

YMCA Preschool Parent Packet

“Developing First Steps For Success”

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Preschool Director

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

7:00 open

7:00-8:30- inside free choice

8:30-9:50- inside/outside child free choice

10:00-10:15 circle

10:15- snack

10:15-10:50 stations (art, games/puzzles, science)

10:50-11:20 small group time

11:20-11:50- outside play

11:50- Bunny Rabbits in for lunch

12:00- Bears and Wolves in for lunch

12:00-12:30 Lunch

12:30-Brush teeth

12:30-3:00 2's and 3's nap

(12:30-non-nappers outside {12:30-1:00 rest time in the shade})

3:00-3:15 afternoon circle

3:15- snack

3:15-4:30 inside stations (art, games/puzzles)

4:30-5:30 outside

5:30-6:00 inside free choice

6:00 close

YMCA Preschool Family Information

Child's name _____

Child's birthday _____

Parent name _____

Parent name _____

Preferred email _____ @ _____

Home language _____

Parent professions _____

Who lives in your home with your child? (Please include family pets. If child lives in two houses, please include occupants of both households)

What holidays and cultural traditions do you observe?

What expectations do you have of the YMCA Preschool program?

Would you be interested in volunteering in the classroom? (reading a story, leading an art project, etc.) If so, what days/ times work well for you?

Is there anything that the teachers or director should know about your child's home life that could impact them in the classroom? (ie parent separation, new sibling, death in the family) All information shared is strictly confidential.

Preschool Supply Checklist

Please make sure that EVERYTHING is labeled with your child's first name and last initial

- Complete Parent packet from Program Office (child cannot receive care until packet is filled out and on site at the preschool)
- Twin size bedsheet
- Child size blanket
- Complete change of clothes (shirt, pants, underpants, socks)
- Child size water bottle (no sippy cups please)
- Lunch box with healthy, preschool appropriate lunch items (see Lunch in parent handbook)
- Sunscreen/ hat (with completed sunscreen permission slip)
- Diapers, wipes, and diaper cream (as needed)

Lunch and snacks

We provide a morning and an afternoon snack that consists of at least two food groups, usually a fruit or veggie and a grain. It is parent's responsibility to provide a lunch each day for their child. We ask that you bring your child's lunch in a lunch box and place it on our lunch box shelf in our classroom.

We ask that if you have items in your child's lunch that must be kept cold that you pack an ice pack in your child's lunch box. Our refrigerator is used to keep the fruit that we use for snack preserved and we discourage lunch boxes being kept in it. However, if you bring milk for your child to have at lunch time, you may put it in our refrigerator as long as it is in a sealed container labeled with the child's name and the day's date.

Teachers sit with the children at meal times to assist them with opening and closing of containers. We have very busy mornings and lunch time is the time for your child to refuel for the rest of the day. We ask that when making choices of what to pack in your child's lunch, that you pack as many healthy options as you are able. Foods like processed fruit snacks, cookies, chips, and candy tend to cause children to crash later in the day. Foods such as sandwiches, veggies, fruit, yogurt, applesauce, crackers, or cheese provide the lasting energy that your child needs to get through the rest of the day.

Please make sure that your child's lunch is ready to eat "as is". Foods that require adult preparation (i.e. EasyMac, microwavable ravioli, and uncooked ramen noodles) are not good choices for preschool.

We also ask, when choosing what to pack in your child's lunch, please consider choking hazards. Whole grapes, hot dogs, and cherry tomatoes can be dangerous for young children.

Clothes

We do a lot during our Preschool day! Please make sure that you send your child to school in “play clothes”. We paint, play with play dough, play in the sandbox and draw with chalk. Children’s clothes will get dirty during their day with us. We use smocks and washable art materials, but even with these precautions we cannot guarantee you child’s clothes will not get messy. We also ask that children wear closed toed, flat shoes. Shoes that have heels (even small heels), or shoes that slip off are not safe for the classroom. If your child wears rain boots to school, please send another pair of shoes for them to wear inside.

Nap time

Every day we have nap time for the two and three year olds. While it is not required for your child to sleep during this time, we have found that children have a better, more productive afternoon when they are given the opportunity to rest during the day. Each child gets their own cot that we cover with a twin sheet and blanket. If you child requires a pillow, please bring a small travel sized pillow. If your child is not asleep after one hour they are permitted to play outside. Please bring your child’s nap supplies in a small bag or pillow case, the more compact the better!

The older children (four and five year olds) are not required to nap but do rest before playing after lunch.

Curriculum and developmental assessment

We plan our curriculum off of teacher observations and children’s interests. We make weekly observations of the children and then use those observations to plan our curriculum for the following

week. Because of this, we cannot anticipate what our curriculum will be and therefore will not have monthly “themes”. We will always include early reading and writing skills, early math skill and social-emotional awareness into our curriculum but the ways in which we include these will change weekly. We will post the curriculum on the parent board every week.

We do DRDP (Desired Results Developmental Profile) assessments every 6 months (twice a year). These assessments look at the child’s self-regulation skills, social and emotional development, language and literacy development, English language development, cognition (including math and science), physical development, and their awareness of social science and visual arts. We then have parent teacher conferences after each DRDP to share our findings with parents and to discuss how their child is doing overall in the classroom.

We also send home Ages and Stages Questionnaires (ASQs) within the child’s first week at the center. This is an assessment that is completed by parents. We know as teachers that there are things that your child may be able to do that we don’t see at school. The ASQ is a great tool that allows parents to share with teachers the development that the child is showing at home.

Toys from home

Children are not allowed to bring personal belongings such as toys, games, stuffed animals, electronic devices, cell phones, or trading card games to preschool. We also discourage children from bringing valued treasures from home since it is difficult to keep track of these items. Please label clearly any items your child does bring to the site (lunchboxes, water bottles, clothes). We cannot be responsible for lost, broken or damaged items.

Birthdays and treats

A child's birthday is a day for celebration. We would like each child to feel equally important so each child will receive a birthday crown for their special day. If you would like to bring in a birthday treat for our afternoon snack, we ask that it is either a healthy option (ie applesauce pouches, muffins, fruit) or small bite size cupcakes. Regular size cupcakes tend to be too rich for little tummies and can lead to sugar crashes later in the day. Please check with teachers about any allergies that we may have in the center about making a decision about what to bring as a birthday treat. We also ask that any treats that you bring in have an ingredient label attached.

Art

Your child puts a tremendous amount of effort into his/her projects and is excited to share them with you. It is important that you check the art folders weekly to take home any treasures they have made during the week.

Time outs and discipline

Discipline is viewed by our staff as a teaching process. Careful, safe limits are set in the classroom and the playground and teachers go over the rules with the children often. Children feel secure knowing what they can and cannot do. Redirection is always used first when a child is having a hard time following the rules of the classroom or having a hard time with an activity. If a child continues to have a hard time following preschool rules, we have the child take some time away from the group. Children can easily get caught up in what they are doing and sometimes need

time to “reset”. A teacher will explain to the child what they were doing that lead to them being removed from the group and will also remind them of the rules and help them identify what they should be doing. Teachers will then help the child pick an appropriate activity or assist them in rejoining the group.

Health checks

Your child's health will be observed each day. This is done informally, however, if your child appears to show signs of illness, a more formal evaluation will be done (temperature taken, check for swollen glands, rashes, etc.). If program personnel determine your child to be ill, the parent will be called and expected to pick up child within one hour.

Healthy Eating & Physical Activity

In addition to our healthy eating standards, children will be given opportunities for play time that includes moderate to vigorous physical activity at least 30-60 minutes per day. As weather permits, children will also be given outdoor activity time every day. Please ask your site director for more information on our Healthy Eating & Physical Activity standards.

Diapers and Potty training

Diapers are changed every two hours or as needed during the day. When children start showing signs of being ready to start potty training, please let your child’s primary teacher know. At the preschool, we follow the child’s lead when it comes to potty training. We can take them to the bathroom and have them take potty breaks during the day but we will not force or insist that a child sit

on the potty. Please talk to the director if you have any questions or concerns about diapering or potty training.

Program philosophy

It is our philosophy that children learn best by interacting with their environment under the guidance and nurturing of the teachers. Learning takes place through a combination of child initiated and teacher facilitated activities. Using developmentally appropriate practices in a safe and supportive environment, our goal is to allow children to develop cognitive, social and physical skills at their own individual pace.

Exclusion from Program Due to Illness

State licensing requires us to refuse admittance to any child who shows sign of illness. Should any parent or guardian become aware of a communicable disease that a child has or has been exposed to, the center must be informed immediately. If your child becomes ill while at the center, a parent, guardian or someone on the authorization list will be contacted to pick up the child immediately.

Symptoms that may predicate exclusion include:

- high fever (above 100.0)
- diarrhea (defined as more than one watery bowel movement or one watery bowel movement that is unable to be contained in diaper)
- vomiting
- weeping eyes (discharge, excessive watering, redness)
- communicable diseases (chicken pox, head lice, hand, foot, mouth)

- undiagnosed skin rash or extreme, unexplainable hives
- persistent and congested cough
- child being unable to participate in daily classroom activities

Children must be symptom free for 24 hours in order to return. Children with head lice must be nit-free to return. Children who become ill at school will not be accepted at any YMCA childcare program.

Primary Care

We divide the children into groups. Two year olds (Bunny Rabbits), three year olds (Bears), and four and up (Wolves). Each group has a teacher that plans curriculum for their group, takes care of their diaper needs, and completes developmental assessments. Your child will be added to one of these groups and their primary care teacher will become your main contact person regarding your child's day to day activities. Having primary care teachers allows your child to bond with one particular teacher thereby providing a sense of security. The Director will introduce you to your child's primary care teacher on your child's first day.

We look forward to participating in your child's preschool journey. If you have any questions about our policies, please let us know.