

# Dear Mom and Dad,



Be positive! Don't tell me that I'll have a great time at day care and then tell grandma that you feel guilty about enrolling me. I pick up on your feelings very easily! If you feel great about leaving... I'll feel great about staying.



Don't mind me if the first day I love it, and the second day I hate it! It's a new place, new kids, new adults, and a new schedule. Keep my schedule consistent and I'll be fine!



When you drop me off in the morning, give me a kiss, a hug and leave!! When you linger for a while to see how I'm doing, it makes me feel uncertain because you feel uncertain. Then I don't want to stay... I want to go with you. If I'm crying, my provider will hold me. They love me also and want the best for me.



Please take the time to look at my artwork that I created. I work long and hard on it all day while you are at work. If you ignore my art, I won't be enthusiastic about creating another one. Please hang it up on the refrigerator because if I see it in the trash, I will lose my creativity.



Spend time with me when we get home at night. I know that you're tired but I'm full of energy. Let's go for a walk after dinner. I need time with my Mom and Dad, too.



Sometimes I would like it if you would talk to me and explain what is going to happen before it happens. Tell me what day I am going to start day care, what I'm going to do there all day long. It would help lessen my fears. Point it out to me as we ride by, so I can be excited about starting!



Give me the chance to do things by myself even though I'm smaller and slower than you are. I can get dressed by myself and pick out what I would like for breakfast. Making decisions makes me feel very important.



Sometimes I may not want to go to day care. Sometimes you may not want to go to work! But once we get there, we are just fine.



Don't be mad at me after I pass the "adjustment period" where I don't want to go home with you when you come to pick me up. Be glad that my care givers are wonderful people to make me feel that way.



Please don't feel guilty about leaving me! I know that you love me and wouldn't do anything bad for me. I also know that when I start kindergarten I will be well adjusted socially and mentally. I will be asking questions way ahead of the other children. Why? Because you had the insight to put me with other children at a young age that learning new things with my new friends was very exciting for me!

Thanks for understanding, Mom and Dad!

Love,  
Your Child