



# What To Bring On Your First Day

## Making Your First Day Easier

We encourage you to call anytime during the day to see how your child is adjusting. Some separation anxiety is normal and expected, and your ECDC staff will be happy to provide suggestions to minimize any potential stress for you and your child. Please remember, your child will feel comfortable at ECDC and attending will become routine. Our staff make every effort to be aware of circumstances that can challenge your child when beginning our program, and they will work with you to help ensure a smooth adjustment.

## First Day Checklist

All Parents:

- ✦ Enrollment paperwork (including immunization records)
- ✦ Lunch, reusable water bottle, snack (2 snacks if full day)

Infants:

- ✦ Bottles and/or food for the day (with name and date label)
- ✦ Diapers and wipes
- ✦ Diaper Cream (if used)
- ✦ Sunscreen for 6 months +
- ✦ 3-4 Changes of clothes (to be kept in classroom)
- ✦ Sleep clothing and a fitted sheet
- ✦ 2 Pacifiers/binkies (if used)

Toddlers & Preschool 1:

- ✦ Diapers and Wipes
- ✦ Diaper Cream (if used)
- ✦ Sunscreen
- ✦ 3-4 changes of clothes including shoes (to be kept in classroom)
- ✦ Blanket and fitted sheet for nap time (to be kept in classroom)

Preschool 2 & PreKindergarten:

- ✦ Sunscreen
- ✦ Backpack
- ✦ 2 Changes of clothes (to be kept in backpack)
- ✦ Blanket and fitted sheet for nap time