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# Starting Early Childhood Education (ECE)



## Orientation to the ECE Centre

The transition from home care to ECE centre is a big change for the child and the whole family. It is important to prepare for it well. When parents approach the transition calmly, it strengthens the child's sense of security.

Agree on an orientation period with the ECE centre personnel. During this time, you can stay at the centre together with your child. Share your wishes and your child's needs with the personnel.



Picture: Unsplash / Sandra Seitamaa



Picture: Unsplash / Getty Images

When a child stays at ECE centre alone for the first few times, separating from a parent may be difficult. Think of a clear and short way to say goodbye to your child. After the parent has left, the child usually calms down quite quickly.

If possible, start with shorter days. It's best to avoid other major changes in the child's daily life at the same time. Familiar routines that repeat in the same way help the child in this new situation.

# What to Bring with the Child?

Dress your child in clothes that are comfortable for playing and moving around, and easy to put on. Label your child's clothes and other belongings. Familiar items can bring comfort in a new environment.

Pack in your child's backpack:

- Indoor slippers, spare clothes, and a comfort toy
- Diapers and a pacifier, if your child needs them
- Gym clothes (for example shorts and a T-shirt)
- Weather-appropriate outdoor clothing
  - Rainy day: rain gear and rubber boots
  - Cold day: woollen clothing and two pairs of mittens
  - Hot day: a sunhat, sunscreen, and a water bottle
- Any other items the daycare asks you to bring



Picture: Unsplash / de jong



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Niitty 2 -project 2023-2026

*Together for a good everyday life for  
immigrant families*

More information:  
[projects.tuni.fi/niitty2](https://projects.tuni.fi/niitty2)

Check also:  
[tuni.fi/perheinfo](https://tuni.fi/perheinfo)

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