

TIPS for PARENTS

HOW TO

PREPARE YOUR CHILD TO

THRIVE

at

CHILDCARE



# Welcome



This is  
a journey  
of  
friendship, curiosity  
and a love of learning.





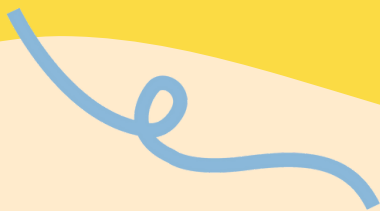
Soon your child will be  
starting at daycare.

Here's some of our favourite tips  
from our amazing  
Directors and Educators at  
First Steps Early Learning Centres.

Let's set them up to thrive.



# Get ready for childcare



When your little ones head off to childcare, it's a whole new routine.

And it's not just them feeling it; the whole family is thrown for a loop.

But, don't worry.

Introducing changes gradually can make a world of difference.

Just a gentle nudge can get your child comfortable with new friends and surroundings.

Time spent together in this new environment is the key.



# Before you start childcare



TIP



## Come and Play

Help your child get to know the new space and the educators who will care for them.

Arrange with the educators to do an occasional quick “pop in” to say hello and walk around - the way you do with friends.

Plan some short “stay and play” dates at childcare so your child can explore and get comfortable while you are by their side.

Set the scene: describe to your child you are going to visit friends at childcare.



# Babies

Childcare centres welcome babies from 6 weeks old, and the process of “getting familiar” is different compared to older children who are approaching school age.

But the goal is the same.

When you, the parent, feel confident and comfortable at the centre and with the educator, your child can feel that safety too.

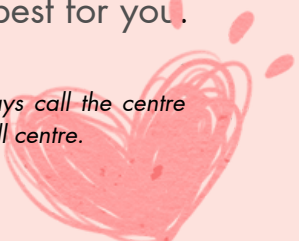
Ask your educator what they recommend to enable the smoothest transition for your baby\*.

## Plan for Breastfeeding



Sometimes it's possible for breastfeeding mothers to visit during the day. Liaise with your centre to see what may work best for you.

*\*Remember at First Steps Early Learning you can always call the centre direct and speak to your educators. We do not use a call centre.*





# Settling in to start childcare...and back to work



## First Days and Smooth Mornings

Often a first day at childcare is also a first day back at work.

These are big changes.

Give yourself a head start by testing your morning routine in advance.

*From the educators:*

*Don't forget to build in a moment for yourself.*





One tip for parents  
I have  
is  
believe in yourself.

And be kind  
to yourself!

from Miss T

firststeps  
EARLY LEARNING CENTRES







# About Good Mornings



Here are a few tips to get you started:

- Try a test run of the timing of your morning routine.
- Don't make your first day back at work and childcare the first time you've trialled the new routine with a time pressure.
- Can you really get all those tasks done before drop-off at childcare?

Don't forget the end of the day: how's the timing around pickups?

From the educators:

*Don't forget to build in a moment for yourself. It's a big day. Especially if it's your first experience with the childcare routine.*



## What can you prepare in advance so you're not rushing?



Here's a few ideas:

- Pack lunchboxes the night before. Label it with your child's name.
- Load the backpack: water bottle, hat, cuddly toy, bedding... Pop it at the front door ready for morning.
- Lay out clothes and shoes the night before so there's not a dash to the laundry basket or finding mismatched socks in the morning.
- Prepare breakfast the night before or lay the breakfast table with bowls, plates, bibs, spoons, cereals, fruit, etc so it's easy to have a healthy breakfast before rushing out the door.



## Good Morning, how are you feeling today?

Mornings can be hectic.

As well as the routine of “must-do” tasks, how about building in some time for yourself time to focus on how is your child feeling.

If home feels relaxed, then you are both more likely to feel at ease when it's time to say goodbye.

From the educator:

*Is there a routine you can create for your child for mornings to help them move through tasks with ease and make the morning experience more enjoyable?*

*Children like lists. Think about creating a simple, colourful list for 3 or 4 tasks with stickers they can move to say: DONE!*

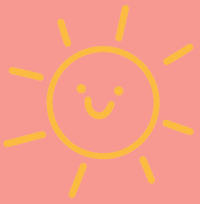




Educators are  
your  
Personal Resource  
Kit.

Ask them.  
Talk to them.  
They know what  
you're dealing with.





## The Goodbye in the morning

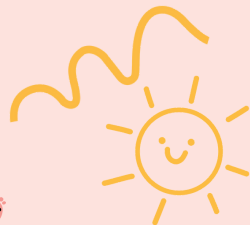


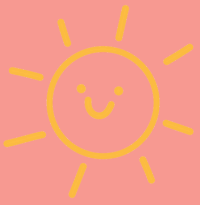
When you think about the morning drop-off, your educators are your No 1 resource.

They are brilliant at knowing how to welcome a child, handle the good-bye and get them settled in.

Have the chat with your educator and see what they recommend as the best way to handle the drop-off with ease.

Take their advice, and before you know it the pictures and video will be coming through reassuring you that all is well.





# At the End of the Day



The childcare environment can be very stimulating for a child - especially when everything is so new.

For the first few days, set aside some quiet time after pick-up to wind down, and share your child's day.





# A Trust Connection

## Building Trust

Bring a photo of you and key family members so your child can hang it on the big family wall at the centre.

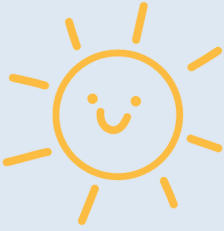
Children love to show their new friends the picture of their parents and family.

## At Home

Display a photo of your child's educator at home so they can make the trust connection between home and childcare.\*

\* *Acknowledging*  
[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

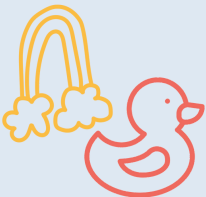




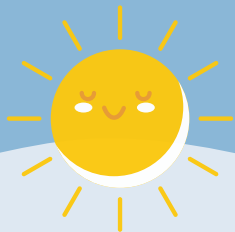
“Children  
are born with  
all the wonder they  
will ever need.  
Our job is  
not to  
take it away...”

Ainsley Arment, “Call of the Wild and Free”

Miss Sammy







# Language & Messages



More than words - when you talk to your child, what are you saying about childcare?

Educators at childcare use the language of friendship, sharing and kindness.

The other children are friends.



And the educators are our friends.

If you demonstrate a warm and comfortable relationship with the educators, your child is more likely to feel the childcare space is a safe and friendly space as well.



# Behaviours

How do Educators help my child with behaviours such as sharing, being kind, etc, and dealing with big feelings?

## From our Educator

At First Steps we embed these concepts in our daily routine:

- sharing stories on emotions, feelings;
- making the topics such as sharing and being kind to each other are something the whole class discusses during circle time and storytime.

Showing positive attention and being that role model to show proper behaviours is also vital and something we do diligently.



# Supporting Long-Term Relationships



Educators know how to build the bonds that create and support long-term relationships with a child and the family.







Let's Thrive together



Empowering  
children's growth  
and development  
to help them  
thrive.



# ABOUT

## First Steps Early Learning Centres

We are an Aussie family business, privately owned, and passionate about nurturing and inspiring children. Encouraging our littlest ones to grow and learn since 2007.

### **LISMORE NSW**

First Steps Early Learning Centre at Lismore opened in 2007, and is an integral part of the Lismore community, particularly through the last few years. Our own riverfront centre in the CBD was lost under 10m of floodwater. But we re-established on high ground at Goonellabah (in the Lismore suburbs) and look forward to more permanent, state-of-the-art facilities in the future. We are still led by our 2 core team leaders (our Director and Assistant Director) who have been with us since 2007.

(02) 6622 8999

[info@firststeps.net.au](mailto:info@firststeps.net.au)

### **AGNES WATER QLD**

Our brand new, custom designed Agnes Water Centre opened in May 2023, and was created with the local community in mind. The owners of First Steps Early Learning Centre have lived in, and spent many holidays in Agnes Water for almost 40 years.

We are excited to bring such a beautiful service to the families of the Agnes Water area, and hope it will be a place of growth, imagination and nurture for many years to come.

(07) 4859 1231

[agnesinfo@firststepselc.net.au](mailto:agnesinfo@firststepselc.net.au)

[www.firststepselc.net.au](http://www.firststepselc.net.au)



# Are you moving to Agnes Water Queensland?

YES. First Steps Agnes Water offers  
limited places for  
**Free Kindy Qld**

**APPROVED**  
for  
**FREE KINDY Qld**

**K**ndergarten  
Approved Program



Queensland  
Government

**Apply Now**

*Free\* Kindy for children turning 4 starts soon.  
Numbers are strictly limited.*

#firststepsagneswater

\*Conditions apply.



[www.firststepselc.net.au](http://www.firststepselc.net.au)

# RESOURCES

## Educator's are your Personal Resource Kit

### FREE KINDY Queensland

Qld Government

<https://earlychildhood.qld.gov.au/>

### CHILDCARE SUBSIDY

Australian Government Child Care Subsidy is known as CCS.

- Go to the Services Australia website:

[www.servicesaustralia.gov.au/child-care-subsidy](http://www.servicesaustralia.gov.au/child-care-subsidy)

Search: how-much-child-care-subsidy-can-i-get

The amount you get depends on your personal circumstances.  
You can calculate your CCS payment.

### *Acknowledging*

Ainsley Arment, Author "Call of the Wild and Free"

Stories from the Team members -

Educators at First Steps Early Learning, Agnes Waters

<https://www.maggiedent.com>

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)



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