

# Welcome to the MTJB Preschool Program!

## Here are a few helpful tips before starting in the Preschool Room!

### Items to bring:

- Blanket (if they have a special one)
- Diapers/pull-ups and wipes (May bring a large amount)
- Indoor rubber soled shoes
- Full sets of extra seasonal clothing (at least two changes of clothes)
- If toilet learning; 5 changes of clothing, underwear, socks, and a pair of shoes. All clothing should promote independence (i.e., pants that are easy to pull up and down).
- Weather appropriate outdoor clothing for all seasons (Hats, Splash suits /Muddy Buddies for wet weather and snowsuits for the winter months are needed)

Please label all necessities you bring. Mabel's Labels are great labels that stick well in place. When supplies run low (diapers, wipes etc.) a notification will be sent Child Care Management App or a note posted on your cubby indicating it is time to replenish supplies.

Each child in the program will have a cubby space for their personal belongings. We will do our best to help the children keep track of their items however we are not responsible for lost articles.

Toilet training is a major learning experience that occurs while children are in child care. M.T.J.B. staff are in a unique position to assist with children's toilet training skills when the child shows an interest. At daycare, your Preschooler sees other children visiting the bathroom as part of our daily routine. This can create a powerful incentive and example. Shared experience with peers can benefit the child by helping boost the child's interest and desire to learn this skill.

The preschool children sleep on cots within the program space. Our staff members sit with the children rubbing their backs while the lullaby music plays. Preschoolers who have shortened rest periods will also be invited to participate in quiet activities in the "wakers" program while their friends sleep.

### Here is a little overview of our day:

Morning snack - 8:30 a.m.

Outside time range - 9:00 - 11:00 a.m.

Lunch - 11:00 a.m.

Nap - 12:00 – 2:00 p.m.

Afternoon snack - 2:30 p.m.

Outside time range - 3:00 - 5:30 p.m.

\*This is a general outline of our daily schedule. \*

We hope to make this transition as smooth as possible. We love to keep parents updated through a phone call to the centre, the Child Care Management App, and our program Facebook pages.

We are looking forward to spending our days with your child!

Your MTJB Team