



**START EARLY  
START STRONG  
QUALITY EARLY LEARNING**

# CHECKLIST: BABY'S FIRST DAY IN CHILD CARE

The most important first step is making sure you select a licensed, quality child care program for your baby. Once you have selected a program, use this checklist to get ready for baby's first day.

Items on this list will support your baby's safety, comfort and care while you are away.

## PACK THESE ITEMS

### SHEETS AND SLEEP SACKS

Some providers may ask you to bring sheets for your child's crib. Make sure the sheets fit the mattress snugly. Instead of blankets, pack a sleep sack to keep your baby warm. Pack an extra sleep sack just in case.

### DIAPERS AND WIPES

Make sure you supply plenty of diapers and wipes that work well for your baby. Check with your program as some provide diapers and wipes.

### EXTRA PACIFIER AND LOVEY

If your baby has a favorite pacifier or lovey, you may want to pack an extra one for your child to use while awake.

### CLOTHING AND BIBS

You know your baby best. Include the usual number of outfits and bibs your child uses each day. Keep in mind that lots of active play and exploration will happen in child care.

### FORMULA OR BREAST MILK

Send enough bottles for the day plus one extra just in case. If your baby drinks formula, pre-measure it in each bottle. If you send breast milk, ask the provider how they want it packed.

## MAKE SURE YOUR BABY WILL SLEEP IN A SAFE PLACE

- Ask to review the safe sleep policy.
- Verify the child care provider has completed safe sleep training.
- If your child is sleeping in a car seat when you arrive, make sure the provider immediately moves your baby to an approved sleep area.
- Confirm the sleep equipment is sturdy, the mattress is firm and covered with a tightly fitting sheet and the sleeping area is free of bedding, soft materials, toys and other hazards.
- If other infants are asleep, check to see if they are all on their backs to sleep.
- If your child prefers to be swaddled, please bring a doctor's note. Child care providers aren't allowed to swaddle a baby without one.
- Check the temperature of the room your baby will sleep in to make sure it is not too warm. Make sure your provider uses sleep sacks if children need more warmth.
- If music is playing, make sure it's won't prevent the provider from hearing your baby.
- If the provider does not stay in the room while your child sleeps, make sure they use a baby monitor and check on your baby often.

## LABEL EVERYTHING!

**LABEL ALL OF YOUR CHILD'S ITEMS WITH FIRST AND LAST NAME, INCLUDING BOTTLES, CLOTHING, PACIFIERS AND DIAPERS.**



# DOES EVERYONE WHO CARES FOR YOUR CHILD PRACTICE SAFE SLEEP?

It's important for everyone who cares for your baby to practice safe sleep. This includes grandparents, other family members, friends, neighbors, babysitters, and your licensed child care provider.

## TIPS FOR TALKING TO YOUR CHILD'S PROVIDERS ABOUT SAFE SLEEP

- May I see where my baby will sleep?
- Have you completed safe sleep training?
- How is my baby positioned when they sleep?
- How will you follow my baby's routine? (Make sure to explain how your baby uses a pacifier, their feeding routine and any other needs.)
- How often do you check babies while they're sleeping?
- During tummy time, is someone making sure my baby's eyes are open?
- May I see a copy of your safe sleep policies?

## SAFE SLEEP REQUIREMENTS FOR LICENSED CHILD CARE PROVIDERS

Licensed child care providers must follow rules to make sure babies are safe. You can view the full list of rules at [ColoradoShines.com/SafeSleep](https://coloradoshines.com/safesleep).

If your child care provider is a family member, friend, or neighbor, they should also take steps to protect your baby. Ask them to follow guidelines similar to the licensed child care provider requirements.

Parents of babies are strongly encouraged to review inspection reports of licensed child care providers. If the provider has a sleep-related violation on their report, it is very important to ask the provider what steps they have taken to correct the problem.

Visit [ColoradoShines.com/Search](https://coloradoshines.com/search) to find licensed, quality child care providers and to view inspection reports. If you believe your child care provider is not practicing safe sleep, call the Colorado Office of Early Childhood at 1.800.799.5876 to file a complaint.