

First Day of Preschool

Your one-page checklist

Start with your school's list. Tick what applies and add your own notes below.

First day: _____

Pickup plan: _____

01 PACK THE FIVE ESSENTIAL GROUPS

- ☐ Backpack + paperwork: permitted bag, forms and any required folder; check the fit.
- ☐ Spare clothes: requested top, bottoms, underwear and socks in a labeled bag.
- ☐ Water bottle or cup: school-approved, labeled and checked for leaks.
- ☐ Lunch + snacks: if requested, following school food rules; try the containers at home.
- ☐ Comfort item: a small familiar item, if the teacher permits it.

02 GET READY THE NIGHT BEFORE

- ☐ Read school messages, confirm arrival and pickup, and complete required forms.
- ☐ Set out clothes and the packed bag; leave a reminder for refrigerated food.
- ☐ Practice opening the bag and talk through the morning together.

03 A SIMPLE FIRST-MORNING PLAN

- ☐ Follow the agreed drop-off routine: a familiar goodbye and a handoff to the teacher.
- ☐ After school, empty containers, replace used clothes and check tomorrow's list.

OUR SCHOOL-SPECIFIC EXTRAS
