



## **Pleasant View School**

# *Getting TO Know Us!*

The first weeks at Pleasant View Child Care Center will be an adjustment period for both you and your child. Some children adjust to a group setting without any apparent difficulty while others will cry and cling to you. Some children will become unusually quiet and will not join in activities. Other children may become over-stimulated and act out aggressively.

**The following suggestions are things that you can do to ease the adjustment period:**

1. If possible, visit the center with your child prior to leaving him/her there for the first time.
2. Young children are not always sure that mom or dad will be back to pick them up. Even if they do understand that you will return, they have no idea about timing. Please explain to your child in advance what will happen when you drop him/her off and reassure him/her that you will be returning.
3. Talk to your child positively about the center and the things he/she will be doing there.
4. Place emphasis on what your child is going to do at the center rather than what your activities will be while you are away.
5. See that your child is involved in a specific activity or is in the hands of a teacher before leaving.
6. Avoid prolonged good-byes.
7. During the first weeks, you may be feeling some apprehension after having left your child. Feel free to phone the center during the day to find out how your child is doing.
8. Do not hesitate to discuss adjustment issues with your child's Teacher or Center Director.

**The adjustment period varies for every child. This is a natural growth and development process. As children mature, they begin to identify themselves as independent personalities. In separating from you, your child is learning:**

- To develop an interest in the activities at the center
- To feel comfortable with others
- To trust that you will come back to pick him/her up
- That parents often must concentrate on their own interest and duties which are separate and different from those of a child
- To allow the parent freedom to come and go as needed

It is important to point out that sooner or later, after the initial successful adjustment to the center, all children want to explore the limits of not going to school. When this occurs, go back and use the above suggestions again.

Remember we are here for you! If you have any questions or concerns, please contact the Child Care Director @ 380.0122 Ext. 203.

