes earlier, and gradually extending the time to get back into the early start routine.
- Practice getting ready for the next day, such as packing bags, having clothes ready, finding your hat, coat, etc....

## Connect with the service

- Chat positively with your child about coming back to child care, their favourite activities, their educators and friends.
- Use the service's online platforms (Story Park or Kindy Hub) to support your child to reconnect with their educators and the program.
- Join in with your child in the service's online learning programs (via Zoom or YouTube).
- If you are within the area, drive or walk past the service with your child to help re-familiarise them and continue positive conversations about child care .
- Browse through the parent handbook and check some of the processes which may apply to you, such as the medication procedure to assist your understanding of the service's requirements.

## What's changed for your child

- Let the educators know in advance about any changes to your child's personal routines such as toileting, rest/sleep patterns, any dietary changes etc.
- Share information with the service about your child's favourite learning at home experiences, for example helping in the garden or kitchen and any new learning such as writing their name.

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- Talk with the educators about the strategies that you use at home, for example how you calm or settle your child, how you guide their learning, ways that you encourage their communication.
- Sharing this information will help the educators to support your child's transition, provide consistent care and cater to their individual learning, interests and routines.

## Comfort Items

Does your child have a special item they have become attached to, such as a soft toy, a family photo, a blanket? If practical, encourage your child to bring these to child care. Comfort items help children feel connected to home and can help to reduce anxiety when they are re-adjusting to child care routines. Remember to let the educators know about these special items so they can support your child's emotional wellbeing.

## What to bring

- The year is moving along and while the mornings are cool, the days are warmer.
- Dressing your child in layers will help them stay comfortable throughout the day.
- Also pack some extra clothes for your child to change into after any messy play or toileting practice.
- From 1st September our Sun Smart procedures started again. Please remember to bring a wide brimmed sun hat every day and sunscreen (if your child requires a specific type)

## Emotions and anxiety

Adjusting to change and new routines takes time and both you and your child might feel some anxiety about the transition back to child care.

- For the first few days/weeks give your child extra time to settle back into the child care arrival routine. This is a separation time, so it is natural for some children to feel nervous or upset.
- If possible, make time to stay a little longer for the first few drop-off times for you and your child to re-connect with the educators, other children and the play environment.
- Settle your child with an educator or at an activity before saying goodbye.
- Contact the service during the day to be reassured about how your child is re-settling into the program.
- See more tips at

<https://raisingchildren.net.au/babies/behaviour/common-concerns/separation-anxiety>

*Raising Children Network* is an Australian Government funded parenting website providing free, expert information for families.

## Emotions and anxiety

- After a big day of play, children will be tired and ready for the comfort of being home.
- Your child might look for some extra attention from you back at home, to feel a closer connection after being apart for the day. Plan some special moments together like reading a story, watching a favourite TV program together or helping out with dinner time preparation.



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