



## **Getting Your Child Started at Kids Co.**

You may want to talk with your **school-ager** about some of the following topics:

- ✓ How to get to and from Kids Co.
- ✓ The fun activities planned for after-school
- ✓ How to participate in Homework Club

You may want to talk with your **preschooler/kindergartner** about some of the following topics:

- ✓ Who will help her/his button or zip up her/his coat for outside time.
- ✓ Where the bathroom is and who can help him if s/he needs it.
- ✓ What you will be doing while s/he is having fun at school.
- ✓ That his teachers know how to reach you while he is in child care.

Introducing your child to a new program can be stressful for both of you. To help ease the transition it is extremely important to establish a routine that you can follow for drop off time, especially for the first several days. Children like to know what is going to happen and a routine that takes place every morning lets them know exactly what to expect- from signing in to hanging up their coat.

On your **child's** first day:

1. On the sign-in sheet: indicate your child's actual arrival time, and sign with your **full signature as required by law.**
2. Help your child find his cubby, hang up her/his coat, and put her/his things away.
3. Let your child stay with you if s/he wants time to get involved with the surroundings.
4. Check the posted schedule of activities and comment positively on what your child will be doing that day. (Be enthusiastic!)
5. After looking around with your child, find a comfortable place to stay and try to remain there. Your child will use you as a home base in her/his exploration of the center. Any of the staff can advise you if you feel uncertain about how long to stay and when it is OK to leave.
6. When you want to leave, **let your child know**; don't just disappear. You may want to leave for just a short while the first time. When you say good-bye, feel confident that the teacher is ready to handle tears and will not let your child suffer. Many children cry when their parents leave and then go on to have a great day. You are welcome to call at any time to check on your child. *Please be aware that the first few days of school are draining for most children and this may be expressed through regressive and/or cranky behavior.* When the day is over, **tell the teacher that you are leaving with your child.**
7. Sign out your child's departure time. Sign your full signature.

***Go home and enjoy the afternoon and evening with your child.***