

8 Benefits of Daycare

Introduction

If you're thinking about sending your child to daycare, you're probably aware of some of the benefits that child care provides to parents, such as free time and the ability to pursue employment. You may be wondering whether your kids will benefit from daycare as well, and if so, what they'll get out of it.

Daycare provides kids with a child-friendly, social and supportive environment that has a range of valuable advantages to their development. By participating in enriching activities, playing with other kids and learning from care providers, kids gain skills like independence, self-control, empathy and more. Read on to learn more about the importance of daycare and how it can contribute to your children's growth.

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Developing Socially and Emotionally

Of all the benefits of child care, the social and emotional advantages are most clear. Daycare lets kids make friends and learn to cooperate during the most formative years of their lives. Kids learn a wide variety of cognitive and social skills from interacting with others, from self-expression to conflict resolution, problem-solving and teamwork.

Child care gives kids a chance to spend time with peers in a supervised, safe environment with supportive adults. This aids with emotional health and development, and can help prevent separation anxiety. The benefits are lasting: a French study found that high-quality daycare is linked to fewer emotional symptoms, conduct problems, attention dysfunction and relationship issues later in life.

Understanding Structure & Routines

Kids in daycare learn the foundations of routines and schedules that will help them develop good habits later in life. Getting used to routines and rules is an important part of cognitive development and pays off both in school and at home.

Having a daily routine regulates sleep and encourages healthy habits like self-care and hygiene. It teaches kids to meet expectations and reinforces good behavior. Because of this, kids will gain confidence and stay grounded during times of change or stress.

These routines are helpful in the primary years and across the child's whole life. It's thought that many of the lifelong benefits of early childhood education, such as higher college graduation rates, are tied to the stability of the child care environment.

Participating in the Community

Daycare centers allow both children and their parents to participate in the local community, build relationships, and connect with other families and community leaders. In daycare kids are exposed to other cultures and families with different views and lifestyles, which is an important first step to understanding the world around them.

Communities are a vital part of child development, as a way for children to find role models and gain new experiences. And for parents, the network of parents and staff is an opportunity to build connections and share insights about raising their families.

Building Lifelong Skills

In daycare, kids develop skill sets that will be useful not only during their development as little ones, but across their entire life spans. A study by the National Institutes of Health found that teenagers had higher cognitive and academic achievement if they had attended high-quality daycare -- that is, care with high staff-child ratios, supportive staff and cognitive-boosting activities.

Kids who attended quality daycare are more likely as adults to gain a college degree and remain consistently employed. They exhibit better cognitive, language and memory development, and more advanced reading, writing and number skills. Plus, they have better self-control and higher self-esteem.

Fostering Independent Children

Daycare gives kids time away from their parents to develop their own likes, dislikes, and sense of independence in the world. They're exposed to new and different things that they may not have been at home. In a child-centered learning environment, kids get the freedom to direct many of their own activities, try new things and occupy their time without adult direction.

The experience of navigating new situations, making choices and learning the consequences of their behavior helps children develop self-control, independence and a sense of agency. They learn the benefits of patience to achieve their goals and cooperation to work with others. Through these efforts, they begin to trust themselves and gain the confidence to approach new challenges with poise.

Boosting Health

Although daycare centers are stereotyped as germ-spreading, there are a number of surprising health benefits to attending daycare. Those early childhood illnesses can strengthen the immune system: kids at daycare get sick more when young, but the tradeoff is that they get less

sick later. Kids who don't attend daycare take more sick days in elementary school, which can hinder learning and disrupt family routines.

Daycares are also important promoters of healthy habits, including good nutrition. Kids in daycare are exposed to more varieties of healthy food and role models for healthy eating. Studies show that children in care are more likely to be willing to try new foods, especially when staff eat the same food and talk to them about what they're eating.

Plus, enrolment in daycare promotes important preventative health measures like vaccinations and health screenings. And one study even found that men who had been in a high-quality daycare as babies had better cardiovascular health than those who had not.

Recognizing Role Models

Daycare is a great way for kids to get used to respecting and trusting adults. Being supported by caring staff helps children to recognize teachers and other professionals as role models and resources who can help them grow and accomplish their goals. This helps prepare them to develop positive relationships with adults and authority figures throughout their lifetimes.

Kids learn through observing those they look up to. Good behavior, curiosity, politeness, respect for others, perseverance and more can be learned from great daycare staff. And kids with a variety of good role models grow up with more confidence and self-esteem.

Getting Prepared for Kindergarten

Daycare provides a fun and stimulating environment where kids build their literacy, numeracy and communication skills, helping kids get prepared to succeed in kindergarten. Child care centers with a focus on education teach the foundations that kids will build on in primary school, like counting, the alphabet and basic writing skills. Studies show who attended formal childcare programs have stronger reading and math skills at age 5.

In child care, kids also learn non-academic abilities, like fine motor skills to help with using pencils, crayons and scissors, and self-care routines like dressing and using the toilet. They'll be better able to express their needs to adults, follow directions, and adjust to being around other children.

The transition to kindergarten can sometimes be stressful, but if a child has spent time in daycare, it can go much much more smoothly. Kids, parents and teachers alike will benefit from the preparation daycare provides.

Client Solutions: Helping Daycare Make a Difference

Daycares are important community institutions that add incalculable benefits to the lives of the families they serve. For more than 30 years, Client Solutions has been there to support child

care centers so they can support parents and kids. Our long experience has helped us make the complex processes of childcare stress-free and easy for staff and parents alike.

With Client's comprehensive child care management software, you can automate time-consuming administrative tasks, manage child care staff, plan your child care curriculum and engage with parents in real time to strengthen relationships with families at your center.

Ready to find out how Client can help your center be the greatest possible asset to the community?

Request a demo!