



First weeks at GARDERIE RAINBOW

The first weeks at GARDERIE RAINBOW will be an adjustment period for both you and your child. Some children adjust to a group setting without any apparent difficulty. Other children will cry and cling to you. Some children will become unusually quiet and will not join in activities. Other children may become overstimulated and act out aggressively. The following suggestions are things that you can do as a parent to help ease the adjustment period:

1. If possible, visit the daycare with your child prior to leaving him/her there for the first time.
2. Small children are not always sure that mom or dad will be back to pick them up. Even if they do understand that mom or dad will return, they have no idea about timing. Please explain to your child in advance what will happen when you drop him/her off and also reassure him/her that you will be returning.
3. If your child is over one year, talk to your child positively about the daycare and the things she/he will be doing there.
4. Place emphasis on what your child is going to do at the daycare rather than on what your activities will be while he/she is at the daycare.
5. See that your child is involved in a specific activity or is in the hands of an educator before you leave him/her.
6. Avoid prolonged goodbyes.
7. During the first weeks, you may be feeling some apprehension after having left your child. Feel free to email or phone the daycare during the day to find out how your child is doing.
8. Do not hesitate to discuss adjustment issues with your child's educator or the daycare administrator.

The adjustment period varies for every child and this is a natural growth and developmental process. As children mature, they begin to identify themselves as independent personalities. In separating from you, the parent, your child is learning:

- To develop an interest in the activities of the daycare.
- To feel comfortable with others.
- To understand that you will come back to pick him up.
- To understand that parents often must concentrate on their own interests and duties which are separate and different from those of a child.
- To develop an acceptance and willingness to allow the parent freedom to come and go as needed.

It is important to point out that sooner or later after the initial successful adjustment to the daycare; all children want to explore the limits of "not going to daycare". When this occurs, go back and use the above suggestions again.

Remember, we are here for you! If you have any questions or concerns, talk with the daycare administrator.

We call it learning. Children call it fun.

The integration week:

We recommend a gradual approach to introducing the child to our program. Here is our suggested schedule:

- On the first day, we suggest the child stay for one hour, from 9:30 to 10:30 or longer, depending on their reaction, in the classroom.
- On the second day, the child can stay for two hours, from 9:30 to 11:30 or longer, with one hour in the classroom and the second hour in the park.
- On the third day, the child can stay for three hours and have a meal with us, from 9:30 to 12:30.
- On the fourth day, the child can stay longer and take a nap with us, from 9:30 to 2:30.
- Finally, on the fifth day, they can stay for a full day.

Typically, it takes about a week for a child to fully integrate into our program. However, some children may need more or less time.

If your child will be absent, please notify us by email.

Material to be provided by parents for Toddlers and preschoolers:

1. pants
2. sweater
3. replacement underwear
4. a pair of comfortable indoor shoes
5. two pairs of socks
6. Long sleeves bib for toddlers and a plastic or silicone one with pocket (food catcher) for preschoolers.
7. Long sleeves artist's apron or an all-in-one, (the daycare may provide one at a cost of \$ 15)
8. cuddly or plush (if needed)
9. plastic sippy cup according to age
10. Crib fitted sheet
11. Blanket
12. toothbrush
13. toothpaste

The child will need for the winter season:

1. snow clothes
2. waterproof pants
3. winter boots
4. a hat covering the ears
5. Two pairs of waterproof mitts
6. A neck warmer (scarves are strictly prohibited).
7. two pairs of warm socks

For the summer season:

1. A swimsuit.
2. A large towel
3. Sunscreen *
4. A cap or hat
5. A pair of plastic sandals (no thong slipper or sandal)
6. A waterproof coat

* Sun cream

The childcare service offers parents who are interested in providing paba sunscreen at a cost of \$10 for the season. Parents who choose to provide it themselves are responsible for providing us with sufficient quantities for the summer season. The tube of sunscreen must be identified in the name of the child and available from the beginning of the season, on May 1st.

Treats and personal toys:

Children are not allowed to bring sweets, gum, and chocolate to the daycare.

Personal toys are not permitted except on special occasions and with the permission of the child's educator; This is to ensure the safety of children and prevent them from losing or breaking their toy.

Cuddly toys used by the child during the dodo are permitted but must be cleaned at the weekend at the same time as the bedding.

Personal Clothing:

Once your child will no longer attend the daycare please collect all the personal belongings from the cubby, if they are left behind we will donate them to our local charity.