Bright Stars

CHILD CARE & PRESCHOOL

NEW FAMILY GUIDE

What to pack, what to expect, and how the first weeks go

Bright Stars Child Care & Preschool

1155 S Havana St, Aurora, CO 80012 | (303) 369-8880

info@brightstars.us | brightstars.us

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WELCOME

Your First Weeks at Bright Stars

Starting child care is a big change for your child, and usually a bigger one for you. This short guide covers what to pack, what the first days look like, and what to expect from us.

If you read nothing else: **call us any time you want to know how your child is doing.** Not once a day, not at a polite hour. Any time. We would much rather answer the phone than have you sit at work worrying.

Before the first day, make sure we have

- ☐ All enrollment forms completed, including everyone authorized to pick up
- ☐ Immunization records, or an exemption certificate
- ☐ A copy of the last physical exam by a medical professional
- ☐ Any medication your child needs, in the original labeled container with a provider's written order
- ☐ Your current cell number, work number, and two emergency contacts
- ☐ Your child's bag, packed with the items on the next page, everything labeled

SECTION 1

What to Pack

Please put your child's name on every single item. Coats, bottles, lids, shoes, blankets, all of it.

Every child

- ☐ A full change of clothes, season-appropriate (two for children in potty learning)
- ☐ Weather gear: coat, hat, mittens, and boots in winter; sun hat in summer
- ☐ Closed-toe shoes that stay on for running and climbing

Babies and toddlers, additionally

- ☐ Diapers and wipes (we will tell you when supplies run low)
- ☐ Diaper cream, with written permission for us to apply it
- ☐ Bottles labeled with your child's name
- ☐ Formula, or breast milk labeled with name and date
- ☐ Pacifier if your child uses one, labeled
- ☐ Extra outfits.

New to a room? Bring one comfort item

A small blanket or a stuffed animal from home helps enormously in the first weeks. We keep it in your child's cubby and offer it when they are upset. Family photos for the cubby or classroom help too, especially for toddlers.

Please leave at home

- Toys, unless the classroom has announced a special day
- Tablets, phones, and electronics (we will hold them and return them at pickup)
- Money, jewelry, and anything valuable or breakable
- Food, since all meals and snacks are provided (breast milk, formula, and doctor-ordered diets excepted)

> *Children paint, dig, splash at the water table, and play outside every day. We use aprons, but clothes get messy, and that is a sign of a good day. Please send clothes you do not mind getting dirty.*

SECTION 2

The First Few Days

What to expect

- **Crying at drop-off is normal**, even for children who were excited the night before. Most children settle within a few minutes of you leaving.
- **Short goodbyes work better than long ones.** A hug, a clear "I will be back after nap," and out the door. Sneaking away teaches a child to watch the door instead of playing.
- **Sleep and eating may be off for a week or two**, at home more than here. It settles.
- **Some children are fine for three days and fall apart in week two.** That is extremely common. It means they have relaxed enough to have feelings about it.
- Big changes at home, a new baby, a move, a separation, can restart the adjustment. Tell us and we will help.

What we do

- Your child is assigned a **primary caregiver**, one teacher principally responsible for knowing them well. Ask who it is on day one.
- We keep the day predictable, because routine is what makes a new place feel safe.
- We will call you if your child is having a hard morning and is not recovering. You will not have to wonder.

Questions worth asking your child's teacher

- Who is my child's primary caregiver, and when do you work?
- What does the daily schedule look like in this room?
- How did my child do at nap and at lunch today, really?
- Who did my child play with?
- What should I be working on at home right now?

SECTION 3

Good to Know

The basics

Hours	Monday to Friday, 6:30 AM to 6:00 PM
Phone	(303) 369-8880
Email	info@brightstars.us
Meals	Breakfast, hot lunch and snack included, no charge, no packing needed
Outdoors	Twice a day, weather permitting. Dress for it.
Sick policy	Fever of 100.4°F or higher, vomiting, or diarrhea means home for 24 symptom-free hours. See our "Too Sick for School?" sheet.
Late pickup	Please call. Fees apply after 5 minutes past 6:00 PM.

Three habits that make the year easier

1. **Tell us things.** A rough night, a death in the family, a parent traveling. A young child cannot explain why they are sad, but they will show it. Knowing lets us help instead of correct.
2. **Check the app, and answer it.** It is the fastest way we reach you.
3. **Ask about funding.** UPK, CCCAP, and DPP are real money. Ask the director for a fifteen-minute funding check. See our Funding and Assistance Guide.

Our promise about hard moments

If your child is hurt, upset, or sick, you hear it from us first, quickly, and completely. For anything beyond a small scrape we call you, usually within the hour. You will never discover something at pickup that we knew about at 10 in the morning.

And welcome

We know exactly what you handed us this morning. Thank you for trusting us with them. Come find us any time.

Masroor and Hina Farooqi, Owners, and the whole Bright Stars team