

## PREPARING FOR SCHOOL: *WHAT TO BRING ON YOUR FIRST DAY*



### Welcome Families!

To help you prepare for the first day, we have provided a list of items to bring with you.

#### All Families:

- Feeding:
  - When your child is ready, your child will need a ready-to-eat (food pre-cut, oranges peeled, etc.) lunch in a lunch bag clearly labeled with your child's name. **No peanut butter or nut products and no candy, please.** Since storage space is limited, please refrain from using small coolers or overly large bags.
  - If heating a meal is requested, we are only able to heat food in a microwave for less than 1 minute per child.
  - If desired, you may bring in a labeled sippy cup.
- Clothing:
  - At least 1 extra change of clothes, but more is recommended for potty-training or infant care.
  - Weather-appropriate clothes and materials, such as a winter coat and snow pants in the winter, or a swimsuit and sunscreen in the summer.
- Sleeping materials vary by age group:
  - One crib/cot sheet (which you will bring home and wash at the end of each week):
    - For infants, a Pack n Play sheet works best since our mattresses are smaller than a standard crib size.
    - For toddlers/preschool, a standard crib sheet to place over the cots used for naptime.
  - Lovies and blankets are acceptable after the child turns 12 months old. No blankets or lovie are allowed prior to 1 year old. Infants are allowed a sleep sack, not a swaddle.
- At least 3 family pictures, including pets and relatives.

#### Infants Only:

- Clothing:
  - At least 2 extra outfits per day. Please replace outfits as your child grows and the weather changes.
  - 2-4 bibs per day, especially when teething.
- Feeding:
  - Pre-filled ready to heat and feed bottles. Bottles must be labeled with your child's name.
    - If breast milk is used, please pack prefilled, labeled bottles.
    - If formula is served, please pack pre-measured water and formula (in separate labeled containers) so we can easily mix them together when ready.
    - If solids are fed, pack pre-measured baby food jars/containers, cereal and/or finger foods. **No glass please.**
- Body Care:
  - Diapers, container of wipes, and any diaper creams, if needed.
- Sleeping:
  - One Pack n Play size sheet for the crib, which you will bring home and wash at the end of each week.
  - If desired, a sleep sack (brought home and washed at the end of each week). No loose blankets or swaddles.
    - If you have been swaddling, we recommend trying not to swaddle during sleeping prior to arriving at school for a smoother transition.
- Pacifier (if needed).

#### Other Information:

- We will warm up lunches for your child once they are able to eat regular foods.
- Milk, juice and water are provided, along with cups, forks and spoons (as your child grows).
- Optional breakfast is served if your child attends school before 8:30am.
- Snacks (morning and afternoon) are also provided, once your child turns 12 months old.
- Extra diapers and wipes can be stored in the classroom for your child. Teachers will let you know when you are running low.
- All of your child's belongings must be clearly labeled with his/her name, and checked often to be sure it hasn't rubbed, worn or washed off.

If you have any questions or concerns, please feel free to ask the director or any of the teachers. We strive to make your child's transition into school pleasant, easy and comfortable. Again, welcome to Little Sprouts and we look forward to building caring and joyful relationships with you and your child!

Thank you! ~ Your Little Sprouts Team~