



# Little Forest Dwellers

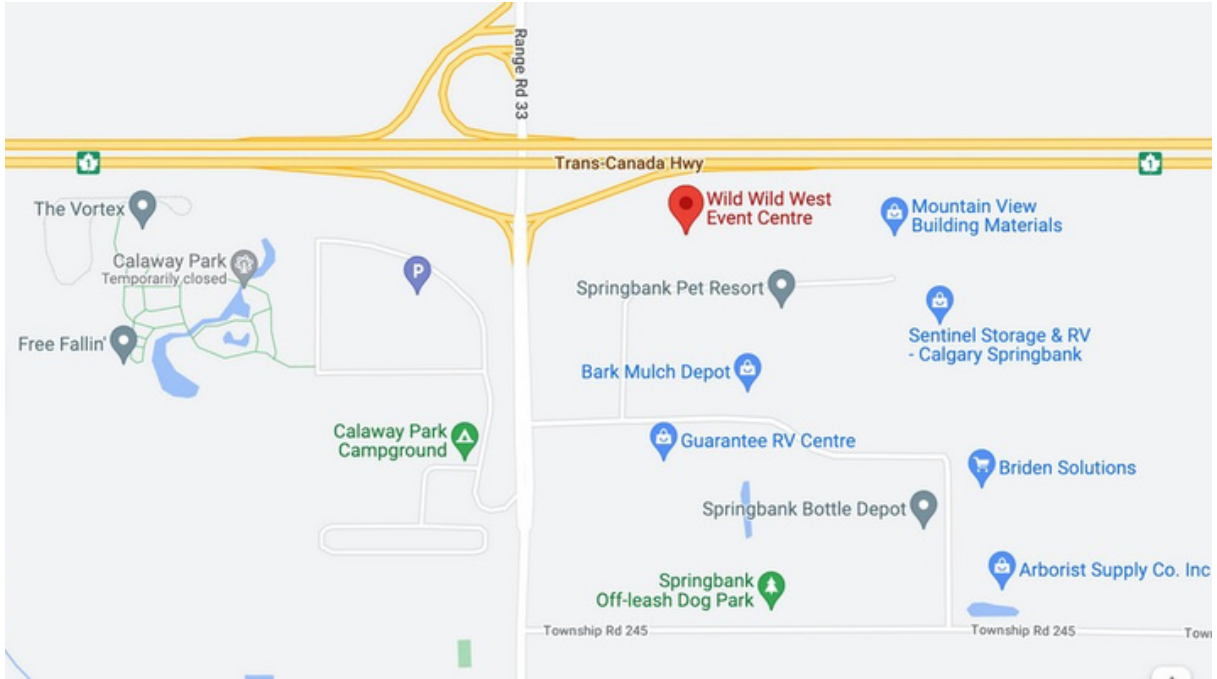


**Parent Handbook**



# Location and Parking

We are located in the Wild Wild West Center at:  
**67 Commercial Court**



We are located in the Western Center building.



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# What is Little Forest Dwellers?

Little Forest Dwellers is a play-based, child-led Early Learning Center with an emphasis on outdoor, nature-responsive learning.

We provide a safe, caring, and welcoming environment for children to spend their day. Our practice is guided by Flight: Alberta's Early Learning and Care Framework.

We support play and learning experiences that are child-led, exploratory, engaging, and encourage care for self, others, and place. Our children spend the majority of their day exploring and playing in our purposefully designed outdoor play space. Our playful learning experiences are hands-on, and develop a life-long relationship with the natural world. Our aim is to foster and facilitate a sense of wonder, curiosity and empathy. We support all aspects of emotional, social and physical well-being. We encourage and support age appropriate risk taking and promote holistic development that fosters resiliency, confidence, independence and creativity.

We view each child as unique, valuable, and competent. We believe they are entitled to experience risk and challenge, to choose, initiate and drive play experiences, and to develop strong positive relationships with themselves, others, and the natural world.

# Benefits of Play-Based Learning



## Communication Skills

When playing with other children and adults, children learn to communicate effectively, and listen intently. Participating in play where conversation is encouraged in a natural way can be especially effective in boosting their communication skills.

Individual play, where the child is guiding their own narrative, encourages communication growth. Often, children will speak to themselves and the toys they're playing with, enacting multiple sides of conversation, and participating in active language scenarios.



## Social and Emotional Development

When children play with other children, they learn to cooperate, communicate and engage with their peers. These interactions give them the ability to develop relationships, and nurtures their sense of emotional and social intelligence.

Educators can encourage children to work through common emotions and scenarios (both positive and negative) which in turn strengthens the way they are able to interact and cope with the world around them. When they are playing 'family' or 'doctor', they are demonstrating empathy, responsibility, and an awareness of their relationships with those around them.

Playing also serves a purpose we too often overlook - stress relief. While children might not communicate stress in the way most adults do, they are constantly internalizing elements of their environment. Play acts as a form of therapy, and participating in calm, facilitated play allows them to work through their stressors in a healthy, productive way.

# Benefits of Play-Based Learning

## **Motor Skills**

Activities like climbing, running, jumping, and throwing help children develop strong gross motor skills, core strength, hand-eye coordination, and encourages a strong sense of balance. Activities like colouring, drawing, crafting, and playing with small world items encourages and develops fine motor skills.

## **Creativity and Imagination**

Play and playful learning foster a sense of creativity and allow children to navigate so many scenarios in their lives—both real and imagined.

Whether they are pretending to be a doctor, acting like the mother to their teddy bear “babies”, or flying a cardboard box airplane, children are acting as creative problem-solvers, and demonstrating the skills that come naturally to them. Likewise, they develop the ability to see potential in the world around them, while baking cookies with play dough, and turning blankets into capes.

## **Critical Thinking and Problem Solving**

As children interact with the world around them, especially in ways that inspire their creativity and critical thinking skills, they learn to become effective problem solvers. From planting seeds in their community garden, to helping bandage an imaginary scrape, to reading about the emotions of others, they see cause and effect, and begin to notice both the patterns around them, and the consequences of actions, both simple and complex. They see connections between themselves and their surroundings, and the lives of those around them. They begin to predict outcomes, and start to consider a variety of choices and actions.

# Benefits of Outdoor Learning

High-quality outdoor learning experiences are proven to:

-  Develop reflective and inquisitive thinking along with problem solving approaches in 'real' situations
-  Encourage holistic development of children
-  Develop resilience and adaptability in occasionally adverse circumstances
-  Allow children to become more able to identify hazards and risks and develop risk assessments
-  Develop a love, appreciation and respect for nature and all that is living, which develops empathy for all life
-  Develop an understanding of how we can look after our environment
-  Develop self-awareness, confidence and self-esteem
-  Develop collaborative-working and communication skills provide positive health benefits, both physically and mentally and assist gross and fine-motor development
-  Develop a lifelong love of the outdoors

# Benefits of Mixed Age Groupings



## **Nurtures Early Childhood Learning and Leadership**

By allowing younger children to learn more from older playmates, little ones gain more emotional support and social learning from older children than from those near their own age.

The older children also get to practice nurturance and develop vital leadership skills by caring for their younger playmates.



## **Establishes a Sense of Uniqueness**

Compared to same-age learning environments where each child has to keep the same pace as other children, mixed-age groups allow children to find their own voice and move at their own pace.

Teachers encourage children to focus on what they can do rather than what they can't do. It motivates children as well as helps nourish their own strengths and abilities in a better way.



## **Makes Children Cooperative than Competitive**

During learning sessions and fun activities, they learn to care for themselves as well as their peers while they learn together.



## **Grows Confidence in Children**

Children in mixed-age groups feel a greater sense of security since they are always surrounded by someone higher or lower than them in experience. Having someone to motivate them gives children the confidence they need to move forward.



## **Introduces New Ways to Develop and Grow**

In a mixed-age room environment, each child is presented with ample opportunities to strengthen their weaknesses and develop solutions as they observe, interact, and grow.





# DAILY RHYTHM

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## (Toddler Age)

**OUR FULL DAY IS FROM 7AM-5PM**

Try to drop off your child by 9AM to allow them time for indoor free play and snack.  
Pick up time is between 3-5PM

All activities will be held outdoors when weather permits.

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**7-9 AM Indoor Free Play & Exploration**

**Time and space to Play, Create & Explore**

This is a child-led opportunity for free play inside.

**9 AM AM Snack**

**9:30 AM Bathrooms, Dressing and Outdoor Transition**

**10 -11 AM Outdoor Play & Exploration**

**Time and space to Play, Create & Explore**

This is a child-led opportunity for free play outside.

**11:15-11:45 AM Lunch**

**12-2PM Nap Time / Quiet Time**

Our children who take naps will sleep in our nap area. Children who do not nap will rest for a short period and then choose from quiet activities or go outside (in warm weather).

**2-2:30 PM PM Snack**

**2:45-3 PM Bathrooms, Dressing and Outdoor Transition**

**3- 5PM Outdoor Play & Exploration**

**Time and space to Play, Create & Explore**

This is a child-led opportunity for free play outside.



# DAILY RHYTHM

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## (Preschool Age)

**OUR FULL DAY IS FROM 7AM-5PM**

Try to drop off your child by 9AM to allow them time for indoor free play and snack.  
Pick up time is between 3-5PM

All activities will be held outdoors when weather permits.

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**7-8:30 AM Indoor Free Play & Exploration**

**Time and space to Play, Create & Explore**

This is a child-led opportunity for free play inside.

**8:30 AM AM Snack**

**9:00 AM Bathrooms, Dressing and Outdoor Transition**

**9:30 -11:30 AM Outdoor Play & Exploration**

**Time and space to Play, Create & Explore**

This is a child-led opportunity for free play outside.

**11:30 AM-12 PM Lunch**

**12-2 PM Nap Time / Quiet Time**

Our children who take naps will sleep in our nap area. Children who do not nap will rest for a short period and then choose from quiet activities or go outside (in warm weather).

**2-2:30 PM PM Snack**

**2:30-3 PM Bathrooms, Dressing and Outdoor Transition**

**3- 5 PM Outdoor Play & Exploration**

**Time and space to Play, Create & Explore**

This is a child-led opportunity for free play outside.

# Behavioural Guidance Policy

Early years settings are unique in that children are just starting to learn to be in charge of their behaviour. The Little Forest Dwellers staff are committed to creating an environment where children can navigate this with love, kindness, and consistent guidance.

We believe it's important for children to understand the emotions that lead to their behaviours, understand the consequences of harmful behaviours, and to learn self-regulation strategies to help guide them towards positive behaviours.

We do not use any form of physical punishment or negative discipline. Yelling, threatening, spanking, restraining, neglect, deprivation, embarrassment, or anything that would bring physical, emotional, or social harm to the child is unacceptable.

Our Methods of Guidance are research-based and in best practice. We respond to behaviours with insight, patience, and sensitivity. Behaviour guidance is facilitated in a positive and caring manner to ensure the fostering of each child's self-esteem. Minor behavioural issues are dealt with daily by staff. If a recurring behavioural issue arises, parents will be notified by our staff and we may develop a learning support plan. In the event that a child's behaviour becomes a safety issue, care may be terminated at the Director's discretion.



## Methods of Guidance:

Methods of Guidance are individual to each child's needs, cultural background, and stage of development. Every attempt will be made to provide choices, and to encourage and acknowledge appropriate conduct. Staff members are encouraged to use a variety of methods of guidance depending on the child and the situation; in some situations it may be necessary to use several different methods before a situation can be resolved satisfactorily.

We strive to provide a safe and supportive learning environment and therefore each child will be supported in developing positive relationships with peers and caregivers through the following strategies:

# Behavioural Guidance Policy

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## **Stating Expectations Clearly and Positively:**

Expectations will be stated clearly in simple language understood by children, and reinforced through positive praise. The focus is on what they can do, not what they can't do.

## **Structuring the Environment:**

We will provide adequate space, materials, and arrangements of the environment to limit conflict. We will implement varied and developmentally appropriate activities that allow voice and choice.

## **Modeling:**

Caregivers will model appropriate social behaviours and problem-solving skills.

## **Redirection:**

Children will be redirected to another activity, toy or area within their classroom or outdoor space.

## **Logical and Natural Consequences:**

We will explain natural and logical consequences.

*Example: a child is throwing sand at other children in the sandbox*

Natural consequence: "You threw sand at \_\_\_\_\_ and it got in their eye."

Logical consequence: "If you keep throwing sand, you will have to play in another area to keep others and yourself safe."

## **When Developmentally Appropriate:**

### **Encourage Problem Solving and Choice:**

Caregivers will encourage children to solve their own problems whenever possible. Children will be given choices that lead to appropriate behaviour.

### **Restorative Practice:**

Caregivers will help the child brainstorm ways that the child can restore a connection with the other child(ren).

# Behavioural Guidance Policy

*When unexpected behaviours occur and children need to be stopped, redirected, or removed from a situation, staff will:*

1. Remain calm and obtain the child's attention by stating his/her name, lower down to their level, establish eye contact where appropriate, and speak in a calm, controlled voice.
2. Help the child gain self-control. It may take several minutes to calm a child before we can talk to them and resolve the situation. We may use physical touch (hugging, rubbing their back, placing a firm hand on their shoulders to help ground them, holding their hand) and verbal affirmations to show the child we are there *with* them and are there *for* them.
3. Acknowledge the child's feelings while reminding them of boundaries. For example, "I know you are upset, but biting hurts. I cannot let you hurt \_\_\_\_\_".
4. Focus on the behaviour (biting hurts) and not on the child (you hurt your friend). This protects the child's self-esteem by letting them know that even though their behaviour is not okay, they are not a "bad" child.
5. Reassure the child that they are valued and cared about, and their feelings are normal and important.
6. **When developmentally appropriate**, help them identify the physical responses to emotions, and ask the child what they could do next time they are feeling that way. Ask them how they could make the situation better for the other child (restorative practice).
7. Help them get settled into a new activity by offering a choice of appropriate alternatives or providing a redirection.

# Health and Nutrition

Parents/Guardians are required to provide meals and snacks for their children in the program. We currently do not have any students or teachers with allergies, so you are allowed to bring all food items to school unless otherwise notified.

Parents must pack a morning snack, a lunch, and an afternoon snack. Please ensure all snack and lunch boxes are **labelled with the child's name**. We have a microwave and refrigerator on site for snack and lunch items.

**Please ensure that food portions are well cut up in safe bites to avoid choking hazards. Please do not send hard candies.**

If you drop off early in the morning and/or pick up later in the day, you may wish to bring an extra snack.

# Administration of Medication

A child requiring administration of prescription medications will require a completed 'Permission to Administer Medication' form. Prescription medication must be prescribed by a physician, in the original container and labelled with the child's name, name of medicine, dosage, and administration instructions. Administration of medication will be documented and kept with the medication. This includes Emergency medications such as inhalers or Epipens.

Child care staff will not administer over-the-counter medication.

# Sunscreen Policy

As per Health Canada recommendations, sunscreen should be

- Broad-spectrum (protects against both UVA and UVB rays)
- SPF 30 +
- water resistant
- not expired



# Fee Information

## **Parent Fee Agreement:**

Please refer to the "LFD Fee Schedule" for an outline of our fees, including information about how fees are calculated based on the affordability grant.

## **Late Payment Fees**

You will receive an invoice in the 3rd week of every month and your payment is due by the 1st day of the month. Payments can be made by cheque or email transfer to [payments@littleforestdwellers.ca](mailto:payments@littleforestdwellers.ca). Late payments are subject to a \$10/day late fee.

## **Late Pick-Up Fees**

Our hours of operation are 7AM – 5PM. Our staff will warmly open the doors at 7:00AM and no earlier. Our staff will need your children picked up by 5:00PM. In the event you pick up later than 5PM, a \$1/per minute late charge will be added to your next month invoice.

You must still pay your fees even if your child has missed days due to illness, vacation, family days, or due to COVID-19 isolation/in the event of a COVID-19 positive test result.

# Withdrawal Policies

## **Withdrawal Policy**

The Director of Little Forest Dwellers requires one calendar-month written notice if you are no longer requiring care for your child. You are required to pay your fees for the remainder of the month you have given notice in, as well as the following month.

For example: If you provide your written notice on December 8th, you will be required to pay your fees for the next calendar-month. In this case, you would be responsible for paying your fees for the full month of January.

This policy is in place to allow us adequate time to find a replacement, as it is very difficult to fill childcare spaces mid-month. Thank you for your understanding with this matter.

## **Termination of Care Policy**

If there is an unfortunate instance where the Little Forest Dwellers team has decided we are no longer able to provide care for your child, we will notify you with 2 weeks written notice. In the event that we must terminate care immediately due to safety reasons, no notice period or refund will be issued.



# Change of Days

In the event you wish to change, remove, or add days, the Director of Little Forest Dwellers will require one calendar-month written notice in order to make changes.

Although we will try our best to accommodate a switch or addition of days, we cannot guarantee availability. If the required days are unavailable, you can be added to the waitlist for those days.

In the event you wish to remove days, we may not be able to hold your space, as it can make it challenging to fill our enrolment. In this case you would have the option to keep your enrolled days, or withdraw following the withdrawal policy.

# Drop-in Days

Little Forest Dwellers may offer drop-in days in addition to days enrolled. This is subject to available spaces, and can be booked by emailing the Director.

# Closed Days

We are closed on weekends, holidays, and on professional development days. We are closed for one week for Winter break.

All of our closed days are paid days. If you are regularly scheduled that day of the week, it will be part of your invoice. This allows our staff to be paid while they enjoy some much needed time off.





# Calendar of Closed Days

## 2023

### JANUARY

S	M	T	W	T	F	S
	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### FEBRUARY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

### MARCH

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### APRIL

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30						

### MAY

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### JUNE

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### JULY

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### AUGUST

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### SEPTEMBER

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

### OCTOBER





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22	23	24	25	26	27	28
29	30	31				

### NOVEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

### DECEMBER

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

-  STATUTORY HOLIDAY
-  WINTER BREAK
-  PROFESSIONAL DEVELOPMENT DAY
-  STAFF MEETING (4PM CLOSURE)



# Health & Well-being Policy

## **Health and Well-being Policy:**

In order to ensure staff, children, and families are as healthy as possible, we have strict Wellness Protocols for children who show signs of illness. These protocols are in place in order to reduce the spread of illness, and ensure we can remain open as a center.

Along with following the protocols, we ensure a clean and sanitized space at Little Forest Dwellers. We follow and exceed Alberta Health guidelines for cleaning.

## **Hand Washing Protocol for Staff and Children:**

We enforce strict hand hygiene and respiratory etiquette.

All children in our center are required to participate in daily hand washing routines. This includes washing their hands when they arrive, before and after meal times, after using the bathroom, and after coming into contact with bodily fluids.

We also teach children how to cover their mouths during a cough and sneeze.

These practices greatly minimize the spread of communicable diseases in our center, especially during flu season. Our goal is to maintain a safe and healthy environment and encourage children to continue this habit at home.

# Covid-19 Guidelines

## **COVID-19 GUIDELINES:**

You can access the most current information on [alberta.ca](https://www.alberta.ca).

Masking and distancing policies will depend on local guidelines and regulations, and may change without notice (if local regulations require it).



# Wellness Protocols

SYMPTOM	DETAILS	PROTOCOL
Severe Illness	Lethargy, irritability, persistent pain/crying obviously infected nasal discharge/mucus	Stay home until assessed by a physician or the symptoms are resolved
Vomiting	Two or more episodes of vomiting at home in the last 24 hours, one episode at school	Stay home until the symptoms resolve for 24h or until assessed by a physician
Diarrhea	Including loose stool and/or stomach pain	Stay home until the symptoms resolve for 24h or until assessed by a physician
Fever	With a fever of 38.0 degrees C or higher	Stay home until the symptoms resolve for 24h or until assessed by a physician
Wheeze/Cough	Or any difficulty breathing	Stay home until the symptoms resolve or until assessed by a physician
Pertussis	Fever, exhaustion, whooping cough	Stay home until 5 days after antibiotic treatment has been completed, until 3 weeks after onset of symptoms, or until the coughing has stopped
Unknown Rash	Any rash or unknown skin abnormality	Stay home assessed by a physician and told the rash is not contagious
Impetigo Rash	Reddish sores often clustered around the nose and lips, often with yellow scabs/blisters	Stay home until 24 hours after antibiotic treatment has been initiated
Chicken Pox	Round, itchy blisters/scabs, fever, headache	Stay home until they feel well enough to participate in all activities
Rubella	Blotchy pink rash, red eyes	Stay home until at least 4 days after onset of the rash, or up to five to 7 days at the option of local health authority
Measles	Fever, red blotchy rash, red eyes, runny nose, cough/sore throat	Stay home until 4 days after the appearance of a rash
Hepatitis A	Fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, jaundice, dark urine	Stay home until 14 days after onset of illness or 7 days after onset of jaundice
Mumps	Fever, headache, puffy cheeks, swollen glands	Stay home until nine days after onset of parotid gland swelling
Mouth Sores	Lesions on the lips, cheeks, gums, tongue, and floor and roof of the mouth	Stay home until a physician has determined that the symptoms are non-infectious
Infestations	Scabies, Head Lice, or other Infestation	Stay home until appropriate treatment has been completed
Conjunctivitis	Pink eye: red eye, and red lining	Stay home until 24 hours after antibiotic treatment has been initiated.
Strep Throat	Throat pain and red, swollen, infected tonsils	Stay home until 24 hours after appropriate antibiotic treatment & end of the fever

# Illness Protocol

## **Protocol for On-Site Symptoms**

A receiving staff member, who notices any of the above symptoms when a child arrives, will ask the parent or the person dropping the child off, to take the child home or to a doctor for a note confirming that the child's health is not infectious. If symptoms occur during the day, parents will receive a phone call or ClassDojo message asking to pick the child up.

## **Sick children are expected to be picked up as soon as possible.**

We understand this can be frustrating, but will not tolerate any form of harassment towards our staff. We sympathize with the challenges it may cause, and are only doing our job by complying with Child Care Licensing and Alberta Health Services Regulations. This is for the Health and Safety of all the children and staff at our Center. We will refer parents to a Representative from AHS or Child Care Licensing if they have questions about our Policy or the Regulations we are required to comply with.

\*Please note: If your child is not feeling well enough to attend school or participate in ALL Day Care activities (eg: going outside) it is requested that your child be kept at home. Please do not ask our staff to keep your child inside. This is not an option as we need to adhere to the legal and necessary Child/Staff ratio. A child's illness can result in greater care needed than the child care staff can provide without compromising the health and safety of the other children.\*

## **Supervised Care for Sick Children:**

All sick children will be cared for in a quiet area of the classroom and kept as far away as is practicable from the other children. A child will be removed from other children if the child is believed to be ill from an infectious disease and supervised by a primary staff until the arrival of parents or guardian. Our program will ensure that the sick child is directly and safely supervised by a primary caregiver, who will provide the appropriate care needed to keep the child comfortable until their parents /guardian arrives.

# Emergency Protocol

In the event a child requires emergency medical care, one staff member will be assigned to monitor the child while another staff member calls the appropriate emergency medical service. A staff member will then call the parents/guardians, and in the event they cannot be reached, we will call the emergency contacts listed on your intake forms.



# Inclement Weather

## Dress for Success

Little Forest Dwellers is committed to working with staff, parents, and children to ensure all community members understand how to properly dress for the outdoors in all seasons and weather conditions. A review of clothing expectations and understanding of weather policies will be reviewed with children and families upon the arrival of each new season. This information will be sent out in our monthly newsletter, through ClassDojo message reminders, and displayed in our entryway.





Children will work toward independence in knowing what clothing is appropriate for the day's weather and in making good clothing choices. On the occasion that a child is not dressed appropriately, a resource of extra clothing will be kept onsite. If there is still insufficient clothing for a child to be safe outdoors, the parent will be contacted and asked to bring clothing.

## Most Accurate Information

The weather forecast is monitored each morning and throughout the day when deemed appropriate using both Environment Canada and at the site location for temperature. The most accurate weather forecast is found by looking up the Springbank Airport Weather, or by doing a location search for Calaway Park.

## Inclement Weather Policy

Our program will be held indoors when the weather forecast calls for:

-  Lightning
-  Extreme winds
-  Hail
-  Temperatures below -25C or above 31C

When participating in outdoor activities or activities off-site, staff members will pre-plan and allow for timely and safe access to shelter.

# Emergency Closures

## **Storms and Extreme Traffic Conditions**

The center may close in the event of extreme weather conditions. Families will be encouraged to avoid driving in unsafe conditions. Unless a school closure has been announced, the indoor facility will remain open for the day and staffed appropriately provided it is safe to do so. In the event it is unsafe, parents will be notified via ClassDojo.

## **Closures Due to Weather Related Emergencies**

The center may close in the event we experience flooding, a loss of power, no access to water, a loss of heat, or if snow plows are unable to operate. Parents are encouraged to listen to local radio and TV stations for indications that other Springbank Schools and Childcare programs have been closed as Little Forest Dwellers will follow the public school closure protocol in the event of extreme circumstances.

## **Closures Due to Emergency Staff Shortages**

The center may close if there is not sufficient staff to operate safely and within licensing ratio regulations. In the event that staff members experience an emergency (illness, injury, family emergency), we will do everything we can to remain open and staffed.

Parents will be advised via email and ClassDojo for all school closures.

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**In the event we need to close for any of the above emergency situations, a refund or credit will not be provided.**

We recognize and apologize for the inconvenience this may cause.



# First Day: What to Expect

## Arrival/Drop-Off

A staff member will help you locate your child's cubby. This is where they will keep all their outdoor gear. We ask that indoor shoes be kept on top of the cubby and outdoor shoes be kept in the trays at the bottom of the cubby.

Children must wear indoor shoes while inside, as part of our safety protocols.

A staff will take your child's nap items, and will bring your child's spare clothes and diapering items to the bathroom, where your child will have another cubby.

In the entryway we have large tubs on a roller cart where you can put your child's lunch and snacks. The tubs are labelled accordingly. There is a smaller trolley for their water bottle. Staff will sign your child in electronically on a program called TimeSavr, which we use to track attendance. Once all their items are dropped off and they are signed in, a staff member will help with the transition to free play.

## Pick Up

You can pick up anytime after 2:30pm.

Unless we are following our inclement weather policy, we will be outside from 3-5PM. You have the choice of collecting your child's items before or after picking them up from the outdoor space. We ask that you take all items in your child's cubby home each day, with the exception of their indoor shoes. This makes it easier for us to clean and sanitize the areas. Their lunches will be ready to pick up in the tubs or will be located on top of their cubby when staff have the time to organize this. Water bottles are usually outside.

You will sign your child out on the same sheet they were signed in on. Please check the note section beside their name, as there are sometimes notes for supplies needed.



# Backpack List

## FOR ALL CHILDREN

- A water bottle
- 2 snacks (more if needed)
- A lunch
- 2 changes of clothes (full sets with extra socks and underwear) in sealable bags, labelled with their name. These will be changed out each season.
- Weather appropriate clothing and protection such as: rain/snow suit, gloves, mitts, balaclava, sunscreen, hat etc.  
\*When it is cold and wet please bring 2 sets of mitts/gloves if possible\*

Let us know if you want specific recommendations on gear.

## FOR CHILDREN WITH EMERGENCY MEDICATIONS

- Any medications must be in a sealed bag and given to staff to store away from children. It must accompany a Permission to Administer Medication form.

## FOR CHILDREN THAT ARE NAPPING/RESTING

- Blanket/sleep sack
- Comfort item

Please bring a blanket even if your child is not napping

## FOR CHILDREN THAT ARE IN DIAPERS/POTTY TRAINING

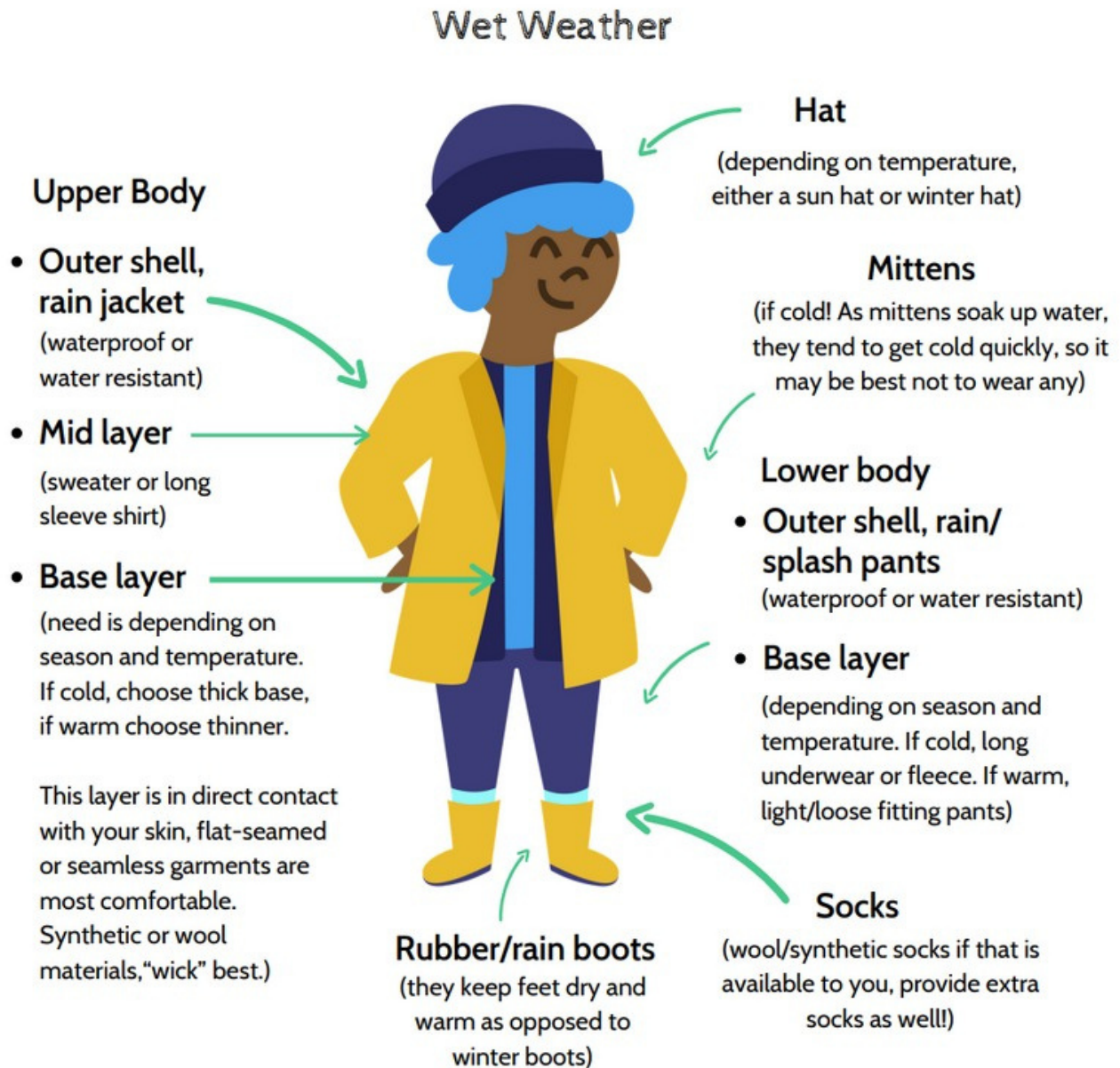
- Diapers (if they are cloth, please provide a wet bag)
- Wipes (2 packs to start)
- Diaper cream

**PLEASE MAKE SURE EVERYTHING IS LABELLED**



# Dress for Success - Wet

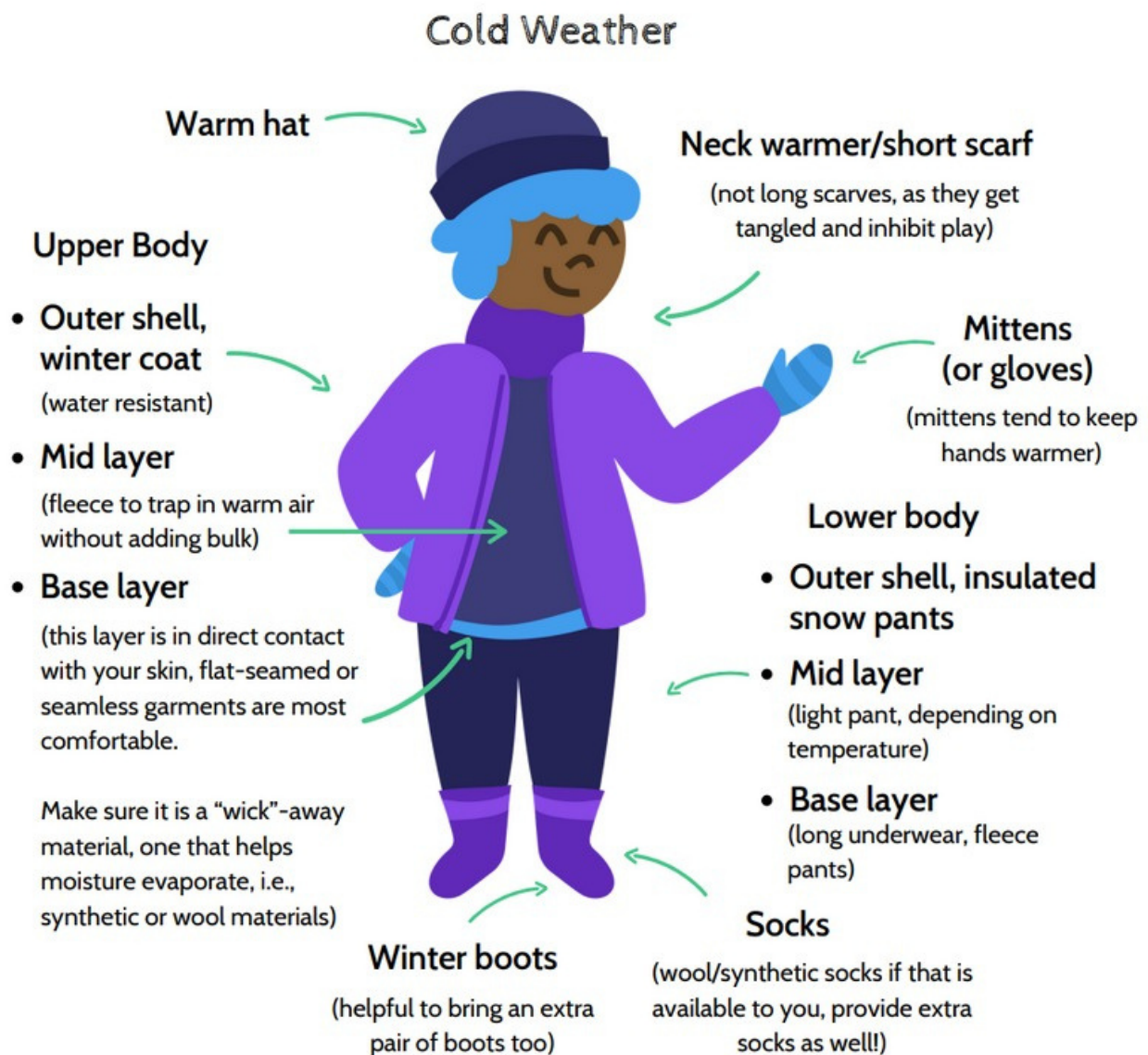
This includes rainy days, and days where there might be melting snow



## HELPFUL TIPS

- For educators, pack the following extra gear when in your kit/when out on a hike:
  - socks, mittens, 2-3 pairs of rubber boots, handful of grocery bags (these can be used to prevent further wetness, as they act as a protective layer in rubber boots/winter boots against further seepage. They can keep the new dry socks dry!)

# Dress for Success - Cold

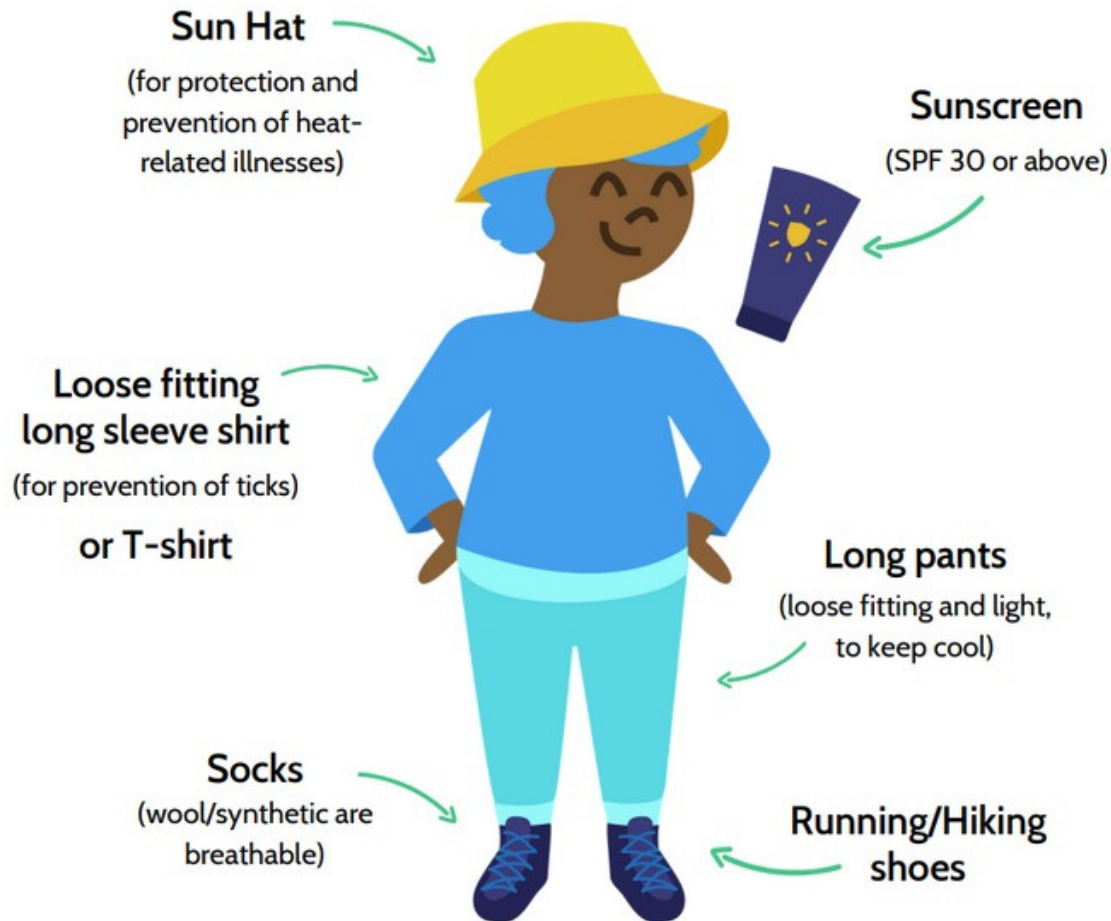


## HELPFUL TIPS

- Hand warmers and feet warmers work well for instant warmth and relief!
- For educators, pack the following extra gear when in your kit/when out on a hike:
  - Socks, mittens, 2-3 pairs of winter boots, handful of grocery bags (these can be used to prevent further wetness, as they act as a protective layer in rubber boots/winter boots against further seepage. They can keep the new socks dry!)

# Dress for Success - Warm

## Warm Weather



### HELPFUL TIPS

- TUCK IN all clothing - shirt into pants, pants into socks (for tick prevention)
- In your kit/when out on the land, pack bug repellent and sunscreen
- Pack extra clean hats and socks (in case someone needs dry ones)
- Bring spray bottles full of water to mist/cool down children/yourself
- Bring a water source for refills and cool downs



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