

# First Day of Daycare

## quick guide

### check list

#### the myths

- My kids won't be as happy as they are at home.
- My kids won't get to spend as much quality time with us.
- My kids won't be engaged and entertained.
- My kids won't get focused attention 24/7 and won't be safe.

#### the truths

- Your kids will be happy
- Your kids will still get to spend quality time with you
- Your kids will be engaged in so many activities and entertained by many new friends.
- Your kids will get proper attention and will be safe (as much as they are at home).



#### Babies & Toddlers

- ☐ Diapers
- ☐ Wipes
- ☐ Diaper cream
- ☐ Crib sheet
- ☐ Blanket for nap time
- ☐ Milk bottle or Sippy Cup
- ☐ Extra clothes for spills and accidents
- ☐ Personal item for comfort



#### Preschooler

- ☐ Crib sheet / Blanket if still napping
- ☐ Bottle, Sippy Cup, or Water Bottle
- ☐ Extra clothes for spills and accidents



#### Seasonal Items

- ☐ Sunscreen (in the summer)
- ☐ Hat
- ☐ Sunglasses
- ☐ Indoor shoes (if you live in a snowy climate)
- ☐ Gloves
- ☐ Snow pants
- ☐ Winter coat

### tips

- \* Label EVERYTHING with your child's name
- \* Have your child wear play clothes that you are okay with getting dirty