



Returning to Work: Ideas for Parents

Tips for Returning to Work

Returning to work is an important transition for you and your child and will take some planning. Here are some ways to help you both:

- Carefully choose a child care situation that works for all of you!
- Before you go back to work, plan to spend some time over a few days with your child and child care provider. That way everyone may feel more comfortable when you are ready to leave for the big day.
- Prepare your child! Even if the baby is too young to understand your words, he will be reassured by your calm tone of voice. Talk about what will happen, where you will go, who will take care of him, and what will happen while you are gone. Go slowly!
- This separation may be challenging and your positive outlook will help your baby.
- Keep up those “at home” rituals! Snuggle together for a few minutes before getting dressed, read a book at bedtime, and talk about what happened today.
- Give your toddler something that he knows is yours to keep with him for the day. He may want to make you a drawing or painting that you can take to work.
- Ask for help from family and friends when you need it. Even the most confident parent needs some support and assistance.
- It helps to get organized and to prioritize. Keep it simple. Some chores on your “to do” list can wait another day. Enjoy time with your child.

Our first child care provider was

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