

# FIRST DAY

## *Hints & Tips*



**Trinity Early Learning Centre**



# Prepare

- Talk calmly and confidently to your child about what will occur in the Centre – new friends and exciting activities such as playing with different toys, painting, music and games. Be positive. If you are positive, your child is more likely to be positive as well.
- Take advantage of our orientation process and bring your child to the Centre for short visits before their actual starting date.
- Drive past the Centre and point it out.
- Involve your child in choosing their bag, drink bottle, sheets so that they can recognise it, and feel involved in the process.



# On the day

- Ensure that your child's bag contains a water bottle, changes of clothing and, especially comfort items such as pacifiers and soft toys. Remember to label them clearly.
- Arrive with plenty of time to spare. Your child is more likely to settle readily if unhurried.
- If possible, bring your child in without siblings to make it easier for your child to settle. Of course, siblings are more than welcome once your child has settled.
- When it is time for you to leave, do so quickly. Our staff will help you settle your child into an activity, say goodbye and go. Even when a child understands that you will be coming back, the moment of parting can still be sad.
- Be certain to say goodbye. Use set phrases such as 'I'm going now' and 'I will be back after rest time'. Smile. Children take their social cues from their parents. If a parent appears happy and confident in the Centre environment, the child will too. Saying goodbye develops a secure and trusting relationship between you and your child. Even if your child is distressed, leaving without a farewell breaks trust.



# Afterwards

- Read the written communication about your child's day (e.g. food and drink, nappy change and sleep charts).
- Gather information from the Educators about the activities your child enjoyed and any new friends so you can talk about them with your child on the home.
- Ensure that you have collected your child's bag and contents, especially any comfort items.
- Display your child's arts and crafts at home to generate conversations points with your child.
- Make note of all upcoming centre visit and activity days and try to attend it possible.
- Follow your centre on Facebook.

