

Guidance for Parents as Your Child Returns to Childcare

1. Keep Calm



When parents are feeling anxious, children can notice this and begin to feel stressed themselves. Take the time to check in with your own feelings.

2. Communicate



Keep in regular contact with your child's caregivers and let them know how home life is going. Talk to your child about their day and listen attentively to what they say.

3. Be Understanding



Each child's response to returning to childcare will be different. Some will be excited while others may be irritable or clingy. Their behaviour will be connected to how they are feeling. It is important to look beyond behaviour so you can support your child to manage and express their feelings.

4. Be Responsive



Changes in children's behaviour is a normal reaction to changes in routine. Respond with gentle, safe and loving limits. If your child's behaviour is worrying you or they are still showing signs of stress after a few weeks, seek guidance from your childcare provider or other appropriate professional (GP or a Parenting Adviser).

5. Slow Down



You and your child may be feeling tired as you adjust to a new routine. Make time for rest, relaxation and play. Include lots of cuddles, walks and enjoyable activities in the evenings and at the weekend.

6. Remember



A few months is a long time in a young child's life. Settling back into childcare after a long absence may take several weeks. Working with your childcare provider or childminder will help to make this an easier time for you and your child.



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