

Here are a few things to remember while your child attends our program:

Breakfast is served at 8:30 am: If you want your child to participate in breakfast, he/she must be here no later than 8:45am. If you will be later, please be sure they eat breakfast at home. Be sure to pack nutritious lunches: no chips, cakes, candy, cookies, sweet drinks

Be sure all your child's belongings go home each day: I know this can be tedious. We have a full roster and all bins and cubbies will be shared. If your child attends full days, five days a week, this is not necessary. Please do not bring in toys from home unless it is a comfort item such as a special nap time stuffed animal or blanket that they will use only at naptime.

Always pack plenty of extra clothing: At least one extra set of everything. We are outdoors at least twice daily, so expect your child's clothing to get dirty and dress them accordingly. Please be sure all footwear fits appropriately and if your child cannot tie his/her own shoes, please have him/her wear shoes with Velcro or similar type straps.

Help your child be independent: If he/she demonstrates a desire to put on their own clothes, please let them! When they are over two years of age, practice, practice, practice. They should be learning how to dress themselves without assistance.

Sleep is important: We cannot emphasize this enough. Getting enough sleep is as important as making sure they get enough to eat. 12 -13 hours of sleep at night is recommended for your child to be alert, focused and in a mood that's suitable for group settings. Please do whatever you can to make this a priority.

