

The Wonder Years Nursery

First Day at Nursery Checklist

Your complete guide to preparing for nursery • Dubai EYFS Nursery

For Infants (6 months – 18 months)

Feeding Essentials

- Clearly labelled bottles with your baby's preferred milk or formula
- Favourite snack if your child is eating solids
- Extra bibs and burp cloths for mealtimes
- Detailed feeding instructions including times and quantities
- Special cups or utensils your baby is familiar with

Comfort & Sleep Items

- Favourite soft toy or comforter for naptime
- Familiar blanket that smells like home
- Extra dummies/pacifiers if your baby uses them
- Clear sleep routine instructions for caregivers

Clothing & Hygiene

- At least two complete changes of clothes in clearly marked bags
- Plenty of nappies, wipes, and any special creams
- Spare socks and bibs (babies go through several per day!)
- Everything labelled with your child's name using permanent marker

Health & Safety Information

- Completed health forms and vaccination records

- Emergency contact details for both parents
- Details of any allergies, medications, or special requirements
- Baby's daily routine timings for feeds, naps, and play

For Toddlers & Preschoolers (18 months – 4 years)

Independence Preparation

- Practice putting on and taking off shoes independently
- Encourage your child to communicate their needs clearly
- Teach them to recognise their belongings and name
- Practice following simple instructions and tidying up toys

Emotional Readiness

- Read books about starting nursery together
- Talk positively about nursery and the new friends they'll make
- Let your child choose their lunch bag, water bottle, or first day outfit
- Practice short separations with trusted family members
- Create a simple goodbye routine for each morning

Practical Items

- Complete change of clothes in a named bag
- Comfort items like a small toy or photo of family
- Familiar and healthy snack for meal time
- Water bottle with your child's name clearly visible

Communication & Routine

- Share your child's interests, favourite activities, and any concerns

- Provide details of home routines including meal times and nap preferences
- Let us know if your child has familiar faces at nursery or prefers playing alone/in small groups
- Discuss any words or phrases your child uses that might be unclear to others

Getting Started Tips at The Wonder Years Nursery

- Attend the settling-in visit before the official first day
- Start talking about nursery a few days beforehand (not too early!)
- Keep goodbyes short and positive on the first day
- Trust our experienced EYFS-trained staff to support your child's transition

The Wonder Years Nursery - British EYFS Nursery in Dubai

 Sports City Branch |  Remraam Community Branch

Ready to enrol? Contact us today.