



Hearts and Hands Childcare Center

Montessori Inspired

Hearts and Hands Montessori, Inc.

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Welcome to our Program!

To provide ease of transition into our program, here are a few items to bring and things to consider.

Belongings:

- ✓ **Extra Clothes.** Please provide two sets of season appropriate outfits to be left at school including socks, bottoms and tops. Two sets should always be available at school just in case. Bring to school in a zip-lock bag labeled with their name. We have a place in the bathroom for their belongings.
- ✓ **Inside shoes or slippers:** To keep our floors clean we ask that you provide one pair of shoes/slippers to be worn inside only. These will be kept at school.
- ✓ **Outdoor Gear.** Be aware of weather daily and send your child to school with appropriate outdoor gear including coat/jacket, hat and gloves when necessary, socks and foot wear.
- ✓ **Pull Ups.** Please bring one full package of Pull-Ups to be kept at school. We provide wipes for your child. If you prefer a different brand, please provide one package to leave at school. You will be informed when your child's toileting supplies are running low.
- ✓ **Crib sheet/Blanket for nap.** Bring a crib sheet to be used on their cot and light blanket to be kept at school and used for your child during rest times. If your child would like, you may also send a small pillow with washable case. These will be washed at school weekly and as needed.
- ✓ **Water bottle.** We should have a labeled water bottle (or sippy cup) that will be used at school and left here. Water will be available to your child all day. It is not necessary to provide juice for lunches, but if you prefer to, please send it daily in their lunch box.

Lunches:

- ✓ **Hot Lunch.** Please send a packed, nutritious lunch daily. You may send a dish to be warmed up at school, called a "hot lunch". If you choose to do so, it must come already prepared in an Oven-Safe dish (glass dish or foil). We do not microwave

meals. Be sure your oven-safe dish is clearly labeled. Hot lunch dishes are placed on the hot lunch tray near the sign in sheet.

- ✓ **Cold Lunch.** Keep in mind that we do not refrigerate lunches, so please send lunches in an insulated lunch box/bag with an icepack when necessary. Lunch boxes are kept in your child's cubby.

Snack:

- ✓ Please send an "After Nap" snack for your child daily if they attend full days. Hearts and Hands will provide a small morning snack. Place afternoon snack in the bucket labeled 'snack bucket' near the hot lunch tray.

Remember:

- ✓ **All bags, containers and belongings sent to school should be labeled.** If they are not labeled, we may write your child's name on them with a permanent marker.
- ✓ **Please know that children can take up to 4 weeks to adjust to a change, whether it be a biological stage of development including a change in schedule, or a new caregiver/environment.** These early weeks of school are when your child is building trust with his/her caregivers. During this time of transition, be reassured that it is normal to see some tears. **It is helpful to both the child and caregiver(s) involved to practice a consistent parting routine and refrain from lingering.** Please help remove coats and outside gear prior to bringing them into the classroom. We are happy to have you say "See you later," in the classroom. Also be comforted to know that we will contact you if we have any concerns throughout the day.

***We are happy to care for your growing child
and serve your family!***

