



Rocking Horse Academy

WELCOMES you to FOALS I

WELCOME TO THE FOALS 1 CLASSROOM. We are very excited to have you as an addition to our family. Our teaching staff is a team, and we are devoted to you and your child. Feel free at any time to talk to us or write us a note, so we may answer any of your questions. We realize that parental involvement is especially necessary in Foals I. When families and teachers work together, wonderful things can happen. Our goal is to create a home-away-from-home atmosphere. Ensuring your child is comfortable in his/her surroundings is the best setting for an ideal educational experience.

Along with nurturing our babies, we strive to master skills appropriate for our age before moving to Foals II. These include rolling over, sitting up, sleeping in the crib, and eating 1 or 2 meals at school.

COMMUNICATION:

foals1@rockinghorseacademy.com

COMMUNICATION APP

As technology advances, so does the software available for Childcare Centers to communicate with families. Rocking Horse Academy subscribes to Procare. We use tablets in our classrooms to help us stay in touch with our families. It is essential that every family has an email address in order to receive notices and information from our teachers. Procare also has a convenient APP for your mobile phone devices. Below is a list of features offered on Procare.

FAMILIES	TEACHERS
<ul style="list-style-type: none">• Receive photos videos, notes by email• Download or share photos and videos of your children• Receive emergency alerts by text message• View your children's portfolio using our mobile application	<ul style="list-style-type: none">• Share photos, videos, notes to families throughout the day• Record meals, activities, naps, and more to daily reports• Post lesson plans• Take attendance• Record classroom visitations• Mark children sick or on vacation• View medical and birthday reminders• View child allergy and emergency information• View guardian and medical information

The Procure system is our way of ensuring safety and providing communication for all of our staff and families. Families may also send a note to the teacher letting us know anything that might help us to understand your child better or be more observant about. Make sure use Procure to send us any notes or give special instructions for that day. For example: “Motrin at 11:00” or “No juice today,” “Mark has a diaper rash.” You will be able to see when your child’s diapers are changed, what he/she ate, and if he/she needs any supplies. The teachers will post notes to you about your child’s activities and achievements.

Communication between families and the child’s teacher is vital. As a team of teachers, we try very hard to communicate with each other about what might occur before or after our shifts. The more you tell us about your child’s personality and how you manage behavior, the better we can partner with you.

EARLY GOALS INCLUDE:

- Sitting up by himself/herself
- Roll over from back to tummy
- Provide sufficient tummy time
- Promote crawling
- Adding cereal and baby foods to the diet

CLASSROOM SUPPLIES:

We are asking for the following items for each child:

1. Bottles with bottle caps labeled with first name and last initial prefilled with water & premeasured formula cup or breast milk in labeled packets
2. Extra food/formula/breast milk for emergency
3. Pacifiers without connecting clip (if you use them)
4. 2-3 changes of clothing---weather appropriate, including jackets/sweaters for walks
5. Diapers, wipes, diaper creams, teething gel (must be 4 mos. to use)
6. Sleeping Sack with zipper and sleeveless (optional) [Blankets are not allowed]
7. Gas drops, saline drops, nasal aspirator (optional)

8. Disposable or inexpensive digital cameras (optional)
9. 5 Family photos for our bulletin boards (optional)
10. Mobile or something for the crib (optional)

**PLEASE LABEL EVERY THING YOU SEND TO SCHOOL WITH
CHILD'S FIRST NAME AND LAST INITIAL**

CLASSROOM GENERAL RULES:

- ✧ Please send any special instructions or concerns to Procure, and we'll keep you informed about your child's day. Be sure to let us know about medications and sign those in at the front desk.
 - ✧ Be sure to provide and replenish extra clothing, underwear, and socks. Label everything with your child's name, especially jackets and sweaters.
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CUBBIES & DRESSERS:

Your child will have a cubby in the room and dresser drawer. The dresser drawer is for extra clothing and jackets, supply of diapers, extra wipes, extra formula, and other personal items. The cubby is by our changing table where we keep the daily supply of diapers, creams, and wipes.

You are welcome to bring a diaper bag and leave it under the crib during the day.

EATING:

We will make every attempt to keep your baby on the requested schedule you completed on the CHILD INFORMATION SHEET. Unless specifically requested, we do not wake babies to feed them. Babies usually will wake up when they are hungry. You will be asked to check this sheet each month to revise it. If the instructions remain the same, sign and date again.

- Bottles must be prepared and ready to warm. One clean bottle for each feeding
- No glass bottles allowed
- Bottles may be filled with water and a separate container with pre-measured formula may be brought. We will mix and feed.
- Label bottles with baby's first and last name and the tops with baby's initials
- Only formula or breast milk may be given in bottles. WE WILL NOT administer medication or cereal in a bottle without a doctor's note.

- When your baby is ready for spoon food, please have them accustomed to the spoon before we feed them here. Also, try foods at home in advance so we will not have to be concerned about allergic reactions. We provide bowls and spoons.

We also have a refrigerator in our room to store breast milk and other items as needed.

NAP:

Licensing requires that each infant must have his/her own crib. We ask that you acclimate your baby to sleeping in the crib before starting in Foals 1. This will help your child adjust to our classroom.

We also have swings and bouncers for all of the babies to enjoy activity time or to help soothe and calm your baby.

ILLNESS POLICY/ACCIDENT REPORT:

When your child shows certain symptoms to indicate he/she might not be feeling well, we will first give you a courtesy call to let you know what we are observing. If the symptoms become worse, we will call you to pick up your child immediately. Children who are possibly contagious cannot remain with the group.

The school's policy for sending a child home is a fever under the arm of 100 degrees, vomiting, and/or two or more cases of diarrhea. If the child demonstrates any of these symptoms, your teacher will call you to pick up your child. You will also receive an ILLNESS REPORT upon arrival. Your illness report will include child's symptoms and the earliest date he/she may return to school. **All children must be fever-free, without the use of fever-reducing medication, diarrhea-free, and no vomiting for 24-48 hours before returning to school.** Please call us and let us know if your child is ill with a contagious disease so we can post a notice to let other families know about the illness.

Most over the counter medications require a doctor's note to be given at school. We must have the note to administer Tylenol, Motrin, and other cold medications and any creams that are not for infants.

Our policy allows you 90 minutes to pick up your child once we begin trying to make contact.

In the event your child is hurt during the course of the day, you will be notified by an OUCH REPORT. If your child needs medical attention, you will be notified immediately. Feel free to ask your teachers any questions or give us a call at 405-3700 ext. 122.

The teachers in the Foals 1 classroom are looking forward to having your child in our room. And at any time if you have any question please call or stop by and speak to one of the teachers in the room.

Developmental Guide for Infants

The early years are the most important in your child's life. That's why it is so important that you talk to your child, hug your child, play music for your child, and read to your child. Doing these things even when your child is still an infant will help form the person your child will become.

Remember, every child is unique. Also, every family is unique. It only makes sense that every parenting style will be unique as well. However, there are a few things that every family can do that will help rear a happier, healthier child. Please read this guide to find suggestions that will help you at different stages of your child's development.

Parenting isn't an easy job but is one of the most rewarding things you'll ever do. Enjoy it!

Sensory

Touching and exploring different things is very important
Learns by putting everything in mouth
Learns what their body can do by moving
Needs to have locations changed often
Memory starts to develop

Fine Motor

Opens and closes fingers
Grasps small objects for small periods of time
Transfers object from one hand to another
Bangs, pounds, and then points
Places objects in and out of a container

Social and Emotional

Quiets down, moves eyes, or changes expression when hears voice of parent/guardian,
may show fear of strangers
Needs a lot of physical contact with adult (cuddling, massage, playing)

Physical Development

Opens mouth at sight of food
Muscle is 25% of body weight
Sees objects up to 8" away
Central incisors emerge (5-10 months)
Holds bottle
Assists in feeding
Transitions to wearing shoes
Transitions to table food and sippy cup
Soft spot in head begins to close

Large Motor

Movement is by reflex at first, then becomes purposeful Imitates simple arm movements such as shaking a rattle Lifts onto hands and feet

Sits unsupported/learning balance

Crawls from one place to another

Language

Turns head towards sounds

Babbles and coos

Responds to *How* you say something, rather than *What* you say Puts sounds together, not necessarily with meaning

Says a few words with meaning but still babbles

Cognitive

Vocalizes and uses eye contact to imitate interaction with adult Enjoys game of peek-a-boo

Repeats actions if applauded