

4 helpful tips for leaving your little one for the first time



Get organized

Let's be real—the person you are leaving your baby with mostly likely doesn't need a book, but it sure eases your nerves. Make your own "sitter" guide and include items like your baby's schedule, a list of his or her favorite toys, calming strategies, feeding habits, and all emergency contact information. By preparing your sitter for success, you will feel a bit more at ease when leaving your baby for the first time.



Do a trial run

Leaving your baby for the first time can be tough, that's why our team recommends doing a trial run or two. Build that trust with the sitter with baby steps. Invite the sitter to watch your baby while you are at home, or ask the sitter to watch your baby while you go to the grocery store for 20 minutes.



Talk about it

It may sound silly, but talking to your baby before you leave and explaining why you are leaving and when you expect to come back, will help settle your nerves.



Know that it will be ok

Leaving your baby for the first time can be stressful and we get it. To stay calm, just remember all the time and effort you put into preparing for this transition. Once you have picked the right sitter for your baby, set-up a schedule to regularly check-in and trust that it will be ok.