

SAMPLE LETTER TO MOMS ABOUT CHILD CARE

[This letter is included in the registration packet, which could be sent out in a summer mailing or given to moms who register mid-year.]

Dear Mom,

Because leaving a child in child care can sometimes be stressful, we've compiled a list of frequently asked questions to help address concerns or questions you may have.

DO I HAVE TO LEAVE MY CHILD IN CHILD CARE?

Because [name of group] is designed to be a "time out" for mothers, we ask that all mothers use the child-care program or make their own child-care arrangements (newborns up to 6 months can be an exception).

WHAT ABOUT SECURITY?

We have a security system, complete with ID numbers that match you with your child. If your child needs you, your number will be written on the chalkboard. You can excuse yourself to take care of your child's needs, then return to the meeting. You will also need your ID number to pick up your child after a meeting.

WHAT IF MY CHILD CRIES WHEN I DROP HIM OFF?

When you arrive, hang coats in the main hallway upstairs, then go to the child's area and pick up your child's name tag. Take the child to his room. *Please do not enter the child-care room.* This upsets the children already in the room, and it makes it hard to keep track of who is coming and going. Wait at the door for the room mother or teacher to greet you. If your child begins to cry, give him a hug and walk out the door. It may even be necessary for the teacher to "peel" your child off of you. This is a hard thing to do, but most of the time a child stops crying as soon as the parent leaves. If you stick around, it makes it worse for your child, you, and the workers. Allow the workers to do their jobs. They will try very hard to help your child adjust to the room. If your child continues to cry, they will let you know.

WHAT DO I DO IF MY CHILD CRIES IN CHILD CARE?

Let me assure you that not all children cry when their mothers leave them. But should your child cry, we encourage you to give the child-care workers a chance to settle him. If he still doesn't settle down, here are some suggestions for what to do if we come to get you because your child is crying: