**First Day Jitters**

 The first days can be an anxious time for some children (and some moms and dads, too!). They walk in a new room with all of these new kids, and new grownups, and new "stuff" and maybe Mom looks a little teary-eyed that her "baby" is growing up so fast...well, it's no wonder some kids might suddenly cling to their parents and cry! Here are some tips for getting through the first few days:

**Try to act confident yourself.** If you seem anxious and unsure about leaving your child, your child will pick up on that and start wondering if there really is something to worry about!

**Be consistent with goodbyes.** We will greet your child and you can give kisses and say good-bye. We promise to embrace your child and help ease him/her into the childcare environment!

**Make sure to say good-bye when you leave.** Trying to "sneak out" when the child is busy and not looking sometimes makes the kids panic a few minutes later, and may make separation even more difficult the next day. It also instills distrust.

**Arrive on time!** It seems to be easier on most children if they arrive just before breakfast. This way they can join into the activities with their friends! It can be much harder when they arrive after all of the other children have settled into activities.

**Separation problems sometimes show up on the second or third day,** just when you thought you were getting off easy! It is also common for children to have difficulties when there are major changes in the home. Let us know if there is anything happening at our house that you think is important for us to be aware of.

We are parents ourselves and really do understand how hard this can be. We know that you are entrusting us with a very precious gift, and we feel honored that we will be your child's first teachers.

If your child is having an especially hard time, we will give you a call on your cell or home phone (make sure we have these numbers!).

We are looking forward to caring for your child!