

Adapting to the Daycare Center

New experiences in life will always require an adaptation and adjustment process. Both children and adults have to observe, understand, and apprehend the components of the new environment, and we also need to slowly bond with the new space, objects, and, most of all, people.

The **EMOTIONAL BOND** is the key to a healthy adaptation, which will foster children's wellbeing through safety and emotional company. This way, the children will be allowed to fully be themselves and develop their abilities (and acquire new ones!) to the maximum possible extent.

How to achieve a respectful adaptation process

First of all, it is important to note that adaptation is a process comprised of rates, paces, and needs pertaining to each individual, which is why we can't generalize and provide magic solutions that will guarantee a standardized, successful adaptation period. However, there are strategies that can be applied both from the daycare and from home that will ease this process.

Accompaniment of the adult reference

Children need to feel safe, both physically and emotionally, in order to explore and discover the world. This is why it is crucial that, during the first days in the daycare, mom, dad, a grandparent, or any significant caregiver be present at the daycare. From the safety of feeling accompanied, the little ones will observe, explore, and interact within the new environment.

Appropriate adult to children ratio.

Educators must be willing and able to kindly take in the children. It is thus important that the ratio of adults to children be adequate so that each adult can rely on having the time, energy, and dedication to create the appropriate bond with each child.

Communication

Maintaining a flowing and acting communication between the daycare and families is fundamental, and we are continuously allocating all of our resources in order to facilitate this. During the first few days, parents and educators will share their knowledge and information about the children, make questions, observe the new relationships being formed, and inquire about the likes and interests of each kid. It is also important and interesting to listen to and understand the expectations of each parent, and to allow them to get to know and understand the people who will be tending to their children. At the end of the day, this is about establishing connections between everyone so that we can harmoniously apply our resources to ensure the maximum wellbeing of the children.

Remember, adaptation is an individual process and must be individualized: we must respect each child's rhythm and we must offer each and every one of them that which they need to develop adequate bonds. It is also paramount that we foster their feeling of safety and confidence, so that they may feel happy, willing, and able to undertake the marvelous adventure that they will begin in the daycare center.