

## MEALS and SNACKS

Please provide your child with healthy food to snack upon. We do not heat up food. We will make fresh bottles for children that require bottle feeds.

Our recommendation for a health lunch box is

- Fresh fruit ( GRAPES MUST BE CUT)
- Fresh veggies
- A cereal snack
- A sandwich
- A yogurt
- A fresh Fruit Juice NOT sweetened

**For ideas on healthy lunch box please visit.**

[http://www.freshforkids.com.au/lunch\\_box/lunch\\_box.html](http://www.freshforkids.com.au/lunch_box/lunch_box.html)

Please remember if your child is staying late at school extra snacks will be needed.

## Toiletries & Potty Training

We are here to help with Toilet training so please let us know when you are starting the training at home so we can follow it up at the nursery.

**For information on this matter please visit.**

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/potty-training-tips.aspx>

**Parents are required to provide their child with the following items.**

- Wet wipes x 3
- Extra clothing including underwear x 2
- Milk supply
- Milk bottles
- Fresh clean bibs ( if needed)
- Nappies/Pampers if needed
- Pamper sacks
- Nappy rash cream if needed

All items must be clearly named.

Any loss or damage to personal items Piccadilly Nursery or its staff will not be responsible for.