

Preschool Checklist

A preparation and supplies checklist for a child starting preschool.

Enrollment and paperwork

- Confirm your child's spot and start date with the program.
- Complete and return all enrollment forms.
Note any forms with firm deadlines.
- Provide up-to-date immunization and health records.
- Fill in emergency contact and authorized pickup details.
- Complete any allergy or medical action plan.
- Review and sign program policies and the schedule.

Supplies to pack

- Choose a small backpack your child can carry.
- Pack a complete change of clothes and underwear.
- Include a sealed, easy-to-open water bottle.
- Add any nap items the program allows.
- Pack diapers and wipes if your child needs them.
- Include any supplies on the program's list.

Label everything

- Label the backpack and lunch bag with your child's name.
- Label every piece of clothing, including outerwear.
- Label the water bottle and any containers.
- Label nap items like a blanket or comfort toy.
- Label shoes and spare clothing.

Readiness skills

- Practice using the bathroom or follow the diaper policy.
- Encourage saying their name and basic needs.
- Practice following simple one-step directions.
- Work on washing hands and tidying up toys.
- Practice opening lunch and snack containers.
- Build short stretches of independent play.

Emotional preparation

- Visit the preschool together before the first day.
- Read books about starting preschool.
- Talk about the daily routine in a positive way.
- Practice a short, confident goodbye routine.
- Pack a comfort item if the program allows it.
- Plan a calm, reassuring pickup conversation.