

Preparing Your Infant to Start Care in a Center Setting

- If your child is exclusively breastfed, begin transitioning your child to a bottle several weeks before starting care to ensure they are used to taking breast milk from a bottle.
- If your child is older than 8 weeks, begin putting your child down for a nap or bedtime without being swaddled. State licensing forbids us from swaddling any child over 8 weeks old.
- If your child is used to sleeping in a swing, bouncy, rock-n-play, etc., allow your child time to adjust to sleeping in a crib (free from loose bedding, blankets, or stuffed animals) before starting care at Joyful Noise. We are required by licensing to put your child down for a nap in a crib (on his/her back, with nothing in the crib beyond a crib sheet, sleep-sack, and strapless pacifier).
- If your child is used to being held or in a carrier frequently, allow your child to gain a bit of independence so that they are comfortable being set down from time to time.
- Label **all** of your child's belongings (including car seat, spare clothing, blankets, lovies, shoes, outdoor gear, pacifier and cord, etc.) with his/her name. If items are not labeled, a nursery staff member will label it for you.
- All bottles must be labeled with child's first and last name, date, and marked BM (breast milk) or F (formula). You may choose to use formula provided by Joyful Noise, but must mix upon arrival. See infant room staff for more information.

Infant's First Day of School Checklist

- _____ Bottles- marked with name & date
- _____ Pacifier w/ a strap to leave here
- _____ Sleep-sack (no swaddle attached)
- _____ Diapers
- _____ Diaper Cream
- _____ Any medications w/ med slip for each
- _____ Unscented wipes (to share with class)
- _____ 2 extra sets of clothes for cubby
- _____ 4X6 photo of your family
- _____ Rough Daily Schedule sheet

***Please remember to label all belongings**