

Ready, Set, Daycare!

A 10-minutes-a-day guide to daycare readiness · Ages 2–4

IN THIS SAMPLE · PRINT AND ENJOY

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WELCOME

A Note to the Busy Mom



> *You do not need hours of free time to get your child ready for daycare. You need ten focused minutes a day and a plan. This book gives you both.*

Maybe you are going back to work. Maybe your child is turning three and preschool is around the corner. Either way, you have probably wondered: *Will they cry? Will they eat? Will they make friends? Am I doing enough?*

Here is the good news. Most of what makes a child "ready" is not reading or counting. It is the everyday stuff: saying goodbye without panic, washing hands, asking for help, sitting for a short story, and taking turns with a toy. These skills grow fastest at home, in the small moments you already share.

Why early preparation matters

- **Smoother transitions.** Children who know what to expect feel safer, so drop-offs are shorter and calmer.
- **More confidence.** A child who can open their own lunchbox or put on their own shoes feels capable around other kids.
- **Better friendships.** Simple social skills, like waiting and sharing, help children join play instead of watching from the side.
- **A strong learning start.** Talking, singing and playing build the language and attention that later learning depends on.

The 10-minutes-a-day promise

Every activity in this book takes about ten minutes and uses things you already have: socks, spoons, a laundry basket, a picture book. Many fit into routines you are doing anyway, like bath time, the car ride or cooking dinner.

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My Morning Routine

Draw or stick a picture next to each step. Your child adds a sticker as they finish each one. Copy this page and put it on the fridge.

Step	Picture	Done
1. Wake up		
2. Toilet and wash hands		
3. Get dressed		
4. Eat breakfast		
5. Brush teeth		
6. Shoes and coat on		
7. Grab my bag		
8. Goodbye hug		

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8-Week Progress Tracker

Add a sticker or a tick for each day you complete.

Week	Mon	Tue	Wed	Thu	Fri
1 Routines					
2 Self-help					
3 Feelings					
4 Separation					
5 Friends					
6 Colors and shapes					
7 Counting and hands					
8 Daycare countdown					

