

## Children's needs list

Bard Children's Center and Nursery School



**Extra change of clothes** to keep at school at all times (including underwear and socks). Please label clothing. Children often get messy or wet during play (or have accidents). Comfortable play clothes are best (t-shirts and pull on pants)

Every child needs a **back pack** or tote bag. This travels back and forth with your child daily. It should be able to hold a lunch and water bottle with some room for notes or art work. It helps if children carry the same back pack/lunch box daily (the teachers and children learn which materials belong to each child, the familiarity is comforting to the children, and it helps with organization at arrival and departure and at lunch set up). Please label lunch and back pack.

**Pack a lunch daily.** Please pack lunch in a separate container (lunch box or sack). Children do well with a variety of healthy choices at lunch time including fruit and vegetables. If you are sending pasta or left-overs please include a warm thermos (and heat it up in the morning) as we are not able to heat lunches. If you are packing cold items like yogurt please include a small lunch ice pack. It is great if you use containers which your child can open independently. We strive to create a comfortable family style social meal experience. We are always sitting with children and are here to help – and we will encourage independence throughout the year. We allow children to open their own lunches and all items are available to them to eat in the order they choose.

**Water bottle.** Although we have cups and water available for children throughout the day and also during daily snacks, we sometimes take water bottles outside with us on nature walks or on the playground. It is helpful if everyone has a water bottle that they are familiar with and can operate independently. Please label each part.

**Comfort item** for rest. We have purchased a new bed roll for your child (this will be your child's bed roll for the next 2 years and it will be sent home every couple of weeks for the laundry). The bed rolls really help us with organization and set up at nap time each day. The bed rolls have a cover built in – but **your child may like to bring a comfort item – a special small blanket or stuffed animal?** These special comfort items are kept in each child's cubby and the children learn to retrieve them at nap time and help set up their beds.



**Family Photo** Please send in a family photo the first day of school which your child can keep at school this year. Children find comfort in the photos and it supports our conversations at school and helps us form a home-school connection.

**Rain Gear** We plan to play outside every day in all weather. Children need rain boots and rain gear that fits over clothes and allows for free movement and play. We have found that full body rain suits are best. Some brands that have worked well are Tuffo Muddy Buddy, Puddlegear, Oakiwear.

**Indoor Shoes** Children change into indoor shoes upon entry into school each morning. Comfortable indoor shoes (that stay on feet) are best for indoor play. This establishes a morning ritual and also helps us keep our school clean when the winter arrives. In the past many children have used crocks for indoor shoes and we have found lately that they are not working so well indoors. Crocks are falling off the children's feet all morning and children are kicking them around during play time. We prefer that children have indoor shoes that provide support and stay on their feet. When choosing indoor shoes think of an extra pair of sneaker or some sort of shoe that stays on feet and provides the kind of support children need to navigate a busy classroom.

**Daily Dress for the weather!** Keep in mind we will go outside daily and so think about sun hats, layers, rain boots, snow pants – please pack whatever is needed daily with children for outdoor play in all seasons and all weather.

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