

Greetings and Goodbyes

Relevant Satellite Accreditation Standards

III. The Daily Program for Children

E. Transitions throughout the day are calm and relaxed.

1. The educator helps children as needed during separation at drop-off and pick-up times.



Waddle-In Family Child Care



Peluchitos Daycare



Let the Dragon's Fly Child Care

The Basics

Why focus on greetings and goodbyes? An attachment response initiates when children transition in and out of early learning programs, meaning children must shift their secure base from family member to educator (and educator to family member). All children need some level of support from adults to successfully transition in and out of a program because children rely on emotionally present adults to help regulate their bodies. Some children struggle to adjust more than others due to individual differences in temperament, attachment style, and developmental level. Transitions into early learning programs may trigger a stress response that is challenging to fully recover from throughout the day, especially for toddlers, children with insecure attachment, and children new to the program (Nystad et al., 2021).

How can I help children transition? The mixed-age model of family child care is advantageous. Younger children transition from home to child care more smoothly in mixed-age groups than same-age groups due to older children's guidance and modeling (Ahnert et al., 2023). By partnering with families, educators establish predictable routines with consistent expectations when entering and leaving the program. Below are examples of strategies to use during greeting and goodbye periods.

BE AVAILABLE

Offer children a moment of connectedness through the choice of a special greeting or a welcome story.

USE VISUALS

Hands-on materials like sign in boards, welcome questions, and visual schedules help signify greetings and goodbyes for young children.

OFFER CHOICES

Provide children options on choosing materials, saving unfinished work, or selecting a song when entering or leaving the program.

KEEP IT SIMPLE

Prolonged transitions extend children's stress response and increase challenging behavior.

Partner with families to maintain short and consistent

RECURIT OLDER KIDS

Ask older children when appropriate to send others welcomes ("let's play something together") and farewells ("let's play again tomorrow").

I want to learn more!

- [Supporting Transitions Both Big and Small](#) (Resource)
- [The Power of "Good Morning"](#) (Article)
- [Toddlers' Stress During Transition to Childcare](#) (Research article)
- [Stress during transition from home to public childcare](#) (Research article)

Books available through Satellite's lending library:

(for Satellite participating programs only)

- *Transition Magician 2: Strategies for Guiding Young Child in Early Programs* (Henthorne, 2000)
- *I Love You Rituals* (Bailey, 1996)

