



Tips to Ease Your Baby's Transition into Childcare

The first day of childcare is a big milestone for both you and your baby. You may feel excited and nervous, and so may your little one. Preparation is the key to a smooth transition for both of you. Here are a few tips from the teachers at New Horizon Academy to help you ease into a new routine.

Before Your Child's First Day

- Establish a consistent feeding schedule prior to your baby's first day. Babies who have been exclusively breastfed may be reluctant to take a bottle from a teacher. During the weeks leading to the first day, start using bottles and have your partner, family member, or friend give your baby a bottle of breastmilk, so that your baby adjusts to the new routine.
- Implement a consistent sleep plan. Babies in our school only sleep in cribs; if babies fall asleep elsewhere, they are promptly placed in their own crib. To help your baby experience a smooth transition to our school, help your child sleep in a crib for the weeks prior to your baby's first day.



State licensing requirements prohibit our school from using blankets while sleeping, so the weeks prior to your baby's first day, help your baby sleep without a blanket. At New Horizon Academy, we use sleep sacks. We follow the guidance of the American Academy of Pediatrics and local licensing regulations. We suggest using a sleep sack prior to your child starting in our program so that they have an opportunity to get used to wearing one. Please check with your pediatrician for guidance on how and when to use a sleep sack with your baby

- **Determine what to bring.** Use our checklist to help determine what to bring for your child's first day. [What to Bring for Your First Day: Infant Room Checklist](#)
- **Label everything.** We recommend labeling everything: clothing, pacifier, bottles, and any other items you bring for your baby. This will help ensure your baby's items are not misplaced.
- **Talk about the new routine.** Take a moment to talk about and explain the new routine for you and your child. Keep your conversation light and happy, answer questions, and help your child understand the new routine. The more prepared you are, the better the first day will go.

- **Prepare for the next day, today.** Make sure to include prep for the next day into your evening routine. Pick out an outfit and have everything ready to go. Mornings can be hectic! Being as prepared as possible the night before will help things go more smoothly as you start your day.

On Your Child's First Day

- **Allow extra time.** This is new for both you and your child, so allowing a little extra time will help reduce the need to rush, and drop-off may take a little longer than usual on the first day. Planning for extra time will help create a smoother transition.
- **Hug and go.** It is natural to want to spend extra time during drop-off, but lingering in the classroom may cause it to take more time for your child to adjust to their new environment. Our teachers are well-prepared to comfort, support, and help your child adjust to their new routine.

During Your Child's First Day

- **Stay connected.** We are here for you and your child, so use our electronic app, call us, and check in during drop-off and pick-up. From a note about your child's day, to photos showing highlights from your child's day, we will work diligently to keep you in the loop on how things are going. Feel free to reach out and ask questions, too. Our goal is to create a smooth transition.

This transition milestone is just the first of many in your child's life. With a little preparation, you will create a smooth experience for both you and your baby. We are with you every step of the way as you navigate this new journey.