



Community Nursery School

OUTDOOR RESOURCE GUIDE FOR PARENTS

Unsure about what specific gear to gather for your CNS preschooler this year? We've put together this resource guide of recommendations to ensure your child is happy, safe, and comfortable in our exploratory, hands-on, will-most-definitely-get-muddy, outdoor program.



The world
is mud-
luscious and
puddle-
wonderful.

- e. e. cummings

"Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth." -Henry David Thoreau



An easy on, easy off **one-piece rain suit** will ensure your child stays warm and dry on any damp, dirt-digging day. Several brands offer options in a variety of colors at reasonable price points. (Tuffo “Muddy Buddy” and Columbia pictured).



A **waterproof rain jacket** is a perfect layering option for New England fall weather. Choose a style, color and pattern that fits your child’s personality. (Zara, Carters, Cat & Jack from Target, and Hatley pictured).



Pair that raincoat with a nifty set of lightweight **waterproof rain pants** for extra wet days. Bonus? Easy bathroom access!
(Hatley, H&M, and Hapiu brand pictured).



Puddles and mud necessitate **splash-proof rubber boots!**
When selecting a pair, prioritize 1). Comfort, 2). Durability, and 3). Ease of use.
(Crocs, Hunter, Cat & Jack, and Hatley pictured).



When in doubt, add a layer! A **cozy zip-up fleece or sweatshirt** layered beneath a water-resistant jacket ensures your child can adjust their comfort level while outside. (Cat & Jack, H&M, and Old Navy pictured).



Once the weather turns chilly, add a **warm hat** and **waterproof mittens or gloves** to the rotation. (CC Kids, Polarn O Pyret, and John Deere pictured)



Don't forget to send a **mask** (and a back-up in case it gets wet or dirty). For preschool use, focus on fit and comfort. (Hanna Andersson, Old Navy, Top Trezz, Old Navy, Bailey Blue, and Kira Kids pictured).



Children should bring a **backpack** to school to corral personal belongings. We encourage a style they can easily carry and put on themselves. (Skihop, Camtop, State, and Wildkin pictured).



Hydration is key. A **water bottle with a snap-close lid/popup spout** is ideal to safeguard from germs. (Thermos, Camelback, and Hydroflask pictured).



Please send a **simple + nutritious snack** with your child to preschool each day (Snack recommendation/allergy protocol will be detailed separately). Easy-to-open containers are preferred (Stasher bags and tupperware pictured).



Label, label, label. Keep everyone healthy and safe by making sure children's belongings are clearly identifiable. (Mabel's Labels and Name Bubbles Pictured).

“Teach the children. We don’t matter so much, but the children do. Show them the daisies and the pale hepatica. Teach them the taste of sassafras and wintergreen...Give them the fields and the woods and the possibility of a world salvaged from the lords of profit. Stand them in the stream, head them upstream, rejoice as they learn to love this green space they live in, its sticks and leaves and then the silent, beautiful blossoms. Attention is the beginning of devotion.”

[Mary Oliver]