

★ ★  **Nihao School**   ★ ★

Supplies & Personal Items Guide

For Daily Comfort, Care, and Routine

All children are assigned a cubby space to store personal belongings. Please label all items clearly with your child's name. For health and safety reasons, we do not wash items at school (including bottles, lunch containers, or soiled clothing). All used items will be sent home daily for cleaning.



DAILY ITEMS TO KEEP AT SCHOOL

- Diapers
- Baby wipes
- Diaper cream (if needed)
- Extra clothing (at least 2 full sets)
- Sunscreen (see sunscreen policy below)
- Gallon-size zip-lock bags



ITEMS SENT HOME DAILY

- Soiled clothing
- Used bottles (if applicable)
- Used bibs (if applicable)



FEEDING & BOTTLES

Feeding & Bottles

- Cups are provided by the school.
- Babies must bring their own bottles until they transition to cups.
- Bottles will be sent home daily for washing.

Meals & Snacks

- Children under 1 year old must bring their own meals and snacks.
- Heating instructions (if needed)
 - Portion guidance (if applicable)



SLEEP & REST POLICY (IMPORTANT)

Allowed:

- Sleeper suits or footed pajamas (recommended under 1 year old)
- Sleep bag walkers (for children over 1 year old)
- Children of all ages may nap in their regular school clothes.

Not Allowed:

- Sleep sacks
- Gowns
- Blankets
- Bedtime toys

Additional Notes:

- Crib sheets are provided by the school for all ages.
- Children transitioning to a sleep mat may bring a small comfort item.



DIAPERING & SKIN CARE

If your child is prone to diaper rash, we recommend:

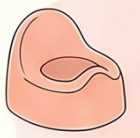
- Aquaphor
- Desitin Maximum Strength
- Diaper Paste

Consult your pediatrician if unsure what is best for your child.



SUNSCREEN POLICY

Babies under 6 months: no sunscreen applied.
Babies under 1 year: optional.
Children 1 year and older: Must bring sunscreen OR provide a written opt-out note.



POTTY TRAINING TRANSITION

Potty training begins at age 3. Ages 2-3 serve as a transition period (pull-ups encouraged).



For 3-year-old program:

- At least 5 pairs of training underwear
- Extra clothing
- Additional zip-lock bags for soiled items



SUPPLY REFILL GUIDELINES

Replenish items regularly. **Due to limited storage:** Excess diapers may be returned. Bring approximately one pack at a time.



IMPORTANT REMINDERS

- Label all items clearly.
- Avoid unnecessary items.
- Keep cubbies simple and organized.