

Welcome to the Little Stars Classroom

We (Cindy and Sharon) are very excited to have your children in our classroom! We both enjoy working with toddlers very much, as they are constantly growing and changing; they are asserting their independence, yet still needing a familiar face to guide them as they learn to explore their new world.

We provide an opportunity for learning which is able to give them self-help skills as well as offer an environment that allows for great exploration through play and center-based activities. We also develop their language skills so they may communicate with the adults and children in their lives with ease. We also use stamps to help them learn their names. This program starts in the infant room here at Appleseed's and progresses through preschool. If you don't have a stamp, we ask that you have your child pick a stamp that they like.

We have a questionnaire attached to this letter; we are hoping to learn the most we can about your children when they come into our classroom. Please return the questionnaire to either one of us after it has been completed. Also attached, please find the "List of Things Your Little Star will need in Our classroom", and please let either of us know if you have any questions or concerns. Thank You!

Our email address is: toddlers3@comcast.net.

Cindy and Sharon

*Self help areas we work on while your child is with us as a
Little Star.*

INDEPENDENCE:

Dressing: We encourage the children to try to put on their own socks and shoes. Socks are definitely more difficult.

We help and guide but encourage trying first. Unless we know the child isn't ready for this step.

As soon as it is time for sweaters and coats we start right away with FLIPPY DO.

Flippy Do is a way for the children to gain their independence of putting their coat on. We lay their coat on the floor open so they can see the arm holes. Then we have the child stand near the collar, put their arms in the arm holes and lift the coat up and over their heads and it slides onto their arms - most of the time. Some need a little help, encouragement flipping and keeping their arms in, but with practice soon they are all doing it and very proud of their independence

In the winter we lay out their snow gear and encourage them to try on their own before seeking help. Some pants are on backwards or boots on the wrong feet, but they did it ALL BY MYSELF! It is amazing how many gain this independence by the end of winter.

Eating: If your child isn't already drinking from a regular cup this is when we move them from a sippy cup to a regular cup.

They are given the chance to use plastic knives to spread jelly on their crackers and to cut up fruit.

We also give them the opportunity to pour their own water at snack time out of small pitchers into their cups'

Toileting: While in the Little Star room many of our friends show an interest in potty training and many parents are eager to begin.

These are signs that show your child is ready to start potty training.

When they start to let you know they have peed or pooped in their diaper.

They consistently want to sit on the potty at every change and are talking about going potty.

We suggest you start the potty training process at home on a quiet weekend (not much going on).

Bite the bullet, put them in underwear, saving pull-ups for naps and rest time.

Then take them to the bathroom every 30 minutes.

Just tell them it is time to go potty.

*Don't ask them if they need to go, they will probably say
No.*

Also encourage them to sit and try for a little while sometimes singing a song or two helps them sit longer. Sometimes they will sit down and almost immediately will get up, stating I can't go and walk out of the bathroom and have an accident.

Don't be discouraged by accidents.

Don't give up!

It will happen.

Warning pooping can be harder for children to learn.

When you bring them to school please be sure to pack plenty of extra clothes; pants, underwear, socks, shoes and we will continue to potty every 30 minutes.

In the Little Star room each child has a sticker chart and with every successful time on the potty we give them a sticker. Then when they are fully potty trained, we have a special celebration at snack and send their charts home.

Please be sure to provide us with pull-ups for nap time we prefer the Huggies pull ups with the velcro sides.

HAPPY POTTING !!!

List of Things Your Little Star Will Need in Our Classroom

- Spare clothes (TWO sets including socks)
 - Sunscreen
 - Sun hat
 - Blanket
- Insulated lunch box (see lunch hints)
 - Diapers and wipes
 - Diaper cream

Clothing Hints

- When packing spare clothes, please keep in mind the seasonal weather.
- Sending your child to school in sandals that are water-friendly will eliminate the need to send extra shoes.
- Please do send your child to school dressed in their best clothes; we mostly use washable products, however, accidents do happen.
- One of our favorite sayings is, "Messses mean we had fun!" Know that we will always keep your Little Star dry and comfortable after even the messiest projects.

Dear Parents:

We just wanted to send out a reminder of our Nut-Free policy at the center.

We have a nut-free environment, which means that nut products are not allowed in the center. It also means that if the packaging says "Manufactured in a plant that processes nut products", we do not allow those items at the center either.

We understand it can be easy to miss these items on packaging, but we are asking you to be aware of the whole policy as we have several children at the center with severe allergies and we need to take their health very seriously.

Thank you,
Appleseeds

Child's name:

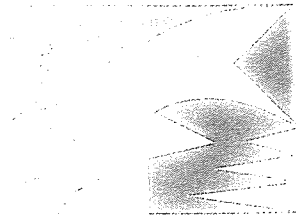
What would you like us to know most about your child?

What are your child's favorite activities?

What are your goals for your child (or what would you like us to help them work on)?

How do you feel about potty-training?

Are there any other concerns or information we should know about?



Little Stars'

Daily Routine

6:30-8:00 - Arrival/Free Choice

8:00 - Breakfast

8:30 - 9:30 Diapers/potty/Free Choice

Project Time/Music and Movement

9:30 - Clean up/Circle Time

9:45 - Snack Time

10:00 - 11:00 - Outside time

11:00 - Diapers/Potty Time

11:30-11:45 Books on Tape

11:45 - 12:15 - Lunch Time

12:15 - 2:30 - Nap Time

2:30 - 3:00 - Diapers /Potty time

3:15 - Snack

3:30 - Outside time/Free Choice

4:15 - Diapers/Potty time

4:30 - 5:30 - Outside Time/Free Choice