

First Day Checklist

Welcome to Kidz In The Park! We are excited to welcome your family. Bring the items that apply to your child to help make their first day comfortable.

Please label all belongings with your child's first name and last initial.

Everyday essentials

- ☐ Water bottle or sippy cup.
- ☐ Complete change of season-appropriate clothing: pants, shirt, socks and underwear.
- ☐ **Toilet training:** send 2 complete changes of clothes.
- ☐ Closed-toe shoes for indoor play.
- ☐ A sweater to keep at daycare.

Diapering and personal care

- ☐ Diapers and wipes, if needed.
- ☐ Diaper cream or ointment in its original container, if required.

Rest and sleep

- ☐ Blanket and a familiar comfort item for children who nap, where permitted by the room's sleep guidelines.
- ☐ Discuss your child's nap or sleep routine with the room educator.

Forms and information

- ☐ A copy of your child's immunization history.
- ☐ Any required medication, with a completed medication form.

Infant feeding and extra supplies

- ☐ Formula or breast milk, clearly labelled with your child's name.
- ☐ Labelled bottles, plus extra bottles for the day if needed.
- ☐ Written feeding instructions or schedule; review with the room educator.
- ☐ Discuss the introduction of solid foods with the room educator, if applicable.
- ☐ **Infants:** send 2-3 complete outfits and extra socks.

Outdoor and seasonal items

- ☐ Weather-appropriate clothing and a seasonal hat.
- ☐ Outdoor footwear, when developmentally appropriate.
- ☐ **Summer:** a brimmed sun hat and closed-toe shoes for outdoor play.
- ☐ Non-aerosol sunscreen and non-aerosol, DEET-free insect repellent, where age-appropriate and permitted by the centre. Confirm products with the educator.
- ☐ **Winter:** warm coat, snow pants, boots, mittens and a toque.