

# EVCSS LITTLE BEARS CHILD CARE PROGRAM

## PARENT HANDBOOK

### **Welcome**

Welcome to Little Bears Child Care Program, a place where your child/ren are safe and supported while they grow and develop into their full potential. Little Bears Child Care Program's philosophy and mission are the driving principles that guide us to create environments that are welcoming, respectful, and provide positive experiences for children and their families.

This parent handbook has been created to help you familiarize yourself with your child/ren's new program. It will provide you with helpful information about our program and policies and answer some questions you may have. Please review it carefully and keep it as a future reference while your child is attending the child care program. If you have any questions, concerns, ideas, or comments concerning the program, please feel free to speak to the Manager.

Little Bears Child Care is a program of the Eagle Valley Community Support Society. EVCSS is a non-profit organization that provides a variety of supports, programs and services to the community of Sicamous and its surrounding area, and CSRD Area E. Their services include food security, resource and referral, counselling, early childhood development programs and coordination, senior support programs, literacy supports, help with forms and applications of all kinds, the CRA Community Volunteer Income Tax Preparation Program and many more.

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### **Philosophy**

#### **Children who attend Little Bears Child Care Program:**

Are valued and respected as the unique individual that they are.

Have the freedom to explore their environment and learn through play.

Have access to a safe environment that nurtures creativity, curiosity, and free expression.

Feel secure within a flexible but familiar routine with realistic limits.

Have the opportunity to involve their family and share experiences.

Will be recognized as an individual within a family unit and to have that family unit acknowledged as the primary influence on their development

Can share their happy, sad, and proud experiences with people who will recognize and respond to their feelings

Will explore the community through field trips and walks and inviting community participation at the Little Bears Child Care Program

At the Little Bears Child Care Program, we believe all children and families must feel included; we adapt and modify our environment to meet each child and family's individual needs.

Above all..... have FUN!

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### **Our History**

Eagle Valley Community Support Society formed the Sicamous and Malakwa Early Childhood Development Committee in 2003. It is a group with representation from many agencies, organizations, services and programs, all focused on children 0 to 6. Now simply called the Early Years Committee, the members of the Committee have been aware of the need for licenced child care for many years, have worked toward its development, and engaged local government in exploring the options when child care space funding began to be offered to municipal governments.

When the Province announced the Child Care BC New Spaces Fund, the District of Sicamous applied. Jamie Sherlock, DOS staff member, did a wonderful job and the proposal was successful. The community was awarded funds to purchase a building, design and renovate to create a child care centre, a playground, and to purchase furnishings and equipment.

It was a long time coming, the fulfillment of a long-held dream. The centre was completed and a child care program for 25 children 3 to 5 years of age began in February 2021. A great partnership between the District of Sicamous and Eagle Valley Community Support Society, and the support and direction of expert staff in our child care program will provide the community with the building blocks of a really outstanding program for Sicamous and area families.

### **Little Bears Value Statement**

“Inspiring Your Child’s Own Sense of Adventure”

### **Our Program**

The Little Bears Child Care Program is inspired by the Reggio Emilia philosophy of education that originated in Northern Italy. The Little Bears Child Care Program does not intend to duplicate this philosophy because the children, families and teachers offer a different culture, location, and perspective.

The Reggio Emilia philosophy is an approach to teaching, learning and advocacy for children. In its most basic form, it is a way of observing what children know, are curious about and what challenges them. Educators record these observations to reflect on developmentally appropriate ways to help children expand knowledge and developmental potentials. Long term projects connect core activities areas in and out of the classroom.

### **Principles of the Reggio Emilia Approach to Education**

The following principles guide the practice and decisions made at The Little Bears Child Care Program.

### **Image of the Child**

Children are viewed as competent, curious, full of knowledge, potential, and interested in connecting to the world around them. Educators are deeply aware of children’s potentials and construct all their work and environment of the children’s experience to respond appropriately.

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### **Networking and Interaction**

Networking and cooperation are intentional in a program inspired by the Reggio Emilia approach. The entire system is designed to be connected and in relationship. Nothing is left to sit in isolation. Everything is alive and connected. Children, educators, families, and community join together to continually improve the system that supports our program community.

### **The Environment**

The space within the environment is considered the third teacher. Educators intentionally organize, support and plan for various spaces for children. The daily schedules are planned to ensure that there is a balance between individual, small, and large group activities, child directed and teacher-initiated activity and inside as well as outside experiences.

### **The Three Subjects of Education: Children, Families and Teachers**

For children to learn, their well-being must be guaranteed; such well-being relates to the well being of families and educators. Children, families, and educators have rights; the right to safety, care and welfare, the right to be involved and the right to grow in all areas of development.

### **The Power of Documentation**

Documentation is a means to collect information, observations, and learning. It can be in the form of observations, photography, video, conversation transcripts and/or visual mediums like paint, wire, clay or drawing materials. Educators use documentation to identify strengths, ideas, and next steps to support learning.

### **Nature**

Being one with nature will be an important part of our daily program. Children will spend long periods of time outside each day exploring their natural surroundings. Bringing nature into the program will enhance the children's learning about the natural world around them.

### **Emergent Curriculum**

Emergent Curriculum is a way of teaching and learning that requires educators to observe and listen to children's ideas, evaluations, and theories. After observing children in action, the educators compare, discuss, and interpret their observations. Educators plan activities, and sort and long-term projects in the playroom based on their observations.

### **The Role of the Teacher**

The image of the child shapes the role of the teacher and involves four major components.

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Teachers are

**Co-constructors:** partners, guides, nurtures, solves problems, learns, hypothesizes.

**Researchers:** learns, observes, revisits

**Documenters:** listens, records, displays, revisits

**Advocates for children:** involved in the community, politics relating to children, speaks for children and presents work to other educators and community members.

### The Role of Parents

Parents are an essential component of the program. They are an active part of their child/ren's learning experiences. All families are members of the Family Team.

### The Role of Time and the Importance of Continuity

Time is influenced by the interests and activities the children bring to life within the program. This in turn impacts schedules, groupings, and routines. Educators get to know children (strengths, needs and personality) and work everyday to ensure they know and understand each child in the program.

### Projects

Projects provide the backbone of the children's and educator's learning experiences. They are based on the strong convictions that learning by doing is of great importance and that to discuss in group and to revisit ideas and experiences is the premier way of learning. Project ideas come from experiences of the children and educators, a chance event or problem posed. They can last from a few days to several months.

### Hours of Operation

Little Bears Child Care Program operates Monday to Friday 7:30am – 5:30pm.

Little Bears Child Care Program will be closed for the following holidays:

New Years	Family Day	Good Friday
Victoria Day	Canada Day	BC Day
Labour Day	Thanksgiving	Remembrance Day
Christmas Day	Boxing Day	

Little Bears Child Care Program will close for two professional development days per year. The Manager will provide families with one month's notice.

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### **Arrival**

Upon arrival a staff person will greet you and your child at the door.

In accordance with COVID Policy families are unable to come into the main part of the centre.

It is important to take the opportunity to speak with the staff about your child's needs for the day, or any other important information. This is necessary for the staff to respond appropriately to your child's emotional well being.

### **Items to provide for your child**

Two sets of extra clothes (pants, shirts, socks, underwear)

Water Bottle

Inside shoes

Winter Clothes (when needed) toque, snow pants, jacket, gloves

Sunhat/ Sunscreen

Diapers and wipes (if needed)

Small blanket for nap time

### **Toilet and Diapering Policy**

Children will be allowed to go to the bathroom as needed.

While using the bathroom children will be always supervised.

Children will be encouraged to have independence when toileting.

Staff will always be available to assist children with toileting routines.

Children will wash their hands after using the toilet.

### **Releasing a Child**

The BC Child Care Regulations require staff can only release a child to the parent/guardian whom you have listed on the registration form. Any other person must have written or verbal permission from the parent/guardian and provide picture identification when picking up the child.

Please inform the director of any changes to information on your child's registration form e.g., custody agreements/orders, addresses, phone numbers, place of employment or school.

If a person picking up your child appears to be impaired, or otherwise incapable of safely caring for the child, staff will encourage the individual to make alternative arrangements for the children. Staff will not attempt to stop the removal of the child but is legally obligated to notify the appropriate authorities.

### **Pick-Up**

At pick-up time, please speak with the staff directly before leaving with your child. It is also a good time to find out about your child's day.

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### **Lunch and Snacks**

Little Bears Child Care program will provide the children with a morning and afternoon and snack and lunch. For the safety of other children in the program who have allergies please do not bring any food from home without consent from the Manager.

### **Rest/Nap Time**

Rest time is an important break for all children to rest their bodies. Children are not required to sleep, only to provide their bodies an opportunity to relax and rejuvenate. Rest time is a soothing time; a time for staff and children to connect and spend some quiet time together. All children will be provided with a cot to sleep or play quietly on.

### **Toys from Home**

If your child has a special stuffy or blanket, they need to bring please let us know as the items must be disinfected before the child can use them. Each week we will have a toy sharing day and your child/ren may bring one toy from home.

### **Open Door Policy**

Due to COVID, families are unable to come into the main part of the centre at this time. However, the staff and the Manager will be available by email, text, or phone. You can also make arrangements with the Manager for one-to-one meetings via Zoom or appropriately socially distanced.

When the health authority gives us the go ahead, this will be our open-door policy.

- families are welcome at anytime
- we encourage you to visit, share lunch or snack with your child, or share your talents with the other children.

### **Outdoor Play**

Child care licensing requires the child to play outside everyday. The staff will take the children out to play in the morning and the afternoon for 1 to 2 hours, (in the summertime it may be all day) If the weather does not allow for outside play, the staff will set up physical activities in the playroom. Children are required to have all the necessary clothing, including mitts, hats, coats, boots, and snow pants for winter, sun hats and sunscreen for summer time. As we must always maintain child to staff ratios, we are not able to keep children inside, if your child does not bring the required outdoor clothing, staff will use items from our spare clothing box.

### **Celebrations**

We honour all cultures and religions. As part of our curriculum children will learn about customs, traditions, and celebrations from cultures from all over the world. We would love to hear about how your family celebrates holidays and special events, so we can add them into a curriculum. (you can add this to the

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registration form under celebrations). Birthdays will be celebrated once per month for all of that month's birthdays and the children will help with making a birthday cake to share at snack time.

Communications will be sent out to families outlining upcoming celebrations. If at anytime you do not wish your child/ren to participate in a celebration, please let the Manager know.

### **Photo Taking**

With your permission, staff will take pictures of your child to use at the centre for the enjoyment of the children, family, and staff. At the end of each day these pictures will be displayed on a digital frame for families to see what the children did through out the day. Please ask us for a copy of your favourite ones. We will request written permission if we want to use the photos of your child for other purposes.

### **Field Trips**

An integral part of our program is planning for experiences and activities outside of the centre. Families will be required to complete the 'field trip consent form' before child can participate in a field trip. If possible, parents/guardians will be informed in advance and a written permission slip will be provided, outlining our plans. Transportation for field trips will be either walking or rent a bus for transportation of children and staff.

### **Walking Trips**

The children will go for regular walks around the neighbourhood and the staff will:

Maintain staff to child ratios.

Use the walking rope.

Take the emergency back pack.

Take the cell phone.

Take water bottles and cups.

Take the tablets.

Leave a sign on the door if the Manager is not there.

### **Supervision**

Little Bears Child Care program staff have a responsibility to ensure all children are cared for in a safe and secure environment. This is achieved through active supervision where staff observe and respond to children in their care. Effective supervision reduces the likelihood of accidents and injuries.

Families must ensure they actively pass their child to a staff upon arrival.

Staff will:

- Ensure child to staff ratios are always maintained as per the licensing requirements
- Conduct frequent head counts throughout the day
- Actively supervise children
- Arrange furnishings and activities to promote active supervision and safety for all children

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### **Parent/Guardian Involvement**

Parental involvement is a crucial component to the success of a child's achievement. Parents are their child's most important teacher. Research has proven that children are more successful learners when their parents are actively involved in their learning, both at home and in child care.

We encourage parents and guardians to be involved in the child care for suggestions or ideas, which will help to enrich the program goals. Also keeping up to date on newsletters, calendars, website info and your child's progress through our HiMama app.

### **Health and Safety**

#### **Immunization**

Immunization is one of the most effective ways to preventing the spread of communicable diseases, we recommend families have their child's immunization up to date prior to starting in the program. Once enrolled, we must have an up-to-date record of your child's immunizations on file. If parents choose not to immunize their child (ren), the child will be required to not attend in the case of an outbreak of communicable disease happens.

#### **Illness**

Sick children can not attend the program, as there is a risk of transmitting the illness to other children.

Please keep your child at home when:

- they are showing signs and symptoms listed below a
- are not able to participate in regular activities
- appear lethargic
- has any other illness or symptoms that may indicate the child poses a health risk to other children or the staff please
- has a communicable disease
- has a fever of 38 C
- has a skin infection or undiagnosed rash
- has been on antibiotics less than 24 hours
- a cold accompanied by a green runny nose and cough
- Fever during previous 24 hours
- Diarrhea and/or vomiting during previous 24 hours

A child may return to the program once they are symptom free for 24 hours, a doctor's note will be required for communicable diseases.

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If a child becomes sick while attending the program they will be isolated from the other children and a staff member will contact the parent/guardian emergency contacts.

There is no reduction in fees when your child is absent from the program due to illness.

Parents must notify the program if a child has a communicable disease so that other families can be notified.

Children must be kept at home for at least 24 hours after their last episode of vomiting or diarrhea.

Staff will notify all other parents attending the centre if a communicable disease has been reported.

If your child becomes ill during the day, we will contact you. If you are unavailable, we will try to reach one of your emergency contacts.

We will provide a quiet resting place, close to staff supervision until you, or one of your emergency contacts can pick up your child.

If the situation becomes urgent, we will follow the emergency procedures outlined below.

### **Head Lice Policy**

Parents must keep children at home if they find head lice in their child's hair.

Parents will be contacted if staff notices lice and will be expected to pick up their child as soon as possible.

Children may not return to child care until all nits have been picked out of their child's hair and the child's head is free of live lice.

## **Emergency Procedures**

### **Injury/ Severe Illness policy**

If your child requires medical attention, the Manager will contact you (or your emergency contact) immediately and arrange to take your child to the nearest hospital or emergency medical clinic. Should it be necessary to transport your child by an emergency vehicle, you will be required to pay the cost of any emergency transportation.

### **Accident/ Incident reporting policy**

All accidents and/or incidents will be documented on the accident/incident report form. This form will be filled out by the at the time of the accident or incident. It will include a detailed description of the occurrence; first aid administered (if necessary) and actions taken, recommendations, corrective actions, and follow-up. This form will be signed by a staff member and the director and given to the parent for review and a signature at pick up time. The original accident/incident report will be retained in the child's file and a copy will be provided to the parent(s) upon request. All accident/incident reports will be documented on a tracking chart.

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### **Medication Policy**

Staff can only administer medication prescribed by a doctor.

Over the counter medications must have written instructions from a doctor before staff can administer them.

The parent/guardian must complete a medication form, which is signed by both staff and parent/guardian.

All medications must be in the original containers and be clearly labelled.

Medications will be stored in a locked box.

### **First Aid Treatment Only**

If first aid treatment is required, staff will:

1. Provide first aid treatment.
2. Acknowledge the child's feelings.
3. Provide close supervision to ensure the child does not require further first aid or medical treatment
4. Complete an Incident/Accident report form.

### **Non-Emergency Medical Attention Required**

If medical attention is required, staff will:

1. Contact the family/guardian.
2. If the family/guardian is not available, staff will contact one of the emergency contact(s).
3. If the family/guardian or emergency contacts cannot be reached, contact the child's doctor.
4. If the child's doctor is not available, proceed as if it is an Emergency Medical situation.

### **Emergency Medical Attention Required**

Staff will:

1. Call and request an ambulance.
2. If emergency medical attention is required, qualified staff will administer First Aid until the ambulance attendants arrive.
3. Contact the family/guardian and arrange to meet at hospital.
4. If the family/guardian is not available, staff will get hold of the emergency contact(s) and arrange to meet at the hospital
5. Provide doctor and family/emergency contact with information about the emergency.
6. Complete an Incident Report and process.

### **Fire Drills**

Evacuation procedures will be explained to the children and fire drills will be practiced monthly and recorded.

Evacuation plans are posted at the exit doors within the child care facility.

### **Procedures:**

Call Out FIRE, FIRE, FIRE

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All staff will gather the children and go to the closest safe exit, children and staff will gather at the MUSTER STATION located on the SW corner of the playground, where the Team Leader will take attendance. The Team Leader will gather the tablets, and take the emergency evacuation backpack out of the Building.

The director will check all the rooms in the building to ensure there are no children or staff in them. The director will call 911.

Check all children for any signs of medical/emotional distress.

Call 911 for medical attention if needed.

Check children for signs of medical/emotional distress every 5 minutes.

Take the children to the Area located at

The director will call families to notify them of the situation and ask for their child/ren to be picked up.

The director will call licensing direct to inform them of the situation.

The director will fill out the incident report for licensing.

### **Centre Closure & Emergency Disaster Procedures**

In case of fire, water failure, extreme weather conditions or an evacuation due to safety of the facility, the centre may have to close. The staff will care for children until families/emergency contact(s) have picked them up. Evacuation Procedures will be posted at the exits and carried out as written. If the centre needs to be evacuated, staff will begin the emergency evacuation procedure. If the centre closure lasts for more than day, parents will receive a credit on their next month's bill.

### **Emergency Preparedness Plan**

***The program has an emergency preparedness plan which is posted on the parent board.***

#### **Extreme Heat**

In the event there is an extreme heat wave the program will remain open and we will follow these steps to ensure child safety:

We will take children outdoors in the early morning hours when it is coolest.

We will have plenty of shaded areas available for the children to play.

We will apply sun screen to those children that have parental consent.

We will offer and have many opportunities for children to hydrate.

We will keep the children indoors from noon to closing as this is the hottest part of our days.

We will turn on air conditioner.

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### **Personal Safety**

#### **Visitors to the Program**

Due to COVID visitors are not allowed in the centre when the children are present.

If the facility is used during the evening it will be cleaned and disinfected before the children arrive the next day.

When dropping off or picking up your child/ren please ring the door bell and a staff member will greet you at the door.

Please ensure you are wearing a mask and standing on the masking tape line near the main entrance.

#### **Suspected Child Abuse**

As required under the Child, Family and Community Services Act, if staff has reason to believe that a child has been or is likely to be physically or emotionally harmed, neglected, sexually abused, or sexually exploited by a parent or other person, the staff will “report” to the Ministry of Children & Family Development (MCFD)

If unsure, staff will call the Ministry and speak to the intake worker (The decision to investigate is always in the hands of the ministry).

Staff will document and date all observations which will be kept in the child’s file.

If a child discloses being at risk or likely to be at risk, staff will contact MCFD and report.

Staff will not interview children but reassure them.

#### **Suspected Child Abuse while at the Centre**

Staff will take steps immediately to protect children from the person alleged to have or likely to abuse them.

Staff will contact MCFD and Community Care Facilities Licensing (CCFL) immediately as required by law.

The Manager will also contact the EVCSS Executive Director

The Manager will work with the Board, MCFD and CCFL to ensure the safety of the children.

#### **Apprehension by MCFD**

The Child, Family and Community Services Act defines when a child is in need of protection. Decisions related to how, when and where MCFD apprehends a child rest with the Ministry.

When a Social Worker from MCFD intends to apprehend a child in the program, prior to the child being removed, the program staff will verify with the Ministry’s Protection Team Leader that the social worker has the authority to remove.

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MCFD is responsible to make all reasonable efforts to notify the child's family of the apprehension.

### **Conflict Resolution**

Families are encouraged to discuss questions or concerns regarding all aspects of the program with staff. If an issue arises, the goal is to resolve differences of opinion and find acceptable solutions.

The following steps will be taken:

Step 1. Enrolling parent/guardian will meet with the Manager to define and recognize point of view.

Step 2. Solutions and/or appropriate resources are identified.

Step 3. Both enrolling parent and Manager will agree to a plan.

Step 4. If all parties cannot agree to a plan, other child care arrangements may be required.

The enrolling parent may appeal in writing to the Eagle Valley Community Support Society Board of Directors only if Steps 1, 2 & 3 were followed. If there is no resolution with the Board, other child care arrangements will be required.

## **Strong Foundations**

### **Communicating with Families**

Staff will maintain a bulletin board in the pickup/drop off area to share information with families. The board will list the following information:

Menu for the day.

Highlights of the day's activities.

Staff will respond to parents' requests for information on the program.

Family meetings with your child/ren's educator will be set up about once every 6 months, although parent may request a meeting at any time.

### **Program Evaluation**

Evaluations from parents/guardians will be requested annually.

Staff will evaluate the program every 6 months using a tool called Early Childhood Environmental Rating Scale. (ECERS)

Licensing documentation will be posted on the parent board after every licensing visit.

The Manager will use a quality enhancement plan to create short, intermediate and long-term goals for the centre.

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### **Pick up/Drop off Policy**

If someone other than an authorized person is picking a child/ren from the child care program families must provide written consent to the director prior to releasing a child to someone other than an authorized person. Once written consent has been received the director will leave instructions for pick up in the staff communication book.

### **Fee and Late Payment Policy:**

Full payment of fees is required and to be received from the parent/guardian on the 1<sup>st</sup> of each month.

Families receiving BC Child Care subsidy must have the subsidy authorization in place, or the first month's fees paid before a child may attend the centre.

On the 5<sup>th</sup> business day of the month, a late fee of \$10.00 per child will apply in addition to each day thereafter until fees are paid.

If all outstanding fees are not paid in full by the 10<sup>th</sup> of the month, the center will immediately terminate care.

### **Child Care Subsidy**

Some families are eligible for child care subsidy, (based on income and family size) from the Ministry of Children and Family Development. Families are responsible for the entire cost of care even if applying for subsidy. The director will remind families when they need to renew their subsidy, however it is the responsibility of parents to keep their subsidy up to date.

### **Withdrawal Policy**

The parent/guardian is required to give the child care Director one month's written notice of termination of childcare. This notice of termination must be given on the 1<sup>st</sup> of the month. If parents do not give a one month's written notice, they will be charged a fee equivalent to one month's child care fees.

### **Vacation or Leave Policy**

Your registered space is held for your child, no other child can fill it, therefore parents/guardians must agree to pay the full monthly fees regardless of days missed for vacations, illness, or any other reason.

### **Fee Changes:**

If there is a change in fees the director will provide families with 2 months written notice.

### **NSF FEE Policy:**

There will be a \$40.00 fee for all payments that are returned NSF. Parents are responsible to pay this fee along with the child care fee in cash or E-Transfer. Late fees will also apply as per the Fee & Late Payment Policy.

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### **Late Pick-up Policy:**

It is the responsibility of the parent or guardian to inform the centre if they will be unable to pick up their child before 5:30pm.

Staff must be compensated in fifteen-minute increments for any time past their regular hours in our program. If you are two minutes late beyond our normal closing time picking up your child, the staff member is entitled to ask the employer for extra pay. This happens because after you have picked up your child, that staff member can only then begin her/his round of checks to ensure all is in order before locking and leaving the building. This Late Fees Policy ensures the operator can recover at least a portion of what the late pick ups cost.

Parents will be charged \$3.75 for every 5 minutes or portion thereof beyond our normal end of day. If a parent picks up a child beyond 5:30 at all, but within the first 5 minutes, they will be charged that rate, and it will double for every 5 minutes or portion thereof until the child is picked up. We will always go by the clock in the main hall of the child care building. It is checked regularly for accuracy. The example below shows how this is applied. Notice of a rate change will be managed using the same policy we have for fee changes. (2 months notice)

Example of late fee costs:

5:30 – 5:35 = \$3.75

5:30 – 5:40 = \$7.50

5:30 – 5:45 = \$11.25

5:30 – 5:50 = \$15.00

As per our Pick-Up Policy, if the child has not been picked up within one hour of closing, and we have not been able to contact the parent or emergency contact for confirmation that someone is on their way, we will be contacting the Ministry of Children and Family Development.

### **Guidance**

Our goal is to provide an environment in which each child feels safe and secure, develops friendships and social skills. Each child is encouraged and supported to develop positive adult and peer relationships. Families can expect staff to:

Model appropriate, respectful behaviour at all times.

Promote social skills development including self-esteem and self-discipline, self-help skills, shared responsibility and decision-making.

Encourage children to cooperate, be empathetic and to meet centre expectations.

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Supervise children at all times.

### **Staff will:**

Establish clear, consistent, and simple expectations and implement appropriate consequences if required.

Work with the children to establish additional group expectations.

Acknowledge children's feelings and demonstrate respectful affection and caring to each child.

Discourage aggressive play and assist children to learn and practice resolving conflict.

Offer choices that are developmentally appropriate.

Use verbal direction and redirections.

Develop individual care plans for children who require additional support.

### **COVID Policy**

Little Bears Child Care Program will follow Public Health Guidance for Child Care Setting. Our Covid Safety Plan is posted on our website. Please take the time to review it.

## **Nutrition Health & Wellness**

### **Nutrition**

Little Bears Child Care Program will provide morning and afternoon snacks and lunch.

A rotating menu will be used and may be changed for seasons and as children seem ready for new foods. Daily menus will be posted on the parent board. All food provided to the children will be in accordance with the Canada Food Guide.

- Plenty of vegetables and fruits
- Protein foods
- Whole grains
- Water is drink of choice.

Most foods will be produced on site, and as much as possible, won't include ingredients not required for good health.

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### **Health & Wellness**

All children will have their own wellness baskets, which will include:

A toothbrush

Toothpaste

Comb/brush

Face cloths (These are changed each time they are used)

**Children will wash their hands as often as possible.**

Before and after each meal

Before and after playing with sensory materials i.e. playdough, water, sand etc.

After using the toilet

After coming in contact with body fluids

After playing outside

*Thank you for placing your child with the EVCSS Little Bears Child Care Program, and remember, we are all part of your child's team of educators and supporters, so keep us informed, and never be afraid to ask questions.*