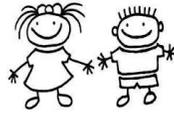


## LITTLE MILESTONES CHILDCARE CENTER



### What to Bring

Now that you have made the decision to enroll your child, here are a list of items that will help get them situated at school. The most important thing to remember is to label **everything**. This helps to assure things don't go missing. It's also important during pick up to double check that you are taking your child's items. If someone else will be picking up, remind them to do the same. The wrong items can go home with the wrong family very easily if they are not labeled. Companies like "namebubbles" sell daycare labels. Families tell us it's a small investment (usually 15-30 dollars) and will save you time and missing items down the road!

#### **Backpack (preschool only)**

We ask that your child come to school with a small or junior size backpack to transport things to and from school daily. Please no totes or oversized bags.

#### **Clothing**

Your child should wear comfortable clothing that will be ok to get messy. A child should be able to easily pull up or down their own pants (toddler or preschooler). We start to teach toddlers to do this on their own, too! We encourage lots of play outside and the children often have projects with painting or chalk that can get on clothes. Please don't send our child in wearing anything too fancy for that reason.

#### **Extra Outfit**

One full outfit individually labeled and placed in a labeled and sealed ziplock bag (three for infants).

## **Bedding**

### **-Infants**

Infants will two porter size crib sheet. One will come weekly and one will remain at the school in the event it is soiled (this one should be in a ziplock bag). Bedding can only be sent in a zipped bag. Mesh bags, drawstring bags and plastic bags are not allowed. Canvas bags are ideal because we ask that you wash the bedding bag along with the bedding weekly to assure good health for your child and the other students. Loveys, blankets and pillows are only permitted if your child is 12 months of age. If you send a pillow, it must be travel size or toddler size (no regular size pillows). Nothing should come to school that needs to come back home daily as bedding will stay for the week.

### **-Toddler and Preschool**

Your child will need one fitted bedding sheet (crib size or toddler bed size). Bedding can only be sent in a zipped bag. Mesh bags, drawstring bags and plastic bags are not allowed. Canvas bags are ideal because we ask that you wash the bedding bag along with the bedding weekly to assure good health for your child and the other students. Loveys, blankets and pillows are permitted so long as they can easily fit in the zipped bag. If you send a pillow, it must be travel size or toddler size (no regular size pillows). Nothing should come to school that needs to come back home daily as bedding will stay for the week.

## **Pacifier**

If your child uses a pacifier, it must be labeled and will be stored in their bedding and go home weekly with the bedding.

## **Diapers/Pullups**

Only 20-25 at one time and they must be sent in a sealed bag with child's name on it. Each child has their own bathroom cubby and we cannot store anymore than 25 diapers or pull-ups at one time.

### **Wipes**

One package of flip top wipes to assure they don't dry out. Please no large fillable containers or refill packages as we don't have the space to store a surplus. The package should be labeled.

### **Toothbrush**

Please no electric toothbrushes as they are too large to hold on our holding racks. Toothbrush must be labeled.

### **Toothpaste**

Please send a travel size toothpaste with your child's name on it if you wish they use it. A regular size toothpaste is too large. They are not required to use toothpaste, however.

### **Indoor Shoes**

An indoor shoe can be any type of shoe so long as it has not been worn outside. Please be sure these are labeled in a spot that is easy to read. Please no slippers as they tend to be too bulky and student's sometimes trip on them. Velcro or slip on are best for children with self help skills - please not laces.

### **Outdoor Shoes**

Open toe shoes are not permitted. Shoes must be closed toe to assure safety on playground. Your child will not be allowed to play outside if they are not wearing a closed toe shoe. Velcro or slip on please - no laces.

### **Meals**

You will provide a morning snack, lunch and afternoon snack. If you are sending in a baked home good, sunbutter or soy butter sandwich you

must label the item "no nuts". We are required to toss out any time that isn't labeled if we are unsure it may have nuts. The lunchbox must close all the way and be labeled on the outside (easy to read). If your child attends half day please ask which meals you should bring. We are not prohibited to cut, peel or warm a child's food. Food should be sent in exactly how you wish for your child to eat it. Thermoses work wonderful for food you wish for them to eat warm. We ask that you do not send in "gogurts" as they typical cause too much of a mess for most children. Pouch yogurts are ok.

\*Allergy reminder: **Tree nuts and peanuts** are not allowed at school. Please check all labels as students can have fatal allergies. Also, **hardboiled eggs and scrambled** are not allowed due to their consistency which makes it difficult to contain for students who have egg allergies.

### **Bottles (infants)**

Please discuss this more with your child's teacher prior to your child's first day.

### **Drinks**

Drinks must be provided in a cup that cannot spill. Water bottles are not permitted unless they have a "sports cap" on them. We understand that your child may have mastered a regular cup, but they will be sitting closely to other children which can easily cause spills.

### **Supplements for Drinks**

Supplements such as mirlalax, iron supplements, stool softener, etc are considered medicine (anything you add to the child's drink). You must notify us if something is being added to your child's drink and/or food. There are supplementary, medicine forms that need to be completed. Because it is treated like medicine, the child need to leave the classroom and drink the special drink while a teacher watches them.

### **Utensils and Plates**

Please be sure to send everything that your child will need for the meal (fork, spoon etc). If they are eating out of a container, you do not need to send a plate. All items must be labeled.

### **Sunscreen (depending on the time of year)**

Labeled and attached with a completed medication form (located near first aid box). To limit exposure to fumes, and because we apply sunblock inside, we ask for **only lotion sunblock - no sprays**.

### **Rash Cream (if this applies to your child)**

Container must be labeled and stored in a labeled bag. The center will provide you with a medicine form to fill out.

### **Odors**

It is very important to be mindful of the use of **strong perfumes, colognes, detergents, cigarette smoke, etc**. The children's belongings should be free of strong smells that could have negative effects on their health or another child's health. We have many children with allergies so this is especially important to be mindful of this.