

The Community Recreation team is excited to get to know you and your little one/s through this highly celebrated child-minding service for Bowen families. Be sure to review this guide, and submit any required consent and contact forms before your first Playcare session. For full registration details, please [visit this page](#).

Please note that first-time participants normally begin with a partial session with a parent or guardian to give your child a chance to acclimatize to the new environment. Separation can be tricky the first few times you try it out, but don't worry! We will keep working on it with you and your child until we find our groove.

This handy guide will help set your family up for success in this beloved program!

### **Before your first drop-off:**

If your schedule allows, come visit the BICS playground during non-school hours with your child and take a peek through the Community Use Room (CUR) windows together. Many toys are put away when Playcare is not in session, but you can encourage your child to spy a few fun things that might be good to play with!

Also – be sure to submit the program [consent/contact forms](#) as soon as possible.

### **During drop-off:**

Just try to be as relaxed and positive as possible. The first visit is usually 10-15 minutes to introduce your child to the staff, setting, and other children. Separation can be difficult at the beginning, so it may take a few attempts before you're able to drop your child off for a full session without you present.

Once you've dropped your child off for their first session without you, please stay close to the BICS campus so that we can call you for an early pick-up if needed. You may want to take a stroll through the forest trails behind the school, or visit the Rec Office to chat with staff or have a self-care workout session in the weight room!

### **Daily list of items to pack, preferably labelled:**

- Plenty of snacks & lunch, and a reusable water bottle
- Diapers & wipes as necessary – *please pack extra, and re-stock each day!!!*
- 1 full change of clothes – accidents do happen
- Clothing and layers suitable for the weather – we go outside often!
- March through October: Sunscreen and hat
- A backpack for your child to carry it all in.
- Please avoid sending special toys