



Day care checklist

If your baby's first visit to day care is fast approaching, it's time to gather together the things your little one will need to take along. Start working on a list while you're still at home with the baby. Notice which items you use during the day that your baby also will need at day care. Here's a list to get you started:

ITEMS TO PACK:

- Diapers and wipes. Include any special instructions.
- Breastmilk or formula in bottles. Be sure to mark each bottle with your baby's name and date.
- Instructions for feeding, including how many bottles and when to give them.
- Description of your baby's usual sleep schedule and nap routine.
- A favorite toy, blanket, or piece of your clothing that will reassure and remind your baby of you.
- Clothing. Pack an extra set in case your baby's outfit gets wet, soiled, or dirty.
- Medication, if needed, and any special instructions.
- A pacifier.
- Phone numbers: Your provider must be able to find you or your partner at all times. Additionally provide the name and phone number of your physician.
- A medical release form. This allows your day care provider to obtain medical treatment for your baby in case of an emergency.



This is intended as general information that should not be used as a substitute for the medical care and advice of your physician.