

YOUR CHILD NEEDS... EVERY DAY

- BACKPACK:**

- with 1-2 changes of clothes (labeled)
 - including: shirts, bottoms, UNDIES, socks, spare shoes
 - (if potty learning- 3-4 diapers, wipes and/or undies)

- WATER BOTTLE:**

- REUSEABLE recommended
 - LABELED with YOUR CHILD'S Name
 - WATER ONLY, Please. (no juice, colored, flavored drinks).

IF YOUR CHILD STAYS FULL DAYS:

- LUNCH:**

- Please send healthy options and only one "treat"

- Consider two or more water bottles for long days.

- Please pack an **ice pack** for perishable items

- Please don't send food that needs to be heated- try a small thermos.

- Please send in spoons, forks, straws, if those are needed for your child's meal.

Our goal is to increase your child's independence and "practice" for kindergarten;

You can foster these skills by sending items that are easy to open, etc.

- QUIET TIME (30+ minute REST TIME required by**

NH Licensing)

-Please send in ONE sleeping bag or
blanket

a king-size pillowcase covers the mat
These go home at the end of the week to
wash.