



# HEIGHTS CHRISTIAN SCHOOLS

Brea • Chino Hills • La Habra Heights  
La Mirada • San Juan Capistrano • Whittier

## FIRST DAY OF PRESCHOOL

### WHAT TO BRING:

Our preschool will provide you with a Heights Preschool Bedding Bag in which to place your child's belongings each day. As you prepare for your child's first day, please provide:

1. Diapers and diaper wipes (if not potty-trained).
2. Blanket and crib-size sheet (we require both) / or 1 bed roll.
3. One complete change of seasonally appropriate clothing to be left at school, including underwear, socks and shoes in a labeled zip-lock bag.
4. A daily lunch of nutritious food or purchase hot lunch online at campuses offering this service.
5. Dress your child in comfortable, washable play clothes. Clothes should be suitable for active and messy play; clothes should be easy to manage and encourage independence.

**NOTE:** Please label ALL of your child's belongings with your child's first and last name. This includes food containers and lids. At sites with an Infant Center, baby food and baby bottles must be labeled with your child's name and the date.

### TIPS FOR SMOOTH DROP-OFF:

Routine is the key to success! We recommend that parents consistently follow these 5 basic steps each morning:

1. Sign your child in
2. Walk your child to their cubby (to put their belongings away)
3. Walk your child to one of the centers (to engage them in an activity)
4. Say "good-bye" (please do not slip away without saying good-bye)
5. Do not linger

It is normal for children (and parents) to experience some anxiety with departure from one another. Please feel free to schedule a visit to our preschool with your child prior to the first day of school. This will help begin a relationship of trust and security for your child.

*We are here to help! Please let us know how we may assist you!*