

**Care for kids**

# First Day Checklist

No need for nerves, here is our chef's kiss-list of childcare essentials to make their first day a breeze! Check them off the night before!

**1.**



## Bring Backpack

Pack a backpack (big enough to fit all your child's belongings)

**2.**



## Spare Clothes

Pack several changes of clothes (socks, underwear, tops, and multiple bottoms)

**3.**



## Drink bottle

Bring along your child's drink bottle (ensure it is leak-proof and easy for them to use)

**4.**



## Lunch Box

If meals are not provided bring a lunchbox with healthy snacking options. Confirm with your centre if there are any food restrictions.

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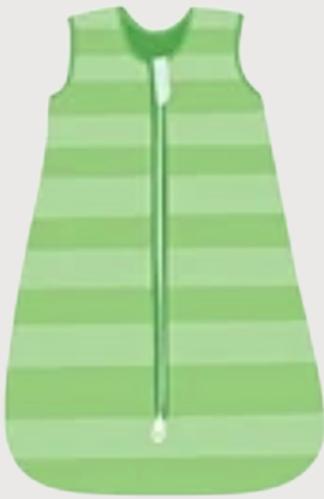
5.



### Comfort item(s)

Pack your child's favourite blanket or soft toy for rest times. Comfort items can also include dummies!

6.



### Sleep bags & Bedding

Bring your own sleep bags, sheets and or bedding (if required).

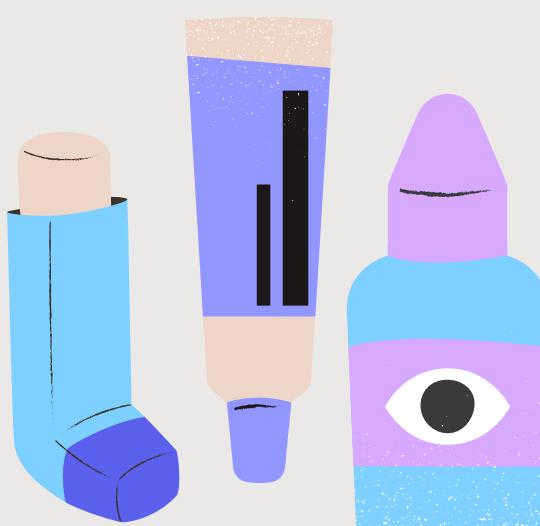
7.



### Specific brands

Bring in any formula, bottles, sunscreens or nappy creams (if needed)

8.



### Medication

Bring in any required medication and medical forms.

## Our Day 1 Tips!

- **LABEL everything:** hats, undies, nappy cream, water bottles, you name it. Literally.
- **Give yourself plenty of time to drop-off.** Try not to sneak out, give a hug and say goodbye.
- **Download your centre's communication app** – you won't miss any first day pics!