



HANDY HINTS FOR PARENTS

Clean clothes don't stay clean long when you combine little people and the outdoors! Your child will get muddy so don't worry about immaculately clean waterproofs. Sometimes all that is needed for waterproofs is a hose down in the shower!

Below is a suggested list of items you will need for your child starting nursery.

- Waterproof jacket and trousers – preferably separate trousers to make toileting easier for your child.
- Warm gloves
- Warm hat
- Sun hat
- Wellies & thick cosy socks
- Small backpack for carrying gloves/hats/snack to nursery
- Complete change of clothes in a labelled 'dry bag'.
<https://www.mountainwarehouse.com/3-7l-drybags-p17582.aspx/>
- Layers of clothes. It is easier to take a layer of clothing off if your child is too hot than allowing your child to become chilled
- Midge spray/cream
- Sun protection spray/cream
- Snack. We recommend a piece of fruit/packet of raisins/small sandwich. Please avoid sweets and chocolate. Please do not provide nuts as we may have children with allergies.
- Water bottle filled with fresh water
- Packed lunch – ideas : water, fruit, sandwiches, crackers, cheese, wrap. Small flasks with warm beans, pasta, soup, milk
- Medicine –eg inhaler, clearly labelled and in original packaging
- For children still in nappies, please supply a labelled bag with everything your child will need for a nappy change eg. Nappies, wipes, nappy sacks.
- For children still needing a sleep, please supply a sleeping bag liner (we have warm sleeping bags).

Stramash Nursery is not just for the children! Please come along and join in the fun during come and play weeks. Relax, forget about everything that needs done and enjoy playing and learning with your child. You will be notified of dates for these sessions.

If you would like to volunteer at nursery, please speak to the Team Leader who will be delighted to welcome you.

If there is anything else that you feel would be handy for parents to see on this list, please let us know.