



## What To Expect When Starting Daycare!

Welcome to PROCARE! We are looking forward to starting this new journey with you and your child. I'm sure there are some questions and concerns about daycare and what to expect, which is completely understandable. After years of working with families we decided to come up with this welcome sheet to help you get mentally, emotionally and physically ready for this next chapter in your child's life/development!

1. Trust the Teachers and Centre you choose for your little one. It takes a little time for us to bond with your child, as we are all brand new faces to them. If you are confident and trusting of us, they will sense your energy and adapt even quicker. Before you start, read books about school or daycare, walk or drive them by the centre and point us out with enthusiasm.
2. Due to Covid-19 Regulation parents are asked to wait outside of the side gate. A staff member will meet you at the gate. Quick drop off's are key! The longer the drop off, the harder it is on the child (and parent). Children typically cry when their parents leave, this is age appropriate behaviour - as soon as their parent(s) leave, we can work our magic on redirection, distraction, comfort and FUN! The longer your child cries with you here, the longer it takes for us to sooth their emotions.
3. We will NEVER let your child cry all day, We PROMISE! It's common for children to have on and off crying throughout their first days with us as they adjust. They will have moments of being distracted and then moments of tears realizing mom or dad aren't there. This period quickly passes with the support from the parents and the whole team working with your child.
4. LABEL EVERYTHING! Sock, shoes, clothes, toys, soothers, blankets, jackets.. anything that belongs to your child, label it!

this will help avoid losing it, or another family taking it home and not returning your item by mistake.

5. Download Storypark (you will be invited to join just before your child starts their integration and no earlier). Storypark is a great platform to see what's going on in your child's days and to meet other parents. We encourage families to use Storypark to communicate with the team, you can send a message "conversation" to all Teachers in your child's class, the Directors and Chef. This helps avoid any miscommunication. If you only send an email, we may not get the message as quickly, the Directors are not always in the office. They may be giving a tour, supporting the classrooms, running errands, in a meeting or tackling other tasks.
6. Whenever you have a question, please ask. We are here for you and your child. We want to make sure we're all on the same page as it's important for your child to have consistency between home and daycare.
7. Nap time: Send your child with a blanket and stuffy these will stay at daycare full time. We provide a cot and sheets. If you happen to forget the blanket, we have lots of extra's to make sure the children are cozy. At nap time (12:15/30), we turn off the lights, close our black out blinds, and play relaxing sleep music. The saying "Power in numbers" is true for nap and for meal time. Children will follow their peers and teachers leads. Nap time is a cherished time for the children, if they don't sleep, they know they are allowed to lay down quietly (Preschool) and rest their body, Toddlers always sleep unless they are unwell or something's bothering them. Teachers don't hold the children or give them bottles before bed (unless needed, but it won't become a daily routine). We sit beside them and rub, tickle, pat or rock the children. Once they doze off to dream land, we stay in the room and clean, fill out logs, and conduct sleep checks every 30 minutes to make sure your child is sleeping comfortably and safely.

8. Meal Time: Depending on your child's core strength, they may sit in a highchair, a Toddler chair with a buckle or a Toddler chair independently. All children are served the same food and teachers eat with them. We encourage them by singing, counting, and taking big bites together. It's common for children to protest eating when they first start. We recommend feeding them a big breakfast and having snacks ready at pick up time. During their integration, if they're not eating deb's DELICIOUS meals, we'll offer them cherrios and gold fish as those snacks are not as intimidating as a meal. It doesn't take long for children to start enjoying our home cooked meals, it's usually just the first few days as they are adjusting. Every child has their own chair with a picture of them as any allergies or restrictions listed. This prevents someone feeding your child something they are not allowed to have.
  
9. Everyday, after your integration, you'll get an email with your child's daily log around 3pm. the log will list: Bathroom routines (WD: wet diaper. BMD: Bowl Movement Diaper. LBMD: Loose Bowl Movement Diaper. WP: Wet Potty. BMP: Bowl Movement Potty. DP: Dry Potty - they tried ) What they ate for Morning snack, Lunch and how many servings. We will also list what was for PM snack but not how many servings as the logs are sent out before PM snack is done. And their nap time duration.
  
10. Please do not bring snacks for your children inside the centre at pick up or drop off. We have anaphylactic children we need to keep safe. Any outside food must be approved by the Chef.
  
11. We are here to make this process as smooth and stress free as possible for you and your child. Your child's well being is important to us and we'll do everything possible to make sure their time with us is fun, loving, exciting and filled with play base learning!

We hope this sheet is helpful as you transition into our program. Please don't hesitate to ask us any questions or provide us any

useful tips in working with your child. During the integration you may notice they are really tired at pick up, they could be a little emotional when they get home and hungry. These are all common behaviours as your child is going through big changes in their little life, we want to ensure you that PROCARE is the best place to go through these adjustments. If you would like to see some testimonials, we are happy to provide them!