

ALL ABOUT ME

MY CHILD CARE

TRANSITION CHECKLIST



My Name: _____

Nickname: _____ My age: _____

My current child care center/ family child care provider/ VPK provider:

My current teacher: _____

Date I was enrolled at current center: _____

My proposed new childcare placement: _____

My proposed new teacher/center director: _____

My anticipated start date: _____

The purpose of this checklist is to give my new teacher information about me. This information will help me adjust to a new place. Please complete the form below before I move to my new center. If possible, my current teacher should call my new teacher to discuss my needs before I move. Preparing my new teacher about who I am will make this transition easier for me and my family.

Current childcare teacher: Please tell my new teacher about me; check the boxes that best describe my personality, likes and dislikes, sleeping and eating habits, and learning styles. This will help my new teacher understand who I am and how I learn best.



I am:

- Happy most of the time, easy to care for
- Quiet, like to watch before joining and activity
- Sociable, easily cared for by any staff available
- Worried, hard to comfort
- Clingy to a select caregiver and have a difficult time making changes



My activity level is:

- Low-key, will explore with assistance
- A go-getter, into everything that looks interesting
- Directed at one thing at a time and I need help trying new activities
- Somewhat hesitant to try new things, but I do well when my teacher helps me
- Changes in routine are difficult for me but with enough warning I can move through new activities



When it comes to eating:

- I take my time and am easily distracted
- I dig in and enjoy most foods with a good appetite
- I am a picky eater
- I need help transitioning from baby foods to more grown-up foods
- I tend to have a small appetite but seem satisfied



When it comes to sleeping:

- I easily comfort myself and fall asleep
- I need help calming down and a consistent routine to fall asleep
- I sleep for short periods of time and wake up crying asking for comforting



Separation from my home caregiver:

- This is difficult for me and I get upset
- I can transition easily to my teacher with appropriate good-byes and reassurances
- Separating from my home caregiver is very upsetting and takes a lot of time



My comfort belongings/soothies are:

- Favorite toy or blanket
- Pacifier
- Other



I let other know what I want by:

- I have some words/sounds and can point or move toward desired objects/persons
- My body language alone shows what I want or don't want
- Crying is my main way to show pain or displeasure, no words yet
- I am quiet and rarely indicate wants or needs unless someone asks me



Who do I live with:

I live with my _____
I see my mom _____ times a week. We visit at _____
I see my dad _____ times a week. We visit at _____
Other people I am close to are _____

Additional Information you would like my new teacher to know about me: