

# **PREPARING FOR A DAY OF BACK-UP CHILDCARE**

**Childcare Centre**



Your child is currently scheduled for back-up childcare, which means that your child's back-up care will take place within a centre. Centres are designed to be warm, inviting places where children and parents feel welcome and special. Staff will help your child's transition to an unfamiliar place, and will offer engaging opportunities for play and discovery. Whether you use a centre once or many times, childcare experts try to ensure individualised care, good communication, and partnership between parents and staff.

Each centre will have its own policies and procedures that may supplement or supersede the following guidelines. We recommend that you call the centre in advance of the day of care if possible. The centre will have more information they would like to share with you if this is your first time at this particular centre. If time permits, we would encourage you to visit the centre with your child(ren) before the date of care.

### Preparing for your visit to the centre

To start your child's day off right, consider his or her individual needs and what will make your child feel comfortable in a new environment.

#### Babies

- The best preparation is to make sure that caregivers know your baby's schedule, routines for eating, sleeping, changing, and play, as well as how you comfort your child
- Bring any items that your infant might need for the day including a change of clothes, a comfort item such as a favourite blanket or stuffed animal, nappies, wipes, etc., as well as enough formula, milk and/or baby food for the day
- Please label all clothing and other items such as bottles, cups and toys with your child's full name

#### Toddlers, Pre-schoolers and School-age Children

- Check with the centre you will be visiting to determine if snacks and lunch are provided or if you should prepare snacks and lunch for your child. Please note that policies for heating/refrigerating food vary by centre and some centres may not be able to refrigerate or heat lunches brought to the centre
- Centres may also be nut-free or nut-safe and may not allow any food items that contain nuts (or other food items that may cause an allergic reaction)
- For safety reasons, most centres discourage drawstrings and dangling jewellery, particularly for younger children
- Please be sure to send a change of clothes with your child to the centre as they may be needed if a spill occurs
- Please label all items with your child's full name