

Guide for Preschool/MAC Preparation

1. Encourage Independence:

- Practice self-dressing (clothes, shoes, socks, outerwear).
- Teach self-feeding, including opening/closing lunch containers and cleanup, washing face
- Encourage asking for help.
- Practice pulling pants on/off.

2. Toilet Training Tips:

- Use underwear during waking hours (diapers only for naps).
- Train consistently at home for 3-7 days before daycare participation.
- Encourage toileting every 20-40 minutes initially, focusing on letting go rather than holding it.
- Pack 5-8 sets of spare clothes daily.

3. Required Items (Label everything):

- **General:** Crib sheet, blanket, slippers, water bottle, seasonal spare clothing x2.
- **Seasonal Essentials:**
 - **Summer:** Sunscreen, wide-brim hat, sandals/shoes that can get wet, SPF sun shirt.
 - **Winter:** Waterproof jacket/ snowpants pants, warm waterproof mittens x2, toque, waterproof boots. Magic Mitts x2
 - **Spring/Fall:** Rain gear (pants, boots, jacket), sweatshirt. Splash pants are one of the items we use the most and need to work the best, please invest in a quality item.

4. Cubby/Item Maintenance:

- Keep tidy by removing soiled/non-seasonal items daily.
- NO backpacks; use reusable folding bags.
- Unpack your child's items, please don't leave a large bag packed.
- Label things visibility where we can see
- Let us know if there are missing items the same day
- Check at pick up for any needed items for the next day

5. Communication:

- Inform caregivers of family changes affecting behavior.
- Connect with a caregiver before dropping off

6. Potty Training Expectations:

- Bring a fully potty-trained child wearing underwear daily (if you are potty training they shouldn't be wearing diapers into the center)
- Provide extra clothing and manage soiled laundry at home.
- Support potty breaks every 30 minutes and after key activities.

By practicing these steps, you'll help your toddler transition smoothly into preschool life!

OUTDOOR GEAR ITEMS CHECKLIST BY SEASON

Season	Items to Pack
Summer	- Sunscreen (leave here)
	- Wide-brim hat (no ball caps) to leave here
	- Spare seasonal clothing x2
	- Sandals/summer shoes (water-friendly) and running shoes
	- SPF sun shirt (mandatory for sun protection) **this is very important**
Winter	- Waterproof snow pants
	- Waterproof snow jacket
	- Warm waterproof mittens x 2 AND magic gloves x2 NO FINGER GLOVES PLEASE
	- Toque (covers ears) might need strings
	- Winter boots that are waterproof (check daily if needs drying)
Spring/Fall	- Spring jacket
	- Sweatshirt
	- Waterproof rain pants (unlined, fits over clothes) this is one of the most important items to invest in as we use a lot! If you get wet pants home constantly, you know your splash pants are not working.
	- Rubber rain boots AND running shoes
	- Toque & Magic Mitts x2