

First Day Checklist

WHAT TO EXPECT

Your child's first day is an exciting new experience; however, it is common for children and adults to feel uncertain. Every child is different and takes a different period of time to settle in.

We encourage families to follow the below tips to make the first day as smooth as possible. Our team is here to support you and your child throughout the transition process as we begin this exciting journey together.

- Talk positively about starting childcare by focusing on the fun learning experiences and new friends your child will have
- Read books or complete activities about starting school/childcare
- Keep drop-off times short and give your child a quick hug and a kiss at the door as you hand them over to their educators
- Pick up earlier on the first few days to assist your child with settling in
- Provide any comforters that may help your child feel more secure such as a teddy
- If you are anxious, please talk to the Centre Director before you leave
- Feel free to call or email the center to check on your child at any time
- We encourage families to check our Storypark app for updates during the day
- Show your child their photos on Storypark and encourage them to talk to you about what they did throughout the day; and
- Rest assured that if your child is unsettled, we will call you.

WHAT TO BRING

We kindly ask that families pack their child's bag with the below items each day. Please ensure all items are labelled with your child's full name.



Wide-brimmed sun-safe hat



Water bottle



Two sets of spare clothing



Cot-sized bedsheets and blanket



4-5 nappies per day and nappy rash cream (if needed)



Medication/equipment and Medical Action Plan (if needed)

EXTRA INFANT ITEMS



Bottles and expressed breastmilk or formula (if needed)



Pacifier for children under the age of two (if required)



Sleep suit or bedsheets and blanket



4-5 nappies per day and nappy rash cream