

First Week at Daycare: Parent Survival Guide

What to expect, how to handle drop-off, and signs your child is settling in — brought to you by childdaycaretracy.com

Before Day One: What to Prepare

- Pack the bag the night before, labeled, including a change of clothes and any comfort item
- Confirm feeding, nap, and allergy details are documented with your provider, not just mentioned verbally
- Get a full night's sleep yourself — an anxious parent often transmits that anxiety at drop-off

What to Say at Drop-Off

Do say: "I'll see you after lunch" (a concrete time reference), "You're going to have so much fun today," "I love you, I'll see you soon."

Avoid: Long, drawn-out goodbyes, saying "don't cry," or sneaking out without saying goodbye at all.

Day-by-Day: What's Actually Normal

Day 1-2

Some protest at drop-off is normal and usually eases within 10-20 minutes once you've left. Don't linger by the door.

Day 3-5

Drop-off often gets easier as routine builds. Some clinginess at pickup is still common.

Week 2

Most children show noticeably less distress. Appetite and sleep should be returning to normal.

Week 3

Most kids are settled into routine. If distress hasn't eased at all by now, it's worth a direct conversation with your provider.

Want to know how we specifically support new families?

See our teacher qualifications, ratios, and how we handle the adjustment period. [Learn more about us](#)



Questions to Ask at Pickup Each Day

- What did they eat, and how much?
- Did they nap, and for how long?
- How long did it take them to settle after I left?

Starting soon and want a walkthrough first?

We're happy to explain exactly how we handle first-day transitions before you're standing at the door yourself.

◀ [Contact Us to Talk It Through](#) →