

**PREPARING FOR YOUR BABY’S FIRST DAY AT FIRST STEP**

We totally understand what kind of stress and anxiety you may feel dropping off your baby at daycare for their first day. We can assure you that after some time and establishing a daily routine, it will only become easier for you. You will build a special trust with your baby’s caregivers and begin seeing the benefits of them interacting with other children their age after a short time. We created this informative paper with hopes we can help ease your mind a little on how to prepare for the first day at First Step.

WHAT TO BRING:

-Bottles

\*Bring three to four bottles every day.

-Pacifier (if needed)

-2 Sets of Extra Clothing

-Diapers and Wipes

\*You may bring bulk and the caregivers will let you know when your child needs more.

-Diaper Rash Cream

-Breastmilk

\*You may bring breastmilk already prepared in bottles or bring empty bottles and the bags of milk. Each baby room has a full size fridge so feel free to leave back-up bags in the freezer.

-Formula

\*We provide a milk based formula, if your child needs anything other than, please provide.

-Paperwork

\*Please fill out the admission packet which is located on our website and the infant forms which are attached. Just bring all of this on the first day along with a copy of their updated shot record.

WHAT NOT TO BRING:

-Swaddles, Blankets, Wub-A-Nubs

\*By state law we are NOT allowed to swaddle or have any items such as blankets or Wub-A-Nubs in the cribs. We may use sleep sacks and you may bring one if you think your baby will need to be covered. Arms must always be exposed.

TIPS ON PREPARING FOR DAYCARE:

-If you are exclusively breastfeeding, we recommend you begin to introduce a bottle to your baby. It is easier to make that transition at home rather than at daycare.

-Prepare and pack up everything you will need to bring to daycare before the morning of their first day so it is ready to go.

-Make sure to schedule plenty of time on the first day to drop off, so you do not feel rushed.

-If you swaddle your baby, let him/her practice sleeping without being swaddled. Again, it is easier to make that transition at home rather than daycare.

WHAT TO EXPECT ON THE FIRST DAY:

Parking:

There are designated parking spots for all daycare families in front of our center. There is no time limit, though we ask with courtesy (besides your first week) to be quick and efficient at drop-off and pick-up as we have many families doing the same and limited parking spots and prime times during the day.

Front Desk Process:

You will be greeted at the front desk by Wendy, Chanler, Renee, Janis, or Marisol. Here, you will first submit all admission forms and your baby’s immunization record. We will make sure you are set up through the Brightwheel App. Tuition is also due at this time. You may pay by cash, card, or check for the week or the month. Once this is taken care of, we will show you your child’s room.

-Drop-Off Process:

Once we get to the assigned classroom, we will introduce you to the caregivers and we will begin to put away all of your baby’s belongings in his/her cubby. You will need to label everything with your child’s first name and last initial. There are also cubbies in the fridge so we will leave your baby’s bottles and milk in their fridge cubby. You will then need to fill out the feeding instructions form, this you will do every month.

Once all this is complete, you will be good to go!! Leaving for the first day is always harder on you than it is for your baby. We promise they will be just fine and we will always call you if we have any questions!

**FAQ:**

*-What is the ratio in the infant room for caregivers to infants?*

\*The caregiver to infant ratio by state law is 1 caregiver to 4 infants or 2 caregivers to 10 infants.

*-When will my baby transition to the next age group up?*

\*All infants stay in their assigned baby room until they are one year old and walking and then they will transition to the toddler class. Also, once space is available in the next class.

*Is there a transition period for first time enrolled children?*

\*Yes! We always say that your child will adjust on their terms. Remember, they’re in a classroom with 9 other babies, with different sleeping/eating schedules, and new background noise. They need time to get used to their new routine.

*-How do the caregivers heat up the bottles?*

\*The caregivers will warm up the bottles by placing them in a hot cup of water or with the bottle warmers.

 *-Will I be able to visit my baby during the day?*

\*Absolutely! We encourage you to come visit your baby at any time. Keep in mind we have the Mothers Room available for you if you would like to nurse.

*-Will I get an update on how my baby did each day?*

\*In our Brightwheel App, you will be updated throughout the day, as well as, you may message us at anytime for updates.

*-Is there a set class schedule my baby has to adjust to?*

\*In this age group, each infant is on their own individual schedule, unless you provide your caregivers with a written schedule, and they will stick to it. Beginning in the toddler age group all the way up to Pre-K, there is a class schedule to follow.

*-May I leave my car seat or stroller at the daycare during the day?*

\*Yes, you can park your stroller and leave your car seat here throughout the day.