



September Policies & Changes

supporting independence

2

HOMERA DAYCARE

We will support your child's development by helping them become independent in a comfortable and familiar setting.

Physical independence increases a child's self-esteem and as they learn to manage by themselves it boosts their confidence. They will discover that they can change their own shoes, put on their own coats and even ask for help when they

need it. Of course, we will be there to help with a guiding hand when needed.

This increased confidence will help your child feel in control of their own learning and development. This contributes to their ability to focus as well as explore their environments and abilities.

Parents can help encourage and support



endence

independence by saying goodbye at the door. This will encourage your child to think about taking their jacket and shoes off as well as putting their lunchbox away in the lunchbox area by themselves.

Promoting independence can start from the clothing choices made at home. Shoes with velcro straps are easily put on and taken off, as are rubber boots. Pants

with buttons, snaps and zippers are tricky for little fingers to manage, whereas pants with elastic or drawstrings just need pulling up. It is often frustrating for children to ask for help when all they really want is to do it themselves.



Seated Snack Time

We are excited to introduce a new seated snack time. Each day at 4pm the children will be provided with a nutritious and balanced snack. The menu will generally be as follows with minor seasonal changes. Most if not all of the food will be organic or as close to organic as we can get them.

Monday: Grilled cheese on organic sprouted multigrain bread with seasonal vegetables/fruit

Tuesday: Chicken Quesadillas

Wednesday: Pancakes with seasonal fruit

Thursday: Lavash Bread with Cream cheese and cucumbers (noon o panir)

Friday: Organic penne noodles in a homemade marinara sauce



Share Snack

Children will all sit in a teacher led circle daily at 2 p.m. and share snacks with one another. This will encourage the children not only to share, but build a sense of comfort and community with their peers. Snack contributions can consist of either a piece of fruit (ie an apple), a vegetable, dried fruit, or crackers. Just one of the items is enough as everyone will be sharing, so for example, just one carrot is enough for the share snack.



Please no chocolate, gum, candy or chips in the lunches

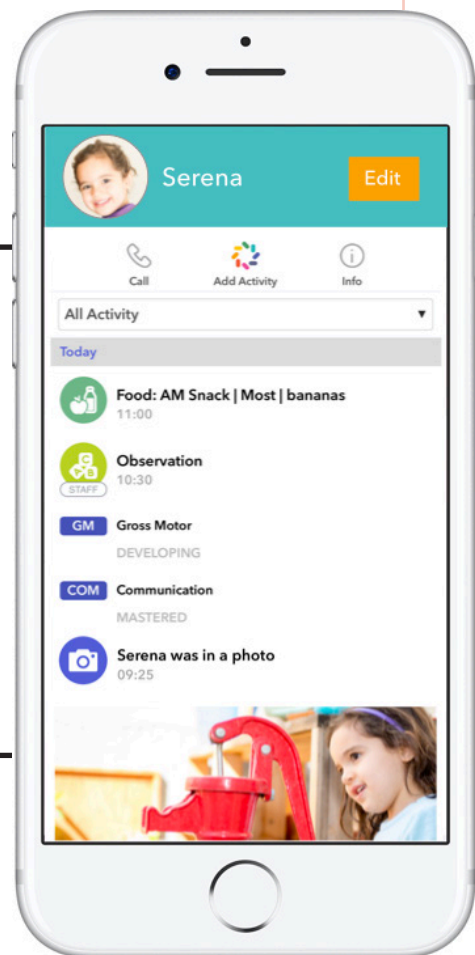


Daycare Policies

- No toys or stuffies at daycare please.
- We are a screen free facility, please keep phones or tablets at home.
- We will be taking children outside every day. Please ensure your child has the appropriate outdoor clothing: waterproof pants, jacket, boots
- **Punctual collection of your child is hugely appreciated.** We are heading into shorter days and by 6pm, younger children feel it is already very late. End of day pickup is 6pm, your punctual pickup time means staff can finish their day on time.
- Items such as nail polish should also be left at home.
- We will be charging a late fee of \$5 for every five minutes after 6pm.

New Technology

We are introducing the brightwheel app which will allow you to track what your child is doing throughout their day, as well as keep track of his/her progress in general. We will have more information on this when we reopen.



A photograph of a child and an adult in a room. In the foreground, a young child with curly hair, wearing a light blue long-sleeved shirt and blue pants, is sitting on a bed and looking up with a curious expression. A small red toy car is on their lap. In the background, an adult with dark hair, wearing a maroon shirt, is partially visible, gesturing with their hand. Behind them is a teepee structure with a black and white zigzag pattern. The room has light-colored walls and a window with white frames. The overall tone is warm and intimate.

Say Hello

Call, text or email
anytime!



1252 Hudson Street
Coquitlam, B.C.
Phone. 778-834-3096
Email. chamag23@hotmail.com