

I MET MY YOUNGER SELF FOR COFFEE...

I told her: Put your future child on daycare lists now. Many, many daycare lists!

& also, here are a few things some other moms shared with me about their experience returning to work/ what their advice was.

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DAYCARE EXPERIENCES & ADVICE FROM OTHER MOMS WHO HAVE BEEN THERE ALREADY

"It's so good for you & your baby. As sad as it is, you both thrive so much after!"

"We did a slow transition so it wasn't a lot for both of us all at once. Made it easier!"

"I quit my job the week before I was to go back. But then I was ready to go back 4 months later. My advice would be to take it slow."

"We chose home daycare. We had lots of visits beforehand. I would leave him to run errands. My son loved it!"

"My son would be sad when I left but also did not want to go home when I came back!"

"Rapport with the provider is huge! Trusting they can keep your child safe!"

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DAYCARE EXPERIENCES & ADVICE FROM OTHER MOMS WHO HAVE BEEN THERE ALREADY

“Give yourself grace!
It will take time to
adjust. Have extra
cuddles when home
with baby!”

“I highly suggest
doing some part
days leading into
it! Take those
days to do
whatever!”

“It was hard at first but
little ones adapt so well
& so quickly!”

“Hardest part so far
has just been when
they get sick &
feeling like you have
to choose between
being a mama or an
employee”

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