Preparing Your Toddler to Start Care in a Center Setting

- If your child is bottle-fed, begin transitioning them to a 360° toddler cup or sippy.

- A classroom of 12 children and 4 adults can be overstimulating at times. Try taking your child to play groups or places with a noisier atmosphere to see how they respond and to get them acclimated to this type of environment.

- Be aware of the "Daily Schedule" in the toddler room. Before beginning care, help them to adjust to our nap and meal times by keeping a similar schedule.

- Prior to beginning care, visit the classroom several times so that your child can get to know the environment, teachers and other children. This will help them know what to expect and may ease their transition.

Mealtimes

- At home, practice using utensils and keeping food on the plate.

- Let your child self-feed.

- Try eating "family-style" by sitting with your child for meals at home, engaging in conversation and learning to stay at the table until the meal is finished.

- Read the attached "Help Our Children GROW" sheet for more ideas on developing language skills and table manners.