



Junior ~Young Toddlers~

Age	Ratio
12 months - 24 months <i>Approximate, children are flexible and so we try to be as well!</i>	1 teacher for every 5 young toddlers. Ratio changes if younger children in class.
Young toddlers in the Junior classroom are walking, self-feed table food, drink from a sippy cup instead of a bottle, and follow a classroom schedule that includes time outside, free play, a simple learning activity and an afternoon nap on a cot.	

“I am a very curious explorer. I love to run, climb and examine everything in my environment. I am also learning how things work. Whether it is filling and dumping containers, playing with buckles, scribbling with crayons or practicing sitting and standing - I am very busy! I am beginning to understand your words and directions, although I don't always follow them. I learn to say new words every day, but my favorite is NO! I love listening to stories, songs and finger plays. Give me some time and I'll read a book with you.”



What to bring for your child: Please LABEL everything!!!	What K-Prep Provides:
Diapers / Wipes (cloth or disposable) Extra clothes (1 set) Warm coat, gloves & hat in winter Sun hat & Sunscreen in summer	Cot sheet & Blanket Bibs for lunch time Art smocks Daily lunches & snacks Daily Schedule Report via Tadpoles

We love to explore with your toddler! We help his or her physical development by offering opportunities to push, pull and ride on toys inside and outside. Activities from finger painting to building a block tower help keep little hands entertained and excited. We think learning is fun! Reading books about animals, vehicles and simple objects aid in language development. Singing songs and repeating finger plays teaches your child basic concepts like colors, counting and body parts. We love being a part of your child's growing mind and world!

What to know when your child is in the Young Toddler Class...

Sleeping Is *important!!*

It is hard for your child to grow and develop if they do not get adequate sleep. Toddlers can be intermittent with sleep. They don't want to miss the action of playtime and sometimes when they fall asleep, *staying* asleep beyond 35 - 45 minutes is hard. If your child needs it, we offer morning naps on a cot. All the children are laid down to sleep after lunch, around 12:30. Children sleep on individual cots at the same time. (Our teachers are magicians and yes, they are able to get the children all asleep at the same time.)

Eating ... practicing nutrition, practicing independence.

Toddlers feed themselves. The staff cut food up into small pieces, offer it to the students on a plate and allow them to practice with fingers or a spoon, if appropriate. They are given a sippy cup with milk at lunch. Throughout the day, they are offered water cups and snacks offered. Bottles are not given to toddlers. Developing healthy eating habits starts with adults deciding to offer healthy foods and being relaxed about what the children choose to eat.

Motor Skill Development ... happens naturally with opportunities.

Shoes are required in this classroom; children go outside daily. Bumps and bruises are common! We prefer children to be walking independently in this classroom, but development of the whole child is considered when moving into this classroom.

Pacifiers ... are soothing.

We allow pacifiers in this room, but we encourage them only at nap or when needing extra comfort.

Behavior ... toddlers have opinions too!

Temper tantrums are an expression of emotions. We allow them to happen, everyone gets angry and upset. **Biting** is common at this age, due to lack of communication skills plus significant teething. Biting can happen out frustration or to express curiosity. **Discipline** looks different in toddlers. "No" is said in a stern voice, redirection or distraction is utilized, explanations are not productive at this age and time outs are discouraged.

Quick Overview of the Classroom Schedule

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

Meals - 9 am Morning Snack / 11:30 Lunch / 3:00 pm Afternoon Snack / 5:15pm Evening Snack

Naps - 12:30 - 3:00pm on cots. Morning if needed.

Learning Time - Circle Time, Stories and Art projects happen between 9 am - 11 am.

Outside - Mid-morning and after naptime.

Transition from classroom to classroom

We want every child to feel welcomed in their classroom. Each child is unique and will respond to change and new experiences in his/her own way. Some children are more resilient and open to change. Some children feel comfortable in a new setting right away and others may take significant time—even weeks—to adjust to a new classroom, routine, schedule and teachers.

Teachers take cues from each child and respond to their age, abilities, interests and needs. Families are welcome and encouraged to assist their child in this transition. When children are moving from one classroom to another, they are leaving the comfort of secure attachments to the current teachers and must form new relationships with the new teachers; this takes time and patience. Nurturing adults and predictable routines will help the children with transition.

A plan to help you and your child adjust to their new classroom and teachers may look similar to the schedule below:

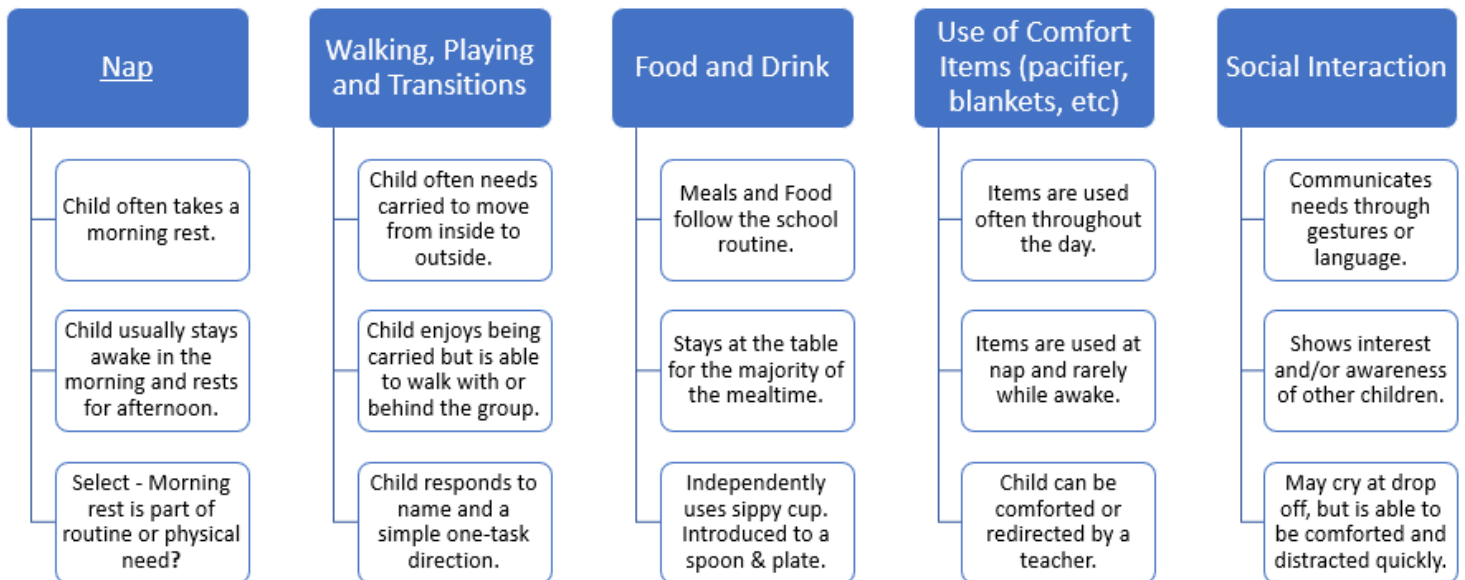
Week One: 1-2 days of morning snack and free play

Week two: 3-4 days of morning snack, free play and lunch

Week three: Fully transitioned to their new classroom

We understand that each child is unique and will respond differently to transitions, thus, each child's transition schedule will correspond to their individual need. And whenever possible, their current teacher will spend some time with them in their new classroom to ease the transition.

Transition from Junior to Primary Class - Child should be 2 years old.





Primary ~ Older Toddlers ~

Age	Ratio
2 years - 3 years <i>Approximate, children are flexible and so we try to be as well!</i>	1 teacher for every 6 toddlers Ratio changes if younger children in class.
<p>Older toddlers in the Primary Classroom are active walkers and have started climbing or running. Their language is developing rapidly, and they may have started to show an interest in potty training. Transitioning between the Junior and Primary Class is very individual and conversations with teachers and directors is encouraged before a decision is made to move classrooms.</p>	

“I am very active, inquisitive and independent. I absorb information through everything that I do. I want to explore the world and know how everything works. I am often excited to be part of group activities, but I still need a lot of one-on-one attention. At two years old I like to do everything myself! My language is developing, and it is getting easier for me to tell you what I want and need right now, but sometimes I don't understand why you don't know what I want. My patience and sharing skills are still developing and I practice them often. I enjoy watching and joining play with other children.”



What to bring for your child: Please LABEL everything!!!	What K-Prep Provides:
Diapers / Wipes (cloth or disposable) Extra clothes - seasonally appropriate (7-8 sets if potty training) Warm coat, gloves & hat in winter Sun hat & Sunscreen in summer	Cot sheet & Blanket Bibs for lunch time Art smocks Daily lunches & snacks Daily Schedule Report via Tadpoles

We are as excited to teach as your toddler is to learn! Our teacher and children play and learn together every day. Through sensory activities, imaginative play, early literacy, and number games, we captivate the excitement and energy of your toddler in an environment where play is learning.

What to know when your child is in the Older Toddler Class....

Sleeping Is important!!

It is hard for your child to grow and develop if they do not get adequate sleep. Older toddlers take only an afternoon nap on a cot. Nap time is between 12:30 pm - 3:00 pm. Students are encouraged to sleep, and a teacher will sit next to them and rub their back to help them relax and sleep. Pacifiers are allowed at naptime but discouraged to use throughout the day.

Eating ... practicing nutrition, practicing independence.

Older toddlers know how to self-feed, take bites, chew, and swallow appropriately. Students are offered meals on a plate and encouraged to use a spoon. They are given a small regular cup of milk at lunch and have access to sippy water cups throughout the day. Developing healthy eating habits starts with adults deciding to offer healthy foods and being relaxed about what the children choose to eat.

Behavior ... the terrible twos are just another stage of development.

Temper tantrums are common. They are allowed to happen; everyone gets angry and upset. Teachers will hug and comfort but also allow crying and the child to have space to be emotional.

Biting happens occasionally. Lack of communication skills + significant teething = biting out of frustration. We remind children that biting is not okay, and we work with the child to figure out their triggers. Often a teether is offered, along with giving a child adequate space to play and/or work out frustration.

Discipline is a part of the older toddler classroom. "No" is said with a stern voice, redirection is encouraged, explanations are minimal, and peer-to-peer interaction problems are solved with teacher modeling and support. Traditional time-outs are not a part of the class structure, but children are sometimes given a safe place to calm down.

Potty Training ... a parenting and developmental milestone.

We strongly encourage potty training to start at home before school. Potty training requires as much involvement and commitment from the adults as it does the child. We recommend between the ages of 2 and 3. Please communicate with directors or teachers about your process and ask questions for support. Your child might be *your* first experience potty training - it is not *our* first experience!

Cognitive Skills ... are so much fun to learn!

Children are introduced to songs, letters, numbers, and basic concepts throughout the day. A structured, teacher-directed circle time takes place in the morning. Art, music, science, and literacy activities happen throughout the day. The goal is for structured learning to be fun and engaging.

Quick Overview of the Classroom Schedule

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

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Naps - 12:30 - 3:00pm on cots.

Learning Time - Circle Time, Stories and Art projects happen between 9 am - 11 am.

Outside - Mid-morning and after naptime.

Potty Training Tips

Definition: A child is fully potty trained when they are dry and wearing underwear at all awake times. They are also mostly self-sufficient in the potty, including pulling pants up and down, wiping, flushing and washing hands. A child in a pull-up is not fully potty trained.

When to start:

- between age 2 and 3
- language is developed enough to talk about the potty

How to start:

- Take your child to sit on potty at consistent times, about every 2 hours
- Wear comfortable, easy clothing. No onesies, snaps, buckles or overalls.
- When your child understands concept and has the *ability* to stay dry between potty trips, transition from diaper/pull-up to underwear. Every diaper/pull-up does not need to be dry to make the transition to underwear.
- Once in underwear, take more trips to the potty to help stay dry, about every 30 minutes.

Things to Remember:

- Often children become *interested* in the potty *before* they have the ability to be trained.
- Most children are fully potty-trained within a few months of starting and usually finished by the time they turn 3 years old.
- Children are more likely to stay dry in underwear than a diaper/pull-up.
- The first few days in underwear are usually frequented with many accidents. This is normal experimentation and to be expected.
- Children are usually able to control their bladder before their bowels.

Frequently Asked Questions about Potty Training

My child is interested in the bathroom, but I don't know if they are ready for underwear. Should I use pull-ups?

Pull-ups can add more expense and work to potty training. They work great for extra night-time protection for a fully potty trained child. Pull-ups can help your child remain confident overnight because s/he can do the whole process without assistance. However, when potty training, transitioning your child from a diaper to a pull-up and then to underwear can be confusing and an unnecessary extra step. Changing a pull-up requires more time since all clothing and shoes must be removed. This can be frustrating for your child if s/he are trying to get back to playing and may deter your child from wanting to use the potty. Overall, Pull-ups are not necessary to successfully potty train.

Why doesn't my child tell me when they need to go potty?

When children are still in diapers or pull-ups, they are usually content to continue playing while wet just like they did before they began potty training. When your child is in underwear, they still need to be *sent* to the bathroom regularly. In order to rely on your child asking to go to the bathroom, s/he needs to be able to hold his/her bladder long enough to recognize the need to go, ask to go, and make it to the bathroom, all before having an accident. This skill will come in time, for now, in order to avoid accidents, continue sending your child regularly.

My child has been potty-training for a while, why do they now refuse to use the potty?

The novelty of going to the bathroom quickly becomes an interruption of playtime. Sticking to a consistent routine (approx. every 2 hours) will help them learn to go at predictable times and be able to return to playing. One way to *avoid* this problem is to be aware of the potty training window of opportunity. If you take a long time to train, your child may become bored and remain content to stay in a diaper.

My child will not go potty for a whole day. Is something wrong?

It is normal for your child to experiment with waiting to go for a long time. Drinking fluids throughout the day and encouraging a consistent routine of potty trips will help. Many children will hold a bowel movement for a long time or refuse to use the bathroom out of fear it will hurt. Altering your child's diet to help soften a bowel movement and allowing ample time to stay on the potty will help. If the problem persists or become severe, talk to your doctor.