What to *Bring* on Your Child's First Day at Child Care

Starting child care is a big step. Here's what to pack for day one and beyond. Check with your service for anything specific.

Label everything with your child's name.



Before Your Start Date:

Book an Orientation

Meet the educators, explore the room and go through routines, medical needs and paperwork. Contact your service to book.

Everyday Essentials

- ☐ Bag for belongings
- ☐ Sun-safe hat (no hat, no play)
- ☐ Water bottle
- ☐ Spare clothes, incl. underwear and socks
- ☐ Comfy clothes and enclosed shoes
- ☐ Sun-safe tops that cover shoulders
- ☐ Sunscreen (if not provided)
- ☐ Comfort item, if it helps them settle

For Babies and Toddlers

- ☐ Sleepsuit or sleeping bag, plus a cuddly
- ☐ Bottles, formula or breast milk (labelled and dated)
- ☐ Dummy in a labelled container
- ☐ Nappies and wipes (if not provided)
- ☐ Nappy cream

Health and Medical

If your child has anaphylaxis, asthma, an allergy or other condition, bring:

- ☐ Medical action plan, signed by their doctor
- ☐ Medication in original packaging, labelled and in date
- ☐ Any other medication, with an authorisation form

Your child can't attend until these are in place. Speak with your director before day one.

Leave at Home

- ☐ Toys (other than a comfort item)
- ☐ Bring a family photo for the belonging wall.
- ☐ Food, unless your service has asked for it

Tips for a Happy First Day

- Arrive early so drop-off isn't rushed.
- Bring a family photo for the belonging wall.
- Say a quick goodbye. It builds trust, even with a few tears.
- Download the family app for photos and updates.
- Share their routines so educators can help them feel at home.

Questions? Your service is happy to help.



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