



Nursery

Age	Ratio
6 weeks - 12 months	1 teacher for every 4 infants

“I am so tiny in a brand-new world. Everything around me is new and scary. I enjoy being held, snuggled, and loved. I feel more comfortable when my environment is calm, consistent and familiar. I am growing and changing so fast, every day I learn a little more about my world. Whether I am cuddling with a story, bouncing up and down or crawling around exploring, I love to learn. Every day is a new adventure.”



What to bring for your child: Please LABEL everything!!!	What K-Prep Provides:
Diapers / Wipes (cloth or disposable) Formula / Breastmilk Clean bottles every day Baby Food Pacifiers Extra clothes (2 sets) Diaper Cream Sunscreen in summer	Crib sheets Blanket Burp Cloths Feeding bibs Feeding bowls and utensils Finger foods (Cheerios & snacks on menu) Plenty of toys Daily Schedule Report via Tadpoles

We know the importance of a safe, loving environment for your brand-new baby. We feel that each baby is a special part of our family as well as yours. Open communication helps us to create a schedule that is perfect for your baby, both at home and at school. Creating a warm, stable atmosphere helps your baby feel secure while you're away.

We encourage your baby's natural curiosity to learn. Our experienced caregivers encourage this development by reading books, singing songs, and playing every day. With toys to promote each new stage, your baby will grow and develop through every activity.

What to know when your child is in the Nursery....

Sleeping Is *important!!*

It is hard for your child to grow and develop if they do not get adequate sleep. We promote sleep, we allow infants to sleep in the swing, in a bouncy seat, in a stroller, their crib, and of course, when held. Infants are also swaddled and always placed on their back in the crib. Simple, light- weight blankets are provided and encouraged.

Pacifiers... are soothing and helpful.

We recommend pacifiers for infants. Please label your child's pacifier, an initial is fine.

Eating... helps growth.

We work with you to develop a feeding schedule that works for your baby both at home and at school. We will offer your infant their bottles, baby food or table food as appropriate throughout the day. Formula or breastmilk, baby cereal, jar food or first table snacks are offered according to your child's schedule and needs. *Please note - once a bottle is started, it must be finished within an hour. This is a requirement for both breastmilk and formula.

Crying.... happens.

We know the difference in cries for hunger, tired or angry. (Babies do feel mad and frustrated.) We help soothe your infant by offering what they need and comforting their frustrations. It is important to know that your baby will still cry and at times their wants must wait a bit. The nature of group childcare is sharing the adult's attention with other children.

Motor skill development... is simple, fun, and exciting!

Your baby will grow a lot in the nursery. Your baby will get time upright in the jumper, belly time on the floor and practice sitting up with support. When your baby starts crawling and pulling him/herself up, be prepared for bumps on the head and accident reports to be sent home!

Clothing and Accessories ... are a great fashion statement and can be a little hazardous.

Hair clips, bows and headbands are *adorable*. And infants like to eat them when they fall out or pull them around their neck. We try and avoid small objects that go in mouths and strings around your infants' neck - please help us out.

Quick Overview of the Classroom Schedule

Diapers ~ within the hour of arriving and every 2 hours after that.

Bottles ~ according to infant schedule, usually every 2-3 hours.

Meals ~ according to infant schedule, but we try and think breakfast, morning snack, lunch, afternoon snack.

Naps ~ as needed, older infants try for morning nap, afternoon nap and usually one more.

Songs & Stories ~ introduced throughout the day, but also during a small, informal group time in the morning.

Babies grow up so fast!
Please update us on your infant's schedule.
Thank You!

Child's Name _____

Bottles Please indicate type of formula, breast milk, juice, or water, amount of each, and times to be given.	Cup Please indicate what should be in the cup, amount, and times to be given.	Food Please indicate type of food, amount, and times to be given.	Naps Please indicate times of regular naps and anything we should know that may help comfort your child. (indicate if naps are "as needed")

I allow my child to be given the above named foods/drink as well as any foods I bring from home while in care. I know that the teachers will do the best they can to follow the schedule I have provided. However, I understand that children are unpredictable and cannot always follow the time lines and schedules I have set for them. I understand that it is my responsibility to inform my child's school **in writing** of any changes that need to be made to this form.

Family signature and date:

Helpful Hints: Let's Eat!

Oh, how time flies! Your child is always growing and changing. It is important to support their development with the addition of new toys, new experiences, and new foods. Below is a guideline of when and what new foods can be introduced to your child. **Always supervise your child when they are eating.** *Cut all foods as needed!

	5-7 months	7-9 months	9-10 months	10-12 months	12-15 months
SNACKS		cheerios kix veg/fruit puffs	graham crackers vanilla wafers saltines Ritz	animal crackers gold fish	pretzels wheat thins
MEALS	baby cereal stage 1,2 dinners	stage 3 dinners	bread with jelly crackers with soup pancakes waffles lunch meat	grilled/cold cheese sandwich ravioli mac and cheese cheese pizza pasta/spaghetti pierogis	hot dogs chicken nuggets baked chicken ground beef tuna
VEG/FRUIT	stage 1,2,3 fruit stage 1,2,3 vegetable	canned carrots canned pears mashed potatoes mashed sweet potatoes creamed spinach applesauce	canned or very cooked vegetables cranberry sauce red beets cantaloupe watermelon kiwi banana honeydew sweet potatoes white potatoes	asparagus peas tomatoes Lima beans broccoli peaches	cucumbers apples