7 Things Every New Mom Should Know Before Her Child's First Day of Daycare



- Practical Tips.
- Encouragement.
- Peace of Mind.

A Practical Guide from a
Registered Early Childhood Educator and Mom

By Ms. Narcy

Dear Mom,

If you're reading this, there's a good chance you're preparing to leave your child at daycare for the very first time.

Whether you're excited, nervous, overwhelmed, or feeling a little guilty, I want you to know that what you're feeling is completely normal. The first day of daycare is a big milestone—not just for your child, but for you as well.

As a Registered Early Childhood Educator (RECE) and a mom, I've experienced this journey from both sides. I've comforted children through tearful goodbyes, reassured anxious parents at the classroom door, and celebrated the beautiful moments when children began to smile, play, learn, and build trusting relationships in their new environment.

One thing I've learned over the years is this: **the tears don't last forever.** With patience, consistency, and the support of caring educators, most children gradually adjust and begin to thrive in ways that often surprise their parents.

I created this guide to answer some of the questions I hear most often from families preparing for daycare. My hope is that these simple insights will help you approach your child's first day with greater confidence, peace of mind, and realistic expectations.

Thank you for allowing me to be a small part of your family's journey. It is my prayer that this guide encourages you, eases your worries, and reminds you that you are not walking this season alone.

You've got this. And we're here to help.

With love and encouragement,

Ms. Narcy
Registered Early Childhood Educator (RECE)
Digital Resource Creator

It's Okay If Your Child Cries

One of the biggest worries parents have is this:

"What if my child cries when I leave?"

The truth is many children do.

Crying during the first few days—or even the first few weeks—is a normal part of adjusting to a new environment. Your child is learning to trust new people, explore unfamiliar surroundings, and adapt to a different daily routine. That's a big change for such a little person.

As a Registered Early Childhood Educator (RECE), I've welcomed many children on their very first day of daycare. I've seen tears at drop-off, but I've also seen those same children settle with a comforting hug, a favorite toy, a song, or an invitation to play. Little by little, they begin to feel safe.

Every child adjusts differently. Some children settle within minutes, while others need a little more time. There is no "right" timeline. Your child's journey is uniquely their own.

One of the best things you can do is stay calm and confident during drop-off. Children often look to their parents for reassurance. When they see that you trust their educators, it helps them feel that they are safe too.

Remember, tears don't tell the whole story. They are often just the first chapter of a beautiful journey toward confidence, friendship, and trust.

💔 **A Gentle Reminder from Ms. Narcy**Your child's tears do not mean you're making the wrong decision. They simply mean your child is learning something new. Be patient with the process, trust the journey, and remember that every day brings new opportunities for your child to grow.

One day, those tearful goodbyes may be replaced with a smile, a wave, and an eager walk into the classroom. **From tears comes trust—one day at a time.**

Keep Goodbyes Short and Loving

One of the hardest moments for both parents and children is saying goodbye at the classroom door. As parents, it's natural to want to stay a little longer, offer one more hug, or wait until your child stops crying before you leave. It comes from a place of love.

But from my experience as a Registered Early Childhood Educator, I've seen that **a calm, confident goodbye is often the kindest gift you can give your child.** Children are incredibly observant. They look to the adults they trust for reassurance. If they sense that you're worried or uncertain, they may begin to feel the same way.

A Simple Goodbye Routine

You might say something like:

💖 "I love you."

💖 "Have fun playing with your friends today."

💖 "Your teachers will take good care of you."

💖 "I'll be back after snack, playtime, and nap."

Then give one hug, one kiss, one smile—and leave.

Some mornings will be easier than others. That's perfectly normal. With consistency, children begin to understand that daycare is a safe place, that you always come back, and that saying goodbye is simply part of the day. One day, your child may surprise you by running into the classroom with excitement, eager to see their friends and teachers. And when that day comes, you'll realize that those difficult goodbyes helped build something wonderful: **Trust.**

💖 A Gentle Reminder from Ms. Narcy

Your child doesn't need a perfect goodbye. They need a loving one. Say goodbye with confidence, trust the educators who are caring for your child, and remember—you are teaching an important life skill: the confidence to explore the world, knowing that you'll always come back.

Trust Your Child's Educators

One of the hardest parts of starting daycare is trusting someone else to care for the person you love most. As a mom, I understand that feeling.

As a Registered Early Childhood Educator (RECE), I also want to reassure you that caring for children is more than our job—it's our responsibility and our privilege.

Every day, educators comfort children through big emotions, celebrate small victories, encourage independence, and create opportunities for learning through play.

We know that every child is unique. Some children need extra hugs, while others find comfort in a favorite toy, a familiar song, or an invitation to play with a friend.

We also understand that building trust takes time. During those first days, we patiently help children feel safe by offering consistent routines, warm encouragement, and caring relationships.

As educators, we celebrate the little milestones that mean so much. A child's first smile after drop-off, the first time they join circle time, or the first time they wave goodbye with confidence are moments we treasure.

We value open communication with families. When parents and educators share information about a child's routines, interests, and needs, we can provide the best possible support together. Your child may not always have a perfect day, but they should always feel safe, respected, and cared for. Remember, you are not handing your child over to strangers. You are building a team of caring adults who will partner with you in helping your child learn and grow.

💖 **A Gentle Reminder from Ms. Narcy**

Trust is built one day at a time. As your child begins trusting their educators, you'll begin trusting them too.

Together, we share the same goal: helping your child feel safe enough to learn, confident enough to explore, and loved every step of the way.

Play Is Real Learning

When you pick up your child from daycare, you might hear that they painted a picture, built a tower, sang songs, or spent time playing outside.

At first, it may seem like they "just played" all day.

But for young children, **play is real learning.**

Through play, children develop important skills they will use for the rest of their lives. They learn how to solve problems, communicate with others, take turns, express their feelings, and build confidence. Every block they stack, puzzle they complete, and pretend game they create helps their growing brain make new connections.

As a Registered Early Childhood Educator (RECE), I see learning happen in the simplest moments. A child pouring water from one cup to another is exploring early math and science concepts. Two toddlers sharing toys are learning patience and cooperation. A child singing during circle time is building language and memory skills.

While it may not always look like traditional learning, these everyday experiences lay the foundation for future success in school and in life.

The next time your child proudly says, **"I played today!"** remember that behind every game, song, and activity, something meaningful was learned.

💖 A Gentle Reminder from Ms. Narcy

Children don't learn best because they're told to. They learn best because they're curious enough to explore. So when your child comes home with messy clothes, paint on their hands, or stories about playing with friends, remember this:

They weren't "just playing." They were learning, growing, and discovering the world—one joyful moment at a time.

Big Feelings After Daycare Are Normal

Have you ever picked up your child from daycare expecting smiles, only to be met with tears, clinginess, or a tantrum? If so, you're not alone.

Many parents are surprised when their child has a big emotional reaction after coming home. They may wonder if something went wrong during the day or if their child doesn't like daycare. In many cases, these big feelings are completely normal.

A day at daycare is filled with new experiences—meeting friends, following routines, sharing toys, listening to teachers, and learning new skills. Even though these experiences are positive, they require a lot of emotional energy.

When your child sees you at the end of the day, they return to the person who makes them feel the safest. They know they can let out all the emotions they've been holding inside. Tears, clinginess, or wanting extra cuddles are often signs that your child feels secure with you, not signs that you've done something wrong.

After daycare, try to slow down and reconnect. A warm hug, a quiet conversation, reading a favorite book together, or simply spending a few minutes playing can help your child feel calm and understood.

As your child becomes more comfortable with their daycare routine, these emotional moments often become less frequent. Every child adjusts at their own pace, and that's perfectly okay.

💔 **A Gentle Reminder from Ms. Narcy**

Big feelings don't always mean something is wrong. Sometimes they simply mean your child has had a big day.

Be patient, offer comfort, and remember that your loving presence is exactly what your child needs. As they grow in confidence, you'll likely see those after-daycare emotions become easier to manage—one day at a time.

Partner With Your Child's Educators

One of the greatest gifts you can give your child is a strong partnership between home and daycare.

You know your child better than anyone else. You understand their personality, routines, favorite comfort items, and what helps them feel safe. Your child's educators bring knowledge of child development and experience supporting children as they learn, play, and grow.

When parents and educators work together, children benefit.

Sharing simple updates can make a big difference. Let your child's educator know if your little one didn't sleep well, is teething, has a new sibling on the way, or is excited about a special family event. These small details help us better understand your child's needs and respond with patience and care.

Communication works both ways. Take a few moments at pick-up to ask about your child's day. Celebrate their successes, ask questions if you have concerns, and remember that you're both working toward the same goal—helping your child feel safe, happy, and confident.

A relationship built on trust, respect, and open communication creates a strong foundation for your child's growth.

💖 A Gentle Reminder from Ms. Narcy

Your child's journey is a team effort. When parents and educators encourage one another, children feel the difference.

Together, we can create an environment where your child feels safe to explore, confident to learn, and loved every step of the way.

Give Yourself Grace

As you prepare for this new chapter, remember something important:

Your child isn't the only one learning.

You are too.

Starting daycare is a big transition for the whole family. There may be mornings when you leave with confidence and afternoons when you wonder if you made the right decision. Some days will feel easier than others, and that's completely normal.

Please don't expect yourself to have all the answers.

Parenting has never been about being perfect. It's about showing up every day with love, patience, and a willingness to grow alongside your child.

Celebrate the small victories. Maybe today your child cried for only a minute instead of five. Maybe they waved goodbye for the first time. Or perhaps you made it through drop-off without tears yourself. Those moments matter because they remind you that progress often happens one small step at a time.

Be kind to yourself during this season. You're making decisions out of love, and that love is one of the greatest gifts you can give your child.

One day, you'll look back and realize that what once felt so difficult became part of your family's story of growth, resilience, and trust.

💖 A Gentle Reminder from Ms. Narcy

You don't have to be a perfect mom to be a wonderful mom.

Your love, your presence, and your willingness to keep showing up are more than enough.

Take one day at a time, celebrate every small step forward, and remember:

The journey from tears to trust isn't just for your child—it's for you too.

A New Beginning

If you've made it to this final page, thank you for allowing me to be part of your family's journey. Starting daycare is one of the first big transitions your child will experience, and it's also one of the first times you'll be asked to trust someone else with the person you love most. That isn't always easy.

There may still be mornings when your child cries at drop-off. There may be afternoons when you wonder how their day went. There may even be moments when you question whether you're doing the right thing. Those feelings don't make you a bad parent. They simply remind you how deeply you love your child.

I also hope you've been reminded that you don't have to walk this journey alone. Behind every classroom door are educators who want your child to feel safe, respected, and encouraged. At home is a parent whose love continues long after goodbye.

Together, those relationships help children flourish.

One day, the tears that once felt so overwhelming may become a distant memory. In their place will be stories about new friends, songs learned during circle time, artwork proudly carried home, and smiles that tell you your child has found confidence in a new environment.

Every child grows at their own pace. Every parent learns at their own pace. And every small step forward is worth celebrating.

So as you begin—or continue—this daycare journey, give yourself permission to embrace each day as it comes. Celebrate the little victories, trust the process, and remember that growth often happens quietly, one ordinary day at a time.

💔 **A Final Gentle Reminder from Ms. Narcy**

You don't have to know everything to be a wonderful parent. Your love, your patience, and your presence are the greatest gifts you can give your child. Take one day at a time. Celebrate every small victory.

Trust that brighter days are ahead. Because every confident child begins with someone who believed in them. **And that someone is you.**

Ready for the Next Step?

If this guide helped you feel a little more prepared, I'd love to walk with you through the next part of the journey: the weeks before day one, the first goodbye, and the first 30 days.



Ready for Daycare, Mom!

Interactive Playbook

Prepare your little one (and yourself) for daycare and the first 30 days.

- Personalized start-date countdown and preparation guidance
- Goodbye routine builder you can practise before day one
- First 30 Days Journey with daily guidance and reflection prompts
- Your personalized transition plan to copy or print
- Works on your phone, with no account or app needed

Three gentle stages: PREPARE → PRACTISE → PARTNER

Founding beta price: CA$7.99

One-time purchase, taxes included. No subscription.

See what's inside the Playbook

msnarcy-daycare-playbook.netlify.app

Scan with your phone camera

A routine can help create predictability, but it can't promise a tear-free drop-off. Emotional goodbyes don't mean you've failed.

With love and encouragement,
Ms. Narcy
Registered Early Childhood Educator, Mom and Digital Resource Creator