



ChildCareGroup

## **CHANGING YOUR CHILD'S CARE ARRANGEMENTS**

Choosing an early care and education or out-of-school time program is one of the most important decisions you will make for you and your child. It is often one of the most difficult decisions as well. As a parent, you have spent a great deal of time and effort in choosing an arrangement that is best for you and your child. However, from time to time, you may be faced with making a change in your child care arrangement.

For whatever reason you decide to change your arrangement, you will want to take steps to help you and your child through the transition. Remember, you are the most important person to your child, but your child's relationship with their friends and caregiver are important, too. It is imperative that you and your child's caregiver work together and continue to talk about your child's needs.

### **How you can help your child say "goodbye" to her current caregiver and friends:**

- Talk with your child about the upcoming change. Let your child know that they are not the reason for the change in providers.
- Present the information and answer your child's questions in a positive, reassuring manner.
- Read books with your child about moving to a new home, a new school, etc.
- Support your child's needs and feelings about leaving.
- Take pictures of your child with her caregiver and friends. You may want to make a scrapbook that includes pictures of classmates, drawings, letters, etc. to your child from her caregiver and friends.

### **What you can do to help your child's caregiver:**

- Share information about your reason for leaving the program and discuss the dates you will be leaving.
- Plan to be a part of the activities that the program plans for your child to say goodbye.
- Communicate regularly with the caregiver about your child's feelings during the transition.

### **What you should expect from your child's caregiver:**

- To talk to your child about leaving in a positive, non-threatening manner.
- To share with your child how much she and the other classmates will miss her.
- To read books to your child about moving or going to a new school.
- To help your child to make a scrapbook of favorite activities, classmates, etc. that he can take with him.
- To plan a goodbye party for your child, and invite you to the party.
- To support your child's feelings of loss of her caregiver and friends and the comfortable, familiar environment of the center.

Experiences of separation and change are significant events for young children. With thoughtfulness and preparation, the transition from one caregiver to another can be made easier for both you and your child.

Call ChildCareGroup's Resource and Referral service at 214.631.2273 or 1.800.441.7865 for more free tips on choosing child care, other parenting resources, or assistance in finding child care. Or, visit us at [www.ChildCareGroup.org/rr](http://www.ChildCareGroup.org/rr).

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