

FINAL NOTE:

It is important that as a parent, you feel comfortable with all our policies and procedures. If this is not the case, you do not understand one of them and need further clarification or you disagree with one of the policies please express this to us prior to enrolling your child into our preschool and childcare center. We are open to suggestion and feel communication is an important piece to any childcare. If any issues or concerns arise in the future, we do encourage communication on the topic. If a lengthier discussion is required, we can schedule a meeting outside business hours that works for all, as business hours are dedicated to the children. Thank you for the opportunity to work with you and your little one. We look forward to watching your child grow with us and cannot wait to love on and facilitate your child's learning and growth!

Love, Mrs. Leanne

Communicate on Brightwheel anytime

707 396 8324 text or call

www.growwithmeece.com

email: Leanne@growwithmeece.com

Note: By enrolling your child you are accepting our policies and procedure in this handbook and it is understood that all the policies and procedures of Grow with Me ECE Preschool and Childcare Center are understood and agreed upon.

Grow with Me ECE Preschool and Childcare Center Parent Handbook



TABLE OF CONTENTS:

About Us
Key Definitions
Background
Staff, Enrollment
Communications, Signing In/out, Brightwheel
Brightwheel continued, Operating hours,
Daily Schedule
Toddler Schedule, Rates
Preschool Schedule, Rates, Infant room,
Infant Schedule, Rates,
Sleep Safe, Make up days,
Overtime Charges, Bank Charge, Payments
Tuition, Allergies, Nap/Rest, Toys from Home
Technology, Snack/Lunch
Potty, Discipline, Smoking
Drills, Sunscreen, Parking, Transportation, Field Trips,
Problems/Concern
Authorization to Pick Up, Substitutes, Extra Clothes
Referrals, Contract, Photographs, Absences
Health Safety
Health and Safety Continue, Covid Tidd Bit
Healthy Eating Policy, Celebration Policy
Physical Activity Policy
Physical Activity Policy Continue
Play Environment, Screen Time
Needs List

ABOUT US:

Grow with Me ECE- early childhood education, Preschool and Childcare Center focuses on the holistic development of the child. This is an approach to learning that emphasizes the importance of the physical, emotional, and psychological well-being of children, particularly in early childhood. The program intently develops a child's social, emotional, cognitive, and physical needs as we build strong foundations for success in school years to come. At Grow with Me ECE, we grow social skills and form engaging relationships with children and their families.

My program is play based, where we learn through daily experiences in play, blended with creative curriculum that supports the California Learning Foundations. Grow with Me is a program that supports cause and effect, trial and error, problem solving, creative expression, and exploration. We have an engaging outdoor and indoor space that facilitates art, sensory, circle time, literature, music, fine motor strengthening for early writing, movement, sports, song, dance, stories, science, cooking, pretend play, individual and group activities, and our favorite PLAY! Material and activities are age appropriate and can be adjusted as needed for the individual child. My staff and I value the individual child and the partnership with each family we serve. We are an inclusive program that accepts all faiths. We present activity-oriented program which tends to incorporate Jewish teachings and cultural traditions into its environment and foster those values in children through play-based activities, art, stories, celebrations honoring loving kindness (Chesed), respect and honor (Kavod), and community (Kahillah)

KEY DEFINITIONS:

California Infant/Toddler Learning and Development Foundations-

“The purpose of the California Infant/Toddler Learning and Development Foundations is to describe research and evidence-based expectations for the way most infants and toddlers make progress in the major domains of social-emotional, language, cognitive, and perceptual and motor development.”

California Preschool Learning and Development Foundations-

“The California Preschool Learning Foundations outline key knowledge and skills that most children can achieve when provided with the kinds of interactions, instruction, and environments that research has shown to promote early learning and development. The foundations can provide early childhood educators, parents, and the public with a clear understanding of the wide range of knowledge and skills that preschool children typically attain when given the benefits of a high-quality preschool program.”

Creative Curriculum-

“The philosophy of The Creative Curriculum is that young children learn best by doing. The Creative Curriculum is built on theories of development in young children, that all children learn through active exploration of their environment and therefore the environment plays a critical role in learning.”

BACKGROUND:

Eighteen years ago, I started in the field as a teacher’s assistant at Children’s Corner in Petaluma, then I worked at You and Me Children’s center as a head teacher, wanted to diverse my experience in an early head start children’s center in Sausalito, I dipped my toes in the Montessori setting, and then found my career of 9 years at Novato Youth Center as head teacher of the infant and toddler, and was the site supervisor. During this time, I received my AA in Social and Behavioral Science and my BA degree in Human Development with a focus of Early Childhood Education. I currently hold a director’s teaching permit with the State of California and have three sweet children of my own.

I decided to take what I love about a center-based program and warm it with a family feel when I was laid off during the pandemic. For 2 years I ran a successful large family childcare. I was given the opportunity to purchase 45 Henry St. growing my large family childcare and expanding to increase access for all families to quality childcare and preschool opportunities.

I look forward to growing with your family as we partner to better your child’s future now. I am very big on open and honest communication, and it is essential for your child. With that being said, I am trained in various assessment tools and have resources as concerns or questions arise. Please come to me, text me, call me, ask questions, and we can brainstorm together.

Leanne Nelmes
Owner and Director

STAFF:

Staff is experienced and educated with hundreds of child development units and profession growth hours. Your child is our utmost priority, and this is our passion. There will always be someone on site with CPR/First Aid.

- Flu vaccine each year or waiver on file.
- Employment background/criminal check- finger print clearance
- Successfully complete an employment physical and provide a copy of your immunization record showing the MMR and TDAP vaccines received.
- Proof of the absence of tuberculosis.
- Mandated reporter training

I am pretty picky about who I employee and who I leave our babies with 😊 I am a mom too and I truly know how hard and scary it may be.

ENROLLMENT PROCESS/CLASSROOM PLACEMENT:

Please submit an interest form if requested, we will arrange a tour and time to meet you and your child. Once we meet the child and hear about their previous socializing experiences, we will choose which class room is the right fit for your child. We value your input but the final decision lays with the director. Your child will need to be update on their vaccinations. LIIC 702 is in the required enrollment paper work which included a needed physical and tb test. See enrollment forms on our website from more requirements.

COMMUNICATIONS:

I know leaving your child can be hard. To ease this, we try and send daily updates and photos of your child. Each class will use brightwheel- a tool for classroom management, communication, photos, videos, online bill pay, and much more. I am also available by email, phone, or text. My email is Leanne@growwithmeece.com and my cell number is 707 396 8324.

SIGNING IN/OUT:

Signing in and out is required every day. We will utilize the brightwheel app, where you will scan a qr code to sign in our sign in from your brightwheel account.

BRIGHTWHEEL:

Brightwheel is the industry leader in early education, proven to save time for staff, allowing for measurably more time with students, while also delivering a much better experience for parents.

Easy steps to follow:

1. **Create a free brightwheel account.** When you receive an invitation via email or text, please create a free parent account using either the [web](#) or [mobile app](#). Make sure to use the same [email address](#) or [cell phone number](#) that the invitation was sent to. Here is a [quick video overview](#).
2. **Confirm your child's profile.** You will see your child's profile after you create an account - you can confirm information such as birthday, allergies, and

additional contacts. If you do not see your child's profile, please contact us with the email address or phone number you used to sign up. You will not see updates within brightwheel until we start to use it regularly.

3. **Set your account preferences.** You can adjust your notification preferences within your profile settings on the app.
4. **Add your payment information.** Brightwheel offers secure, automated online payments that saves time for us and gives you advanced tools and reporting. Please add your [payment information](#). Here is an online [Payments Setup Guide](#) with more info.

OPERATING HOURS:

We are open Monday thru Friday 7am-5pm, being closed most holidays and a couple vacation weeks. We offer full day and half day programs.

IMPORTANT 😊

Full day is 8.5 hours includes 2 healthy snacks.

**Example 7am arrival needs to be picked up by 3:30
830 arrivals picked up before 5pm**

Half day is 830-12:15 with 1 healthy snack.

Children in our half day program will need to be picked up by 1215pm.

Extra prepaid time when/if available:

- 20.00 Hourly arrangements must be made in advance.
- Toddlers drop in \$80/half day
- Toddlers drop in \$120/8.5 hr. day
- Preschool drop in \$60/half day
- Preschool drop in \$100/8.5 hr. day
- Late Fee of \$25 if paid after the 5th of the month

DAILY SCHEDULES:

The schedule is flexible however every day will include books, songs, music and movement, circle time, and outside time. Weather and children's mood permit 😊 We have our toddler component schedule and our preschool program schedule.

TODDLER ROOM:

Please note no child will be placed into the preschool classroom prior to age 30 months without written permission from the child's authorized representation

*Toddler is ages 18 months 24mths
1:6 teacher to child ratio*

7:00 am -9:00 am arrivals- free choice, books, dance
9:00 am -930 am- Fine Motor/ Art/sensory for toddlers
930 am – 9:45 am potty/diaper and snack break
9:45 am -10:15 am Circle (songs, books, letters, numbers, puppets, musical instruments, finger play songs, colors shapes, and more)/Story
10:15 am -11:15 am outside time, gross motor PLAY
11:15 am -11:30 am puzzle, books, potty/diaper

11:30 am -12:15 am- lunch from home and **half day pick ups**
12:15 pm -2:30 pm nap/quiet rest/ quiet activity
2:30 pm – 2:45 pm potty/diaper and snack break
2:45 pm -3:00 pm activity/circle/story
3:00 pm -5:00 pm pick-ups, teacher lead play (parachute, hokey pokey, hot potato, etc.), free play, winddown table activities or free art

Toddler Monthly Rates:

Toddler (8.5 hrs / 5 days per week): \$1400
Half days 830-12:15: \$1000
Toddler (8.5 hrs / 3 days per week): \$1100
Half days 830-12:15: \$ 700
Toddler (8.5 hrs / 2 days per week): \$950
Half days 830-12:15: \$550

PRESCHOOL ROOM: mixed Montessori style

Preschool is ages 24 months to school age 1:12 teacher to child ratio

7:00 am -9:00 am arrivals-socialize, table activities, free play
9:00 am -10:00 am Art/ Center Time: math, science, books, language, dramatic play, sorting, patterns, strengthen fine motor skills etc.
10:00 am -10:15 am potty/diaper and snack break
10:15 am -10:45 am /11:00 am Circle Time: Good morning songs, calendar, #s and counting, letter of the week, weather, days of the week, months, 5 senses, body parts,

shapes, colors, music and movement, instruments, finger play, books, and more!!

11:00 am -12:00 pm gross motor outdoor play
12:00 pm -12:30 pm lunch/ potty/diaper and **half day pick up**
12:30 pm -2:30 pm nap/quiet rest/ quiet activity
2:30 pm – 2:45 pm potty/diaper and snack break
2:45 pm -3:00 pm activity/circle/story
3:00 pm -5:00 pm pick-ups, teacher lead play- age appropriate, free play, chalk, music, garden, wind down table activities or free art.

Preschool Monthly Rates:

Preschool (5 days per week): \$1300
Half days 830-12:15: \$1000
Preschool (8.5 hrs / 3 days per week): \$1000
Half days 830-12:15: \$600
Preschool (2 days per week): \$850
Half days 830-12:15: \$450

INFANT ROOM:

Our infant room is 6wks-24 months 1:4 teacher to infant ratio

7:00 am -9:00 am arrivals-socialize, snuggle, play
9:00 am -10:00 am diapers bottles snack
10:00 am -10:15 circle time, books songs, textures
10:15 am -11:15 am Outdoor play, swing, books, songs, gross motor, teacher/baby stretches
11:15 am 11:45-diapers, play, tummy time, attention
11:45 am -12:15/12:30 pm nap/potty/diaper
12:30 pm -2:30 pm nap/quiet rest/ quiet activity

2:30 pm – 2:45 pm potty/diaper and snack break
2:45 pm -3:00 pm activity/circle/story
3:00 pm -5:00 pm pick-ups, teacher lead play- age appropriate, free play, texture, sensory, music, individual time

Infant Monthly Rates:

Infant (5 days per week): \$1550

**Infant (4 days per week if approved, typically not an option)
\$1400**

Infant (8.5 hrs / 3 days per week): \$1200

Infant (2 days per week): \$985

Infants may feed and nap on demand, once they are closer to 12-14 months- we may encourage one nap and a little more schedule to eat times. We will never deny food or sleep.

LIC 702 is required and is in the enrollment section on our website, as well as an Individual Infant Sleeping Plan [**LIC 9227** (6/18)] shall be completed for each infant 12 months of age and younger the licensee has in care and maintained at the facility in the infant's child's record. This plan shall be signed and dated by the infant's child's authorized representative.

WE FOLLOW SAFE SLEEP REGULATIONS:

- Staff shall place infants up to 12 months of age on their backs for sleeping
- An infant shall not be swaddled while in care.
- An infant's head shall not be covered while sleeping.

- If an infant falls asleep before being placed in a crib, staff shall move the infant to a crib as soon as possible.
- We check and document the sleeping infant every 15 mins

Sleeping infants shall be directly observed by sight and sound at all times.

This shall include when the infants are going to sleep, are sleeping, or are in the process of waking up. Staff shall physically check on sleeping infants every 15 minutes and document the following:

1. Labored breathing.
2. Signs of distress, which includes but is not limited to flushed skin color, increase in body temperature, and restlessness.
3. Infants up to 12 months of age who are sleeping in a position other than on their back. a. If the infant's Individual Infant Sleeping Plan [LIC 9227 (3/20)] does not have Section C completed, staff shall return the infant to their back for sleeping.
4. If staff observes labored breathing or signs of distress as specified in Subsection (a)(2)(B)2., staff shall obtain emergency medical treatment and immediately notify the infant's authorized representative

MAKE-UP DAYS:

There are no make-up days for absences of any reason, although we do allow drop-in when we have the space. Drop-in rates will be established at time of enrollment. Tuition and

drop-in rates are established each January for the following year.

OVERTIME CHARGES:

We encourage that you pick up your child on time each day. We will be charging a fee of \$5 per minute that you are late picking up your child unless previously agreed upon. Consistent lateness may result in withdrawing the child from care. Before this happens there will be many discussions as to why the child is constantly being picked up late.

BANK CHARGES:

There will be a \$20 fee for each bounced check previously agreed upon. In cases of non-payment, legal action will be taken, and the parents are responsible for all legal fees incurred.

PAYMENTS:

I accept checks, cash, or paying through your bank account via brightwheel. They have bill pay and auto pay on there! Lots of ways. Payment is due the first of each month, if payment is not received by the 5th, a fee will incur of \$50 a day and or your child may be denied care until your caught up.

TUITION:

Tuition is to be paid on the first day of childcare of each current month. There is no pro-rating for school vacations,

holidays, absence due to illness, or family vacations. Please remember that your child's enrollment reserves a spot in our program. I can take cash or check. Rates are reassessed each year. A cost-of-living increase may occur if see fit.

ALLERGIES:

Please let us know about food allergies. Please bring own snacks and dietary preference if needed. We will ensure your child only receives food that they can eat. A picture and the allergy will be posted.

NAPS/REST TIME:

Children under 4 will nap or quiet rest from about 1230-230. Those children who do not fall asleep or wake up early can look at a book or quiet play. We will provide and wash sheets once a week. Please bring a blanket at the start of your child's week and we will send home to wash on their last day of the week. For the sheets we use hypoallergenic, no dyes, and perfume free and clear laundry detergent.

TOYS FROM HOME:

Please do not let your child(ren) bring their toys from home unless it is a security or comfort item. Preschool will have an assigned share day with more info to come.

TECHNOLOGY:

If extreme weather conditions or special event, television may be used. PBS Kids and educational shows only. We may use

Snack	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Whole grain cracker, pb, apple	Banana, graham crackers	Trail mix, orange slices	Berries, zucchini muffin	Animal cracker, dried fruit
PM	Carrots, hummus, cheese stick	Whole wheat bagel cream cheese, cucumber slices	Whole grain crackers, with cheese, and tomatoes	Yogurt, granola	Applesauce, goldfish

applications. such as YOUTUBE to lead in a go noodle, yoga session and so forth. Any media used will be for educational purposes only and be supervised.

SNACKS AND LUNCH:

A snack will be served mid-morning and mid-afternoon. We will serve fruit, vegetables, whole grains, cheese, various proteins, and water. Water will be encouraged and provided throughout the day. The morning snack is light, and the afternoon snack is heartier to help keep them going until dinner. Please advise us if the occasional popsicle on a hot day or hot chocolate on a cold day is a problem:)

9:30 am toddler snack, 11:30 am lunch from home and 2:30 pm snack

10:00 am preschool snack, 12:00 pm lunch from home, 2:45 pm snack

Snacks include a serving of 2 of more of the 4 major food groups Protein, grain, fruit, or veggie

Snacks are always available for hungry children.

Week snack menu example:

We believe in hydration!! Water is available all day inside and outside. Drink up!!

TOILET TRAINING:

We are potty training pros and feel most children are ready to begin toilet training when they are between two and three years of age. I have potty trained hundreds of children over the years and feel very confident your child will be next! This is of course different for each child. We will follow the child's lead, be in communications when we see potty readiness signs, and partner with you to have a successful potty-training experience! We have resources and helpful hints for almost every potty scenario. Dressing your child in one-piece outfits such as overalls or using pants with difficult snaps will cause frustration, please be mindful of potty-training attire. Be sure to provide several extra outfits in case of accidents. Families will provide your child diapers, wipes, pull ups, and any creams. we will communicate when they are low and need more of anything.

DISCIPLINE:

Grow with Me uses positive discipline techniques such as setting clear and consistent expectations, reminders,

redirections, or if consistent removal from activity. Praise and positive reinforcement are very affected for behavior management during these precious years. We use calm down strategies and have a basket with items to help the children calm down. We are also huge supporters of deep breathes and yoga. We are big on feelings and the “why” behind the behavior. Each child is treated with respect and staff will explain why the action was unsafe, how we can respond in the future, assist them in expressing themselves, and help them think about solutions. We will communicate any behavior concerns as they arise. There will be no form of discipline or punishment that violates a child’s personal rights shall not be permitted regardless of authorized consent. There is no corporal or unusual punishment, infliction of pain, humiliation, intimidation, ridicule, coercion, threat, mental abuse or other actions of a punitive nature including but not limited to: interference with functions of daily living including eating, sleeping or toileting; or withholding of shelter, clothing, medication or aids to physical functioning.

SMOKING:

We are a smoke free facility. Please keep scents and remnants at home.

FIRE, EARTHQUAKE, INCIDENT DRILLS:

A fire and escape plan has been drawn and is posted by the front entrance. Fire and other drills are practiced every 6

months to teach the children how to deal with an emergency. A notice will be posted on brightwheel each drill.

SUNSCREEN:

Please provide sunscreen and we will have you fill out a form for your child’s file. Or apply before your child comes.

PARKING:

Park where you can and please don’t block driveways. We have a couple of spots out front and there is public parking to the right.

TRANSPORTATION:

Any transportation of a child would be discussed before hand and a separate agreement would be filed out. When transporting children, we use proper restraints with fully insured vehicles. However, this would be case by case and discussed prior.

FIELD TRIPS:

We love the outdoors and embracing our surroundings. Pending children in care we can discuss field trips as opportunities arise. We are not opposed to adventures! Meet ups will probably be our bet best!!

PROBLEMS/ GROUNDS FOR TERMINATION:

Feel free to let me know any questions or concerns that might arise at any time. Email, text, or a phone call are all welcomed as well as informing any of the staff in person. We believe that dealing with concerns as soon as they arise will prevent future issues from expanding. If a child is having repetitive behavioral issues including violence to a teacher or friend, biting, in appropriate words, malicious actions, and any behavior that leaves safety concerns for staff and peers. We will document and communicate the behavior if happens 3 times pending severity (nonviolent) we will sit together and make an improvement plan for the child. If the behavior is not changed this is ground for termination and removal from program. We reserve the right to terminate any child who is continuously aggressive or put the staff and children at risk. We reserve the right to terminate on the spot as we see fit. As issues arise conferences will be mandated and we will be in consistent communication.

AUTHORIZATION TO PICK UP CHILD:

No child will be released to someone other than a parent unless previously authorized. A written or verbal authorization must be presented by a parent for any changes in this matter. A form of identification will need to be presented at time of pick up.

SUBSTITUTES:

Substitutes will be fully qualified with fingerprint clearances. If substitutes are present, someone who is CPR and First Aid will always be with the children. Subs for example would be past co teachers and adults I know and trust as well as have proof of tb and up to date vaccinations. All parent visitors or

volunteers must be fingerprinted and have proof of tb per licensing requirements.

EXTRA CLOTHES:

Each child is required to have a set of spare clothes that are left at the center daily incase needed. Throughout the day we will be offering many activities that may dirty your child's clothes. Whether this be through art, water, or sensory play or even through eating. If you know your child is on the messier side, please provide additional sets of clothing. At time of pickup, it will be stated if any additional clothing items are needed for the following day. Do not send your child in close you aren't ok with ruining. Please dress weather appropriate and no over night diapers/pull-ups. Drop off how you would want your child sent home.

REFERRALS:

Highest compliment we receive is referral! If a family, you refer enrolls you receive a \$50 gift card to place of your choice.

CONTRACT ADHERENCE:

Please be mindful of adhering to all policies and procedures stated in the parent handbook. This is quite a bit of information to absorb at once so please keep your parent handbook handy to refer to as needed. We reserve the right to amend any portion of our policies and procedures at any time. If or when we do make any changes to the contract, we

will post the most current handbook on our site www.growwithmeece.com.

PHOTOGRAPH:

We will take pictures to text to you, post to our Facebook page, and use for promotional purposes. If this is an issue, please let me know.

ABSENCES:

Please contact us by 9:00 AM if your child is going to be absent for that day. We plan our curriculum and day according to the number of children we have enrolled and need time to adjust if need be. If your child is absent due to illness, please inform us of the illness/symptoms so we can be aware if any other child starts to exhibit similar symptoms.

MEDICATION:

No medication, prescription or nonprescription, will be given to a child unless written consent from the parent.

HOLIDAYS AND VACATION:

Please visit www.growwithmeece.com for the most up to date holiday closures and vacation closures.

The following closures/holidays are considered paid, contracted holidays, and scheduled vacations. I reserve the right to reassess vacation time each year and typically update each January. My vacation time is built into the fee schedule. Some months have 4 weeks some 5 weeks. I charge assuming

4-week months, when 5 weeks, it cancels out my built-in vacations. Please contact me if any questions.

UNEXPECTED CLOSURES:

If we need to close unexpectedly due to a natural disaster, there will not be refunds. If I have a family emergency, I will close with notice and will refund or allow a make up for that day, Life happens to us too 😊

EMERGENCIES:

In the event of an emergency with your child, you will be called, and if necessary, the child will be transported by ambulance to the nearest hospital. You will be responsible for all medical treatment for the well-being of your child. This is not limited to emergency room care, ambulance, visits, and co pays to your insurance company.

HEALTH AND SAFETY POLICY:

The health and wellbeing of all the children here are the utmost importance to me. It is for the protection of all children that we as providers must be strict and adhere to our health policy. We follow the State of California's guidelines, which were designed to limit the spread of illness. Children with symptoms of illness will be sent home. If your child is miserable and unable to participate or sooth, we will call you. Please make sure we always have an easy way to contact you. If neither parent is reachable by phone have a backup plan.

You have an hour to pick up your child or they will be isolated with pbs kids:) Your child deserves to be with you when there sick.

Keep your Child home if he or she has the following symptoms

- Sore Throat
- Vomiting
- Open Sores
- Cold (the kind were their groggy and cannot function)
- Flu
- Pink or Swollen Eyes (Conjunctivitis)
- Rash for unknown reason
- Fever over 100 or fever within the last 24 hrs.
- Symptoms of possible communicable disease (red eyes, sore throat, abdominal pain, headache, especially with fever)

CONTINUE:

Please notify us if your child catches a communicable disease. If your child is sent home, they may need to see their doctor to return, at our discretion. There is illness's the law requires us to exclude the child from attending childcare: Infectious Conjunctivitis, Infectious Diarrhea, Impetigo, chicken pox, Hepatitis A, Scarlet fever, scabies, lice, ringworm, strep throat.

If your child cannot participate and is miserable, we will call you to pick up.

Consistent runny noses spread germs and if green will be sent home. Feel free to use over the counter medicine or natural remedies if runny nose or allergies.

Fever, throw up, diarrhea (2 or more) will be sent home and 24-hour symptom free will be required.

COVID TID BIT:

With covid we reserve the right to make judgement calls. Please support us and remember we are looking out for the child's and staff's best interest. Having your child in childcare is at your own risk, please note we follow all title 22 regulations and our health departments recommendations. Masks are optional, we won't be wearing them.

Healthy Eating Policy:

Heathy eating is important at every age and here at Grow with Me ECE we strongly believe success in this starts now. We offer a variety of fruits, vegetables, grains, protein, and dairy or fortified soy alternatives. Added sugars, saturated fat, and sodium are avoided. We encourage water all day and have it easily accessible. Eating takes place at our tables or picnic area. Here we focus on eating no toys, no screen time- we practice manners and talk about nutrition. We treat mealtimes as an opportunity to promote children's social

development, while enjoying food and highlighting the importance of making healthy choices.

We have lots of resources for healthy eating and will send home at least twice a year. We have lots of resources and helpful handouts on healthy eating which we are happy to share! At our circle time and meal times we discuss healthy eating and how eating effects our 5 senses. We ask for support with healthy eating at home! Remember we are the child's example, if we eat good, they will! We change with the seasons and will be growing some of our own fruits and veggies with the seasons!

While packing lunches remember things like fruits, vegetables, and whole grains. If foods need to be kept cold, please send an ice pack.

Highly recommend labeling all of your child's clothing, lunch box, ice packs, water bottle, etc.

Celebration Policy:

Please help us encourage lifelong healthy habits among our children. We encourage parents to join us for their child's birthday or other special occasion and bring food to help celebrate. Please if you can select or prepare healthier food options that your child enjoys!

Suggestions include:

- favorite fruits
- lower fat baked goods (ex. mini muffins with icing)
- favorite dishes that aren't necessarily desserts
- foods with special family or cultural significance
- healthy foods in fun shapes

Also, consider celebrating with favorite stories, music, games, or activities. Often the most important thing to your child is that you took the time to help plan something special. Please talk with the Director if you have questions or need ideas. We know that it's hard to break old habits like cake, ice cream, and candy, but give it a try! Definitely no candy please! WE love celebrations and holidays!!

Physical Activity Policy:

We believe that children, even babies, should spend time outside in most weathers. How long we stay outside depends on the weather and we take cues from the children. This helps children become more adaptable to a variety of weather conditions and they are healthier for it. Outdoor time is an opportunity for active, noisy, rowdy play and may include water play, sand play, art, and natural activities, as well as imaginative play and opportunities to run, climb, and shout!

Key points and reminders:

- Clothing should be comfortable and seasonally appropriate for outdoor play.
- Daily activities include at least 2 hours of active play time.

- Outside of nap and meal time, the longest a child will remain seated is 15 minutes
- We encourage kids to be active inside and outside
- Children will participate in curriculum based physical activity at least once a week.
- Physical activity is never withheld as punishment
- Visual Support for physical activity is provided through posters, pictures, and displayed books.
- As staff we are always looking for further education, workshops, and trainings. We will provide resources on physical activity at least twice a year. Don't hesitate to ask for additional resources, guidance, or to ask questions.

Play Environment:

- We provide fixed play equipment (tunnels, climbing and balancing equipment)
- that is extensive and varied for all children.
- We provide portable play equipment (wheeled toys, balls, hoops, ribbons)
- that is diverse and available for children to use at the same time.
- We make outdoor portable play equipment freely available to all children all of
- the time.
- Outdoor play space includes an open, grassy area and a track/path for
- wheeled toys.

- Indoor play space is available for all activities, including running, when weather does not permit outdoor play.

Screen Time Policy:

Because we care about the health and well-being of the children in our care, we follow the American Academy of Pediatrics' Recommendations on Screen Time:

- Children under 2 should have no screen time
- Children age 2 and over should watch less than 30 minutes per week at child care, and less than 2 hours per day total. Grow with Me ECE understands that TV and other electronic media can get in the way of exploring, playing, and interacting with others, which encourages learning and healthy physical and social development. Therefore, we will restrict screen time by:
 - Allowing a maximum of 30 minutes total per week of educational and age-appropriate screen time (television, video, and DVD).
 - Allowing no more than 15 minutes of educational computer time per day.
 - Not allowing any screen time during meals and snacks.
 - Having zero screen time (TV, video, and computer) for children under the age of two.

Needs List/Reminders

- **Weather appropriate clothes, back up clothes**
- **Sunscreen before school**
- **Get dropped off with a full belly, if running late can bring your child's breakfast if need be**

- **Note snack times**
- **Bring a water bottle and lunch with cold pack if needed**
- **Label belongings**
- **Each week you will need to bring your child's nap blanket, we provide the sheet, at the end of the week we will send the blanket home to be washed, please return the following school day!**
- **We do not clean poop, if soil clothes, we will toss, or bag up for home, health department does not allow us to handle feces in this manner.**
- **All forms filled out and signed into brightwheel**
- **Please update any changes of contact information and if your child has a well visit or new vaccination, please bring for our records (we may need to add to state for compliance)**
- **Family photo**

