



**6 Tips To Ease Separation Anxiety For Babies and Toddlers on the First Day of Daycare**  
*Luxury Arts-Based Daycare Center in the Financial District, Smarter Toddler, Shares Top 6 Tips to Overcoming Separation Anxiety on the First Day of Daycare*

**NEW YORK CITY, SEPTEMBER 16, 2016** — [Smarter Toddler Nursery and Preschool®](#), a luxury arts-based private preschool and childcare provider in Financial District, Manhattan and Williamsburg, Brooklyn shared today tips that parents can use to ease separation anxiety for babies and toddlers on their first day of daycare.

Fall marks the beginning of day care, a highly anticipated and important milestone for many families. However, it can also be very challenging for children. Below, Smarter Toddler shares 5 tips for a seamless transition and the beginning of a successful daycare experience.

**6 Smart Separation Tips for the First Day of Daycare**

**Work with teachers and caregivers.** Introduce children to their teachers and build relationships with the daycare staff. Showing children trust and confidence in their caregiver



will give children the same confidence and comfort in their new environment. Daycare teachers and staff are experienced professionals who can provide support and help children successfully adjust.

**Set aside time to transition.** The first day in a new, unfamiliar place can be difficult for children. Set aside time to visit the school before the first day to give children a chance to meet their teachers and explore their classroom. With parents comfortably close by, children will gain the confidence to familiarize themselves with their environment and caregivers, and be more comfortable on their first day of school.

**Stick to a routine.** Create and stick with a parting routine that will create a sense of security for children during drop-off. Consistency is key for making daycare a normal part of a child's routine and will provide a sense of anticipation.

**Bring along a comfort object.** Having an object from home is a gentle separation technique that can help children feel more at ease in their new environment, like a small toy or even a photo. "We ask all of our families to bring in a family photo with them on the first day of school" said Director, Lisa Alvarez. "The photos are hung on the walls of each child's classroom. Being able to see their family's faces during the day brings a sense of comfort for children. It also allows the teachers to ask meaningful questions and have conversations about family."

**Short and sweet goodbyes.** Goodbyes are very important and sets the tone for the rest of a child's day at daycare. It is important to say goodbye, but lingering may make it more difficult for children to transition. During the first days, let children engage in an activity independently from you before giving your routine good-bye hug, kiss, or high-five.

**Maintain continuity at home and at school.** A strong "home-school connection" will ensure that children are well adjusted and maintain a consistent routine whether they are in the classroom or at home. Assistant Director, Arielle Levy said, "Create a strong home-school connection to make sure that routines being learned and followed in one environment, are continued in the either—like potty training. Children thrive and find comfort in familiarity, and developing a solid routine is very important. Find out what your child's day will look like in school and get them into the same routine at home—like playing the same music they play in music class or reading books found in the classroom."

According to Elizabeth Pantley, bestselling author of *The No-Cry Anxiety Solution*, separation anxiety is a positive sign, evidence of the strong, nurturing relationship between parent and child. Learn more about her tear-free solution to separation anxiety at <http://elizabethpantley.com/no-cry/sleep/>.

### **About Smarter Toddler Nursery and Preschool®**

Smarter Toddler Nursery and Preschool®, a luxury arts-based childcare and early learning center in NYC, was founded by New York City artists and parents dedicated to providing children with a stimulating environment to grow and develop through creative expression and inquiry-based education.

For 14 years, Smarter Toddler Nursery and Preschool® has provided high-quality, luxury childcare and early childhood education for children 3 months to 5 years with a Reggio Emilia



inspired philosophy and a progressive arts-based curriculum that inspires discovery, imagination, creativity and problem solving. Through hands-on artistic exploration including visual art, music, theatre, movement, and dance, children are given the tools to express themselves, and a natural method of achieving language, literacy, social, emotional, physical and cognitive milestones. Brand new music-filled classrooms are located in the Financial District at 101 John Street, New York, NY 10038 and in Williamsburg at 17 North 6th Street, Brooklyn, NY 11249. More info at <http://www.smartertoddler.net>

**Contact**

Reanne Agbayani  
Smarter Toddler Nursery & Preschool  
Marketing Manager  
Phone: 212-766-3222  
Email: [ragbayani@smartertoddler.net](mailto:ragbayani@smartertoddler.net)  
Web: <http://www.smartertoddler.net>