

# Parents' Checklist

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A child may approach his or her first time in the nursery with eagerness or fear, smiles or tears. Parents can do much to make their child's nursery experience enjoyable by preparing the child in advance. When children know where they are going and what to expect, they are usually eager to attend. Those who come with little or no advance explanation may be afraid and may resist staying. Prepare your child to come to the nursery by doing as many of these things as possible:

- \_\_\_\_\_ 1. Teach your child about the nursery at least two weeks before he or she will first attend.
- \_\_\_\_\_ 2. Arrange for your child to meet the nursery teachers a week or two before the first time he or she will attend the nursery.
- \_\_\_\_\_ 3. Arrange for your child to meet a few of the other nursery children.
- \_\_\_\_\_ 4. During the week before your child enters the nursery, say positive things about the nursery.
- \_\_\_\_\_ 5. Take your child to see the nursery room when no one else is there.
- \_\_\_\_\_ 6. The day before, remind your child that nursery will start tomorrow.
- \_\_\_\_\_ 7. On the first day of nursery, allow plenty of time for your child to get ready for church. Do not rush.
- \_\_\_\_\_ 8. Leave all your child's toys at home.
- \_\_\_\_\_ 9. Take care of your child's rest room and feeding needs before taking him or her to the nursery. A child who needs a diaper change will be taken to a parent.
- \_\_\_\_\_ 10. Arrive at the nursery promptly.
- \_\_\_\_\_ 11. Reassure your child that you will come back later. Promptly return to pick up your child at the end of nursery.
- \_\_\_\_\_ 12. If your child is afraid, remain in the nursery with him or her for the first few times.
- \_\_\_\_\_ 13. Tell the nursery teachers which classes you will be attending during nursery time so they can bring your child to you if there is a problem.
- \_\_\_\_\_ 14. Inform the nursery teachers if your child has an unusual problem, such as a food allergy.
- \_\_\_\_\_ 15. Talk over the nursery experience with your child in a positive, warm way. Be sure to say good things about your child's nursery class and teachers.
- \_\_\_\_\_ 16. Remember that love and patience will make the nursery a good experience for your child.

Please do not take your child to the nursery when he or she has any of the following symptoms:

- Fever
- Runny nose
- Cough
- Unusual irritability or crossness
- Vomiting
- Diarrhea
- Rash
- Eye discharge
- Head lice
- An illness or infection treated with antibiotics within the last 48 hours
- An obvious childhood illness in the contagious period:
  - chicken pox (seven days)
  - measles (until rash disappears)
  - scarlet fever (until rash disappears)
  - mumps (until swelling is gone, usually seven days)
  - impetigo

If your child has an allergy that is causing a runny nose, cough, or rash, please let the nursery teachers know that your child's symptoms are not contagious.