

# Welcome to the Baby/Toddler Room: Key Information and Checklist

## Smooth Transition Tips

- **Attachment First:** Your attitude towards daycare and caregivers strongly influences your child's adjustment. Maintain a positive vibe during drop-offs to foster trust and attachment. When you trust your caregivers, your child will too.
- **Morning Routine:** Remove your child's shoes and outdoor gear in the cubby area and check in with caregivers as needed. You must make contact WITH a caregiver before leaving your child- never drop off your child if you don't see a caregiver.
- **Prepare for the day:** Empty your child's belongings into the correct areas (bedding on top), spare clothes in bin, outdoor gear emptied into cubby. Bring your child into the classroom ready to go, if they are outside, dress them for outside.

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## Illness Policy/absence

- Keep your child home if they require Advil/Tylenol for teething or illness.
- Stay home for **48 hours symptom-free** after diarrhea, vomiting, or fever.
- Call before 10 AM to notify daycare of absences (you MUST report illness symptoms)

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## Daily Essentials

Category	Details
Slippers	Elastic-cuffed slippers (e.g., Robeez). Avoid stuffy or hard-soled shoes. Please no puffy character type big slippers. Crocs work well for toddlers (not for babies)
Clothing	Leave extra seasonally appropriate clothing that fits x 2 (if you get a bag of dirty cloths the extras will need replenishing the next day.)
Lunch kit	Large, but not too large-should be able to fit all containers, we must fit 12 lunch kits in the fridge so not too big.)
Water Bottle	Sippy or water bottle to leave at daycare.
Diapers & Wipes	Provide a sleeve of diapers and wipes. Avoid pull-ups; cloth diapers are welcome (with wet bags-pick up dirty ones daily).
Bedding	Crib sheet and blanket (weekly laundering). No sleep sacks for walking children (we need to be prepared for emergency and walking children need to be able to walk.)

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## Outdoor Clothing Checklist

Season	Items
Summer	Sunscreen, wide-brim hat (no ball caps), sandals/water shoes, SPF sun shirt (in good condition to ensure it has SPF power), spare seasonal clothing.
Winter	Waterproof snow pants and jacket, warm WATERPROOF mittens x2 (and magic mitts x2), toque (ear-covering with tie), winter boots (STONZ with fleece liners for those who are not walking.) Waterproof splash pants.
Spring/Fall	Waterproof splash pants, rubber rain boots (STONZ for non walkers), spring jacket, sweatshirt, toque. ** splash pants are best investment in quality item used** Magic mitts

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### Feeding Guidelines:

- **Nutritious Foods:** Offer a variety of whole foods like meats, fruits, veggies, and leftovers. Avoid sugary snacks and juices.
- **Infants (6-14 months):** Emphasize finger foods for independence and jaw development. Avoid purees when possible.
- **Breastfeeding:** Continue as desired; support available for nursing or pumped milk. Freezer storage is available for expressed milk.

### Lunch Kit Maintenance:

- Wash lunch kits **monthly** (machine washable or hand-washed; air dry). Regular cleaning prevents odors and mold from hidden spills.

### Food Requirements:

1. **Snack Times** (2 per day):
  - Provide a couple of healthy options for each snack (2 FOOD GROUPS PER SNACK)
2. **Main Meal:**
  - Include a couple of choices for variety (4 FOOD GROUPS PER MEAL)
3. **Heat-Ups:**
  - Send leftovers meals in microwave-safe containers for easy heating (NOT IN A BENTO.)

A clean lunch kit and a variety of nutritious foods ensure a safe and enjoyable mealtime experience for your child! As well as child appropriate containers. Don't put heat ups in a bento, if you want something heated provide in its own container.

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### Labeling and Organization

- **Label Everything:** Use Mabel's Labels, fabric paint, or felt pens for all belongings.
- **Cubby Maintenance:** Remove soiled clothes and non-seasonal items daily. Avoid plastic grocery bags, no backpacks. Foldable reusable bag is best.

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### Diapers and Wipes

Provide a **sleeve of diapers** and extra wipes to be stored at daycare.

- **Pull-ups are not ADVISED**, as they are impractical for group settings and snow/rain/swim gear changes.
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### **Cloth Diapering Requirements:**

#### **Prepared Diapers:**

- Liners and inserts must be assembled before drop-off.

#### **Wet Bag:**

- Supply a wet bag for soiled diapers, which must be picked up daily.

#### **Maintenance:**

- Diapers should be laundered and stripped regularly to prevent odor or buildup.

#### **Extra Clothing:**

- Provide additional sets of clothing for leaks.
  - If frequent leaks occur (2-3 times daily), disposables may be requested.
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### **Communication and Labeling Guidelines**

#### **Open Communication:**

- Share any significant family changes (e.g., moving, separations, births) or caregiver transitions with daycare staff.
- Understanding these factors helps caregivers support your child's behavior and emotional well-being

#### **Labeling Belongings:**

- Use **Mabel's Labels**, fabric paint, or felt pens to label all items (e.g., clothing, shoes, lunch kits, bedding).
- Labeling ensures belongings stay organized and minimizes mix-ups.

*Tip: Supporting the Mabel's Labels fundraiser for Knox Kids Co. is a great way to help the center while staying organized.*