

Important Infant & Toddler Notes

Rest Items

Each child should have a ventilated, lightweight blanket, along with a comfort item available for each day's rest time. Families should pack these items on Monday and they will be sent home each Friday for laundering.

****Stuffed animals, heavy blankets, and pillows are not appropriate for children sleeping in cribs. If your child is sleeping on a cot, then a small pillow may be comfortable for him/her.****

Appropriate Clothing

Your child's day will be brimming with interactive, hands-on fun! Dress should be casual, non-restrictive, and seasonal. Our outside areas and playgrounds are an extension of your child's learning environment and we conduct outdoor activities whenever possible. Each day, except in cases of extreme weather, we will venture outdoors to meet the children's needs to get fresh air, have some large muscle activity, and release energy.

Please check the forecast each morning and prepare an outfit accordingly. If it has just rained, please pack boots for puddles and mud; windy days would call for jackets with hoods or hats; if snow is expected, please include waterproof gloves and pants; hot or muggy weather would necessitate sunscreen, loose clothing, etc.

When choosing indoor and outdoor clothing, please choose items that are durable, comfortable, washable, and easy for your child to put on and take off. This also includes shoes! Crocs, platform, heeled-soles, and flip-flops hinder toddlers learning to walk and often trip or blister older children.

Infant Nutrition Guidelines

Parents will need to bring a daily supply of formula and baby food; all should be labeled with your child's name. Breastfeeding mothers need to provide both a supply of expressed milk for the day, and two servings of milk to be kept frozen for up to one month at the center.

Each time your infant is fed, a separate, unused bottle should be provided. Your child's bottle should be plastic and include a cap/lid and each piece to each bottle should be clearly labeled with your child's name. Containers of baby food may be kept at the center, but once opened, the unfinished contents will be returned home that evening. All bottles, sippy cups, dishes, and utensils will be rinsed and returned home for sterile cleansing each evening.

Toddler Nutrition Guidelines

We have found that most children like "finger foods" as an alternative to a traditional "lunch box" meal. Plastic food containers are a great idea for packing fruits and vegetables, cheese, chicken

pieces, pasta leftovers, and more. All food should be ready to eat, cut into manageable pieces, and easy to swallow. Our programming encourages nutritionally balanced and wholesome foods. We strongly discourage commercial, pre-packaged lunch meals which tend to be “empty calories” and laden with preservatives. Unhealthy choices include Lunchables, Chef Boyardee, Hormel, Graduate meals, and other high sodium options.

All children enrolled under the age of two will need to bring their daily supply of beverages, snacks, and meals. Each classroom does have a microwave to reheat items, but we ask that lunches requiring preparation be packed only on occasion, so that we have ample time to assist all children and to spend time with them at the lunch table.

Peanut Butter/Peanuts Policy (Peanut-Free Classrooms)

Throughout our tenure at KidsCo Jr., we have successfully accommodated children who have many different food and environmental allergens. We have maintained egg, tree nut, dairy, legume, gluten, and peanut allergies present in our students. Our practice has been to separate a child with allergies by either seating him/her across from instead of next to a friend at lunch, or even designating an “allergen-free” table at lunch time. Additionally, we have posted allergy signs, avoided nut products when ordering snack foods, and requested labeled alternate food supplies. Our team is well trained in both exposure prevention and symptom identification. Injectable epinephrine (Epi-Pen) training is also given to teachers with allergic students.

We kindly ask that no foods that have peanuts as a main ingredient be brought to the center.