



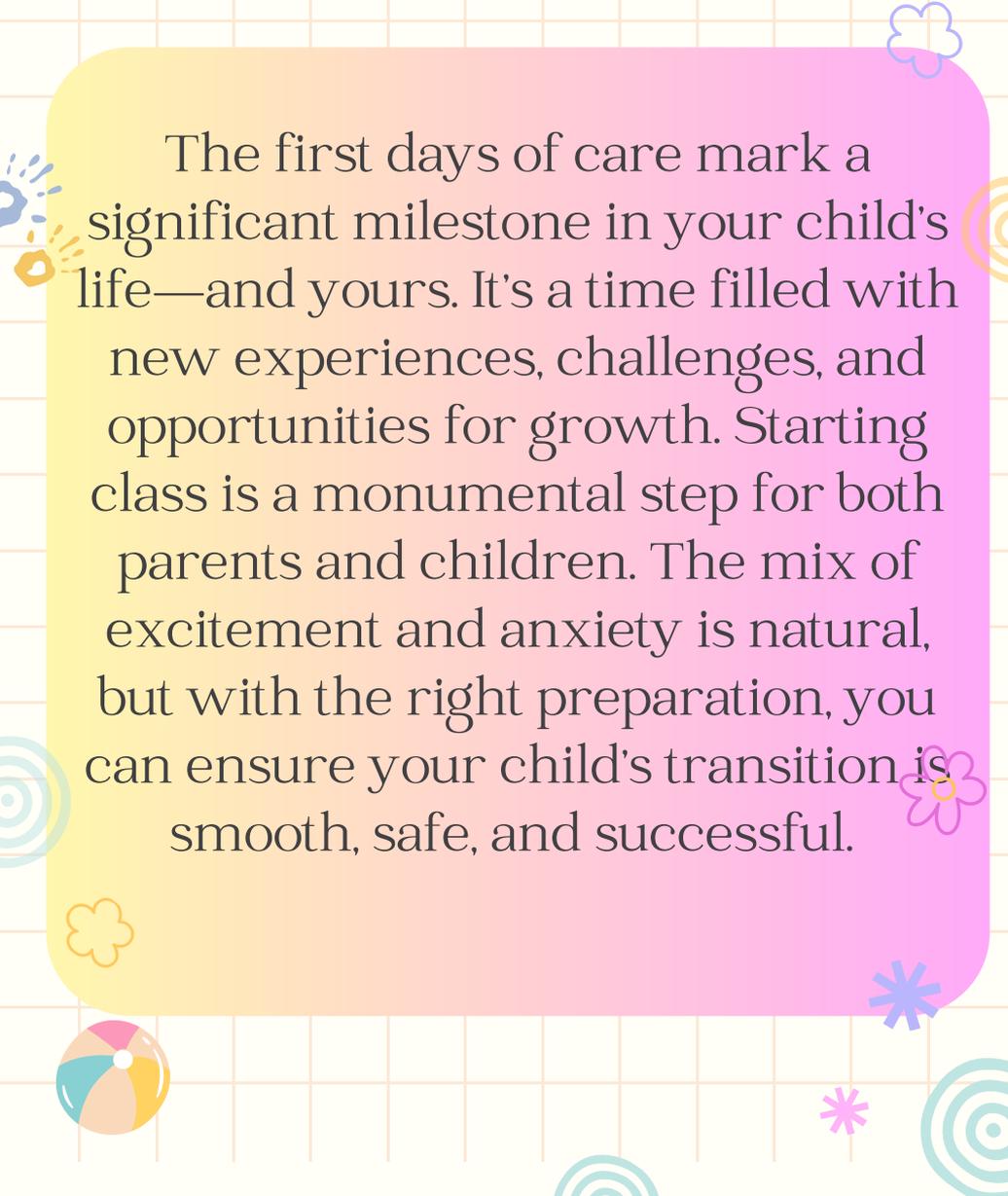
STARTING PROGRAM TIPS

How To Thrive When Starting
Class

Bright Steps Academy



NEW BEGININGS



The first days of care mark a significant milestone in your child's life—and yours. It's a time filled with new experiences, challenges, and opportunities for growth. Starting class is a monumental step for both parents and children. The mix of excitement and anxiety is natural, but with the right preparation, you can ensure your child's transition is smooth, safe, and successful.

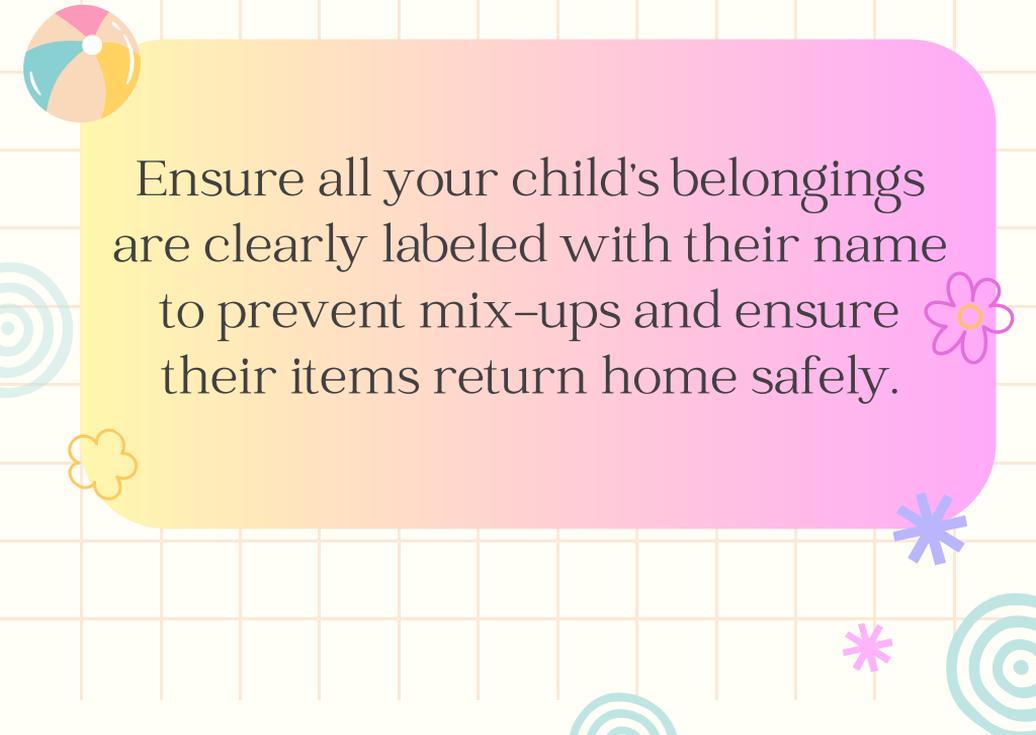
VISIT THE FACILITY TOGETHER



Visit with your child before their first day. This helps them become familiar with the environment and educators.



LABEL EVERYTHING



Ensure all your child's belongings are clearly labeled with their name to prevent mix-ups and ensure their items return home safely.

CREATE A GOODBYE BOOK



Make a small photo book with pictures of family members, pets, and favourite places. Your child can look at it during the day to feel connected to home.

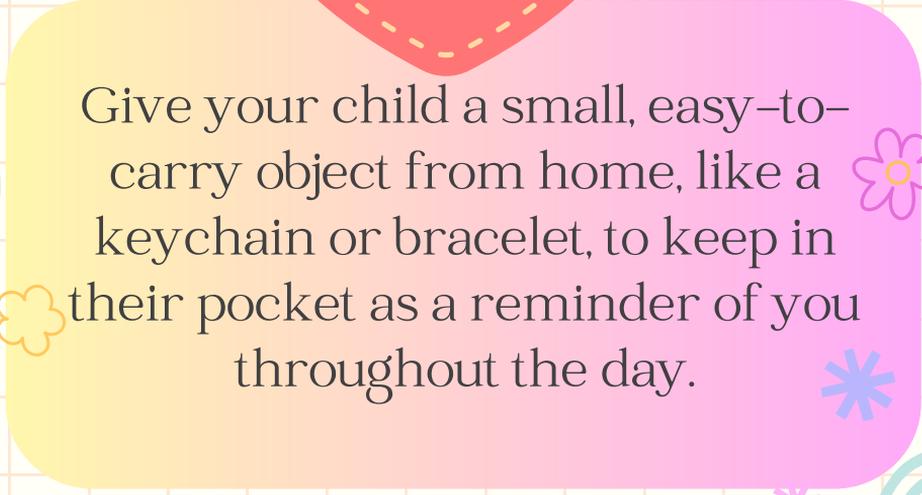
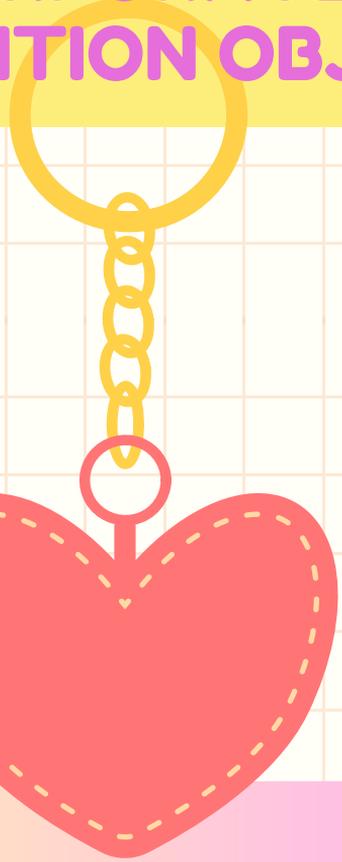
INTRODUCE A “TALKING TIME” JAR



Create a jar with conversation starters. Each evening, pick a question to discuss about their experience, helping them process their day.



INCORPORATE A TRANSITION OBJECT



Give your child a small, easy-to-carry object from home, like a keychain or bracelet, to keep in their pocket as a reminder of you throughout the day.



ESTABLISH A “RECONNECTION RITUAL

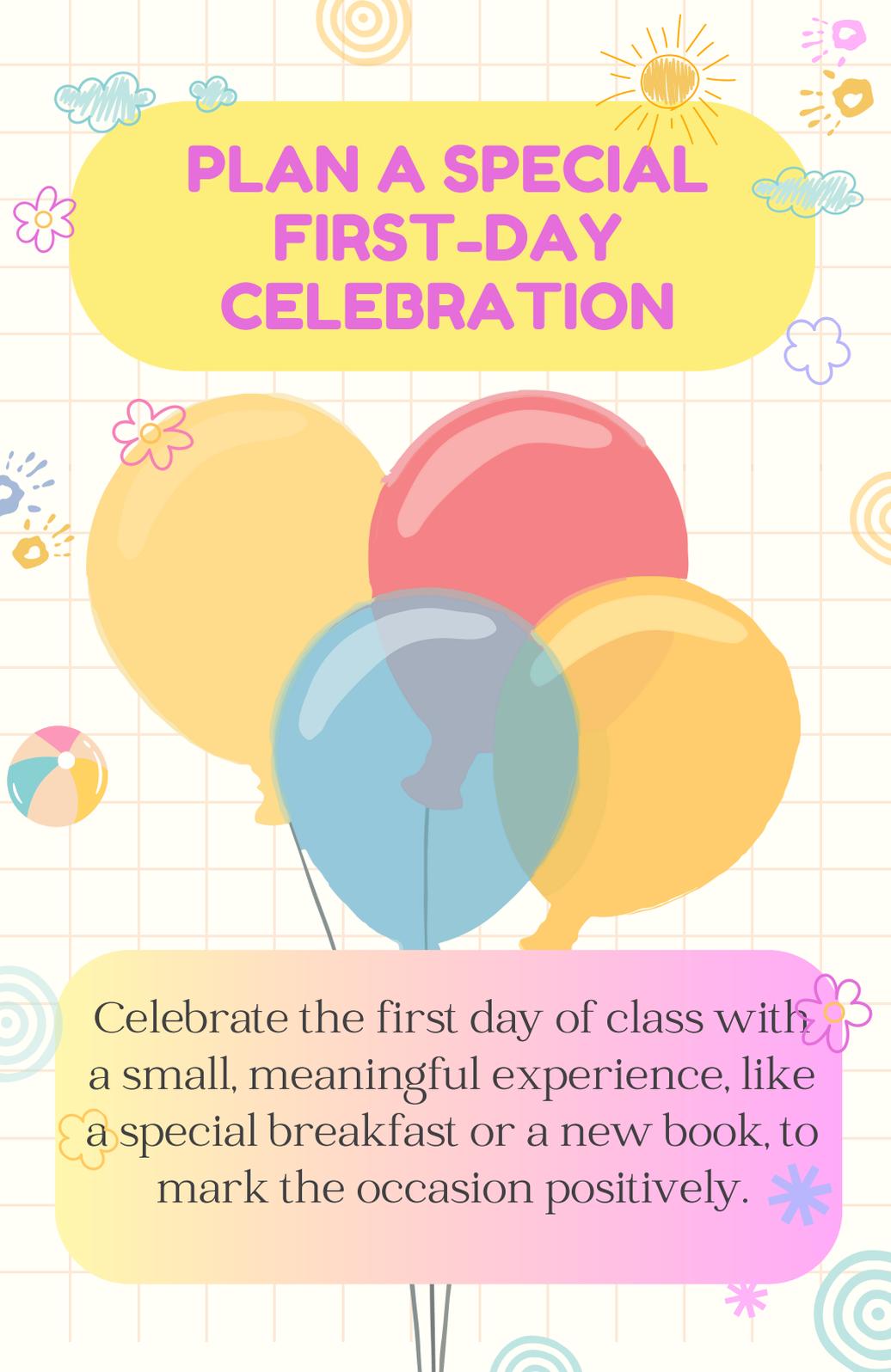
Create a special activity or snack you do together every day after class, giving them something to look forward to and reinforcing the routine.



USE A TRANSITION SONG



Create a short, cheerful song you sing together every morning before heading to class. The routine can become a fun, calming ritual.



PLAN A SPECIAL FIRST-DAY CELEBRATION

Celebrate the first day of class with a small, meaningful experience, like a special breakfast or a new book, to mark the occasion positively.

EXPERT ADVICE

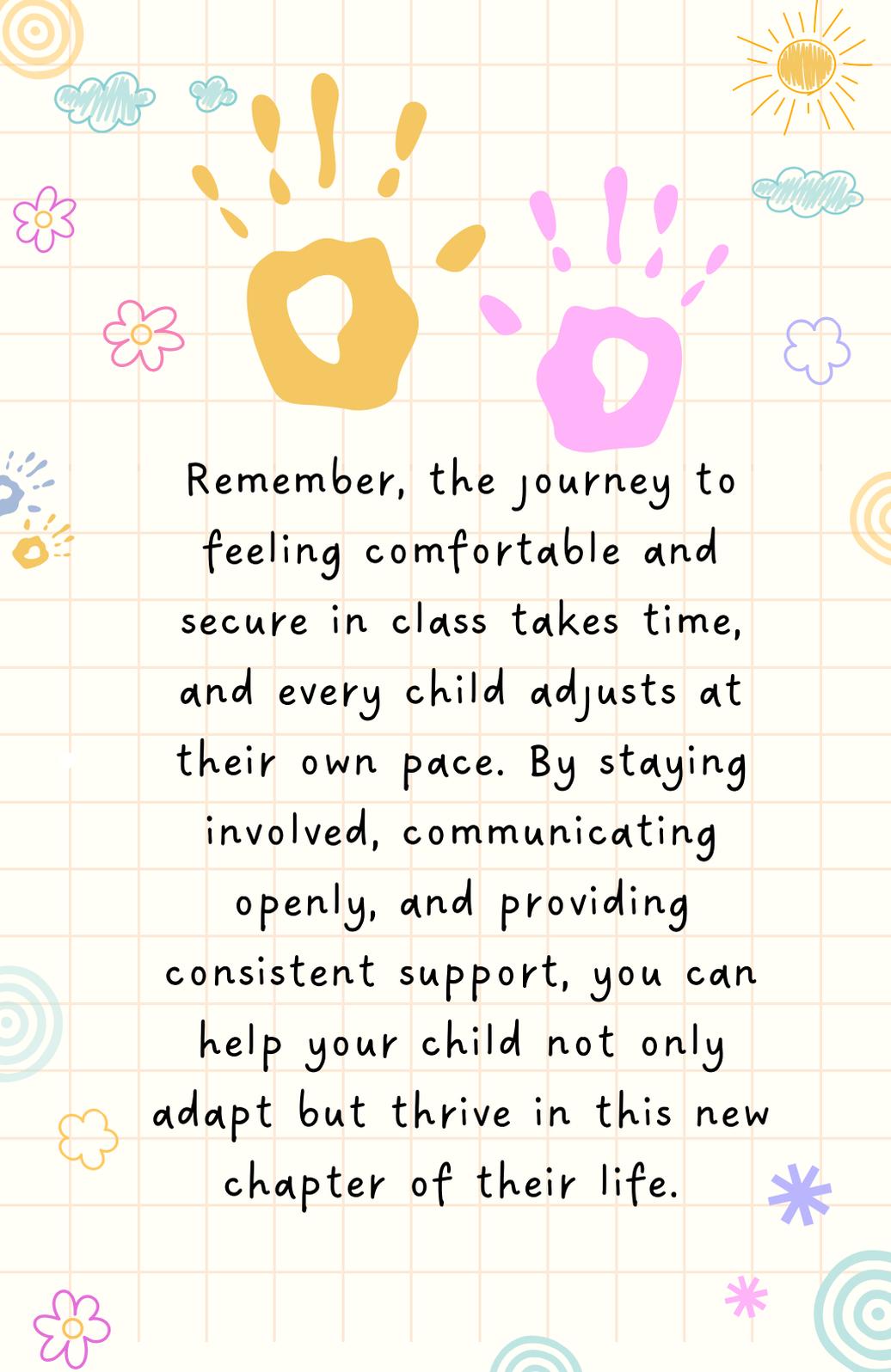


Prepare for Messy Days

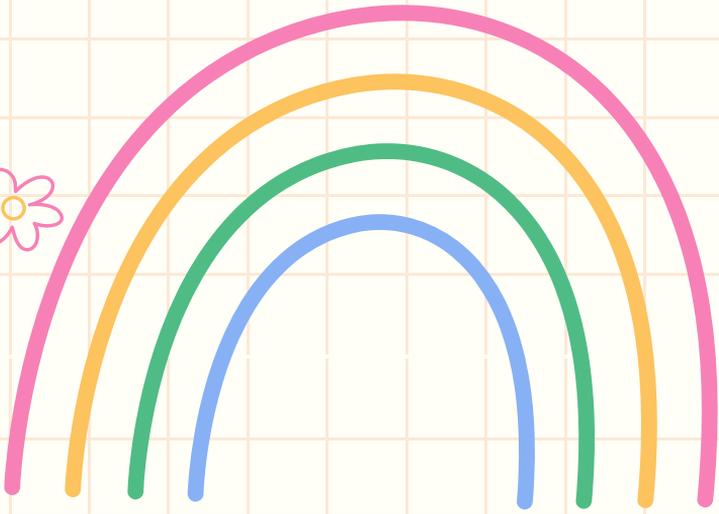
Pack tons of extra clothes and explain that it's okay to get messy during fun activities, so they're prepared for anything that comes their way. Dress for mess and not fashion.

Teach Them to Recognize Their Name

- Help your child recognize their name on labels, cubbies, and belongings to promote independence and organization during class hours.



Remember, the journey to feeling comfortable and secure in class takes time, and every child adjusts at their own pace. By staying involved, communicating openly, and providing consistent support, you can help your child not only adapt but thrive in this new chapter of their life.



THANK YOU

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