

Teacher Tips:

Adjusting to Child Care/School



When children start attending child care or school for the first time or start in a new school or classroom, they may feel sad or nervous about leaving their loved one or familiar grownup. When Daniel Tiger starts school, he doesn't want his dad to leave either.

Use the following suggestions to help the children in your classroom make this transition, and remember that **"grownups come back."**

- Ask families and children to visit and tour before the first day of care.
- Remember that letting go is hard for grownups, too.
- When child care starts, encourage the parent or family member to stay a little while for the first few days. Have them gradually shorten the time, but keep the routine the same when they leave.
- Some children like to bring along a stuffed animal, favorite toy, or their beloved "blanky." It's comforting to have something that's a part of home, even if that toy has to stay in a "cubby."
- Discourage grownups from sneaking out the door. In the long run, that makes it harder for children to trust adults who are leaving them. Help the parents or family members to tell their children when they are leaving and help them leave. Be there to hold and comfort children who have a hard time letting go. Assure the child and family member that you will care for them until the family member returns.
- Create transition routines and rituals (for you, the family, and the child). Some children need goodbye-to-family routines more than arrival-to-class routines.
- Remember there will be times when children may need extra help adjusting to separation. This may occur after a weekend at home, holiday, vacations, an illness, when there's a substitute teacher, or when the group moves on to another room – even if it's in the same center.
- Be available for children who are still adjusting to care and need to check in with you. Some strategies include making eye contact with you, a hug, gentle touch, or verbal acknowledgement.
- Play games of hiding and finding, burying and rediscovering to help children work on feelings around separation.
- Read the online story, "Daniel's Babysitter" - <http://pbskids.org/daniel/stories/daniels-babysitter/>.
- At the end of each day, point out to children that their grownup has come back, just as promised.



🎵 **Grownups come back.** 🎵



Watch more videos and play games with Daniel Tiger by visiting pbskids.org/daniel