

Our Kids Child Care Centre

Parent Handbook

Revised April 2017

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www.ourkidschildcare.com

Welcome to Our Kids Child Care Lambton Inc.

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Our Organization

Our Kids Child Care Lambton Inc. was established in 1992. OKCC is an incorporated, non-profit organization licensed by the Ministry of Education and is governed by a Board of Directors. The Board of Directors meet bi-monthly and each fall an Annual General Meeting (AGM) is held.

Program Philosophy

Our Kids Child Care Centre, staffed by Registered Early Childhood Educators and support staff, promotes an Emergent Curriculum in a nurturing and secure environment. There are equal opportunities for children to participate and benefit from their play experiences to promote individual learning and development. Activities are planned with the children and encourage exploration, play and inquiry.

Our Kids child Care follows the Ontario Early Learning Framework's Statement of Principles:

- ✓ Early child development sets the foundation for lifelong learning, behaviour and health.
- ✓ Partnerships with families and communities strengthen the ability of early childhood settings to meet the needs of young children.
- ✓ Respect for diversity, equity and inclusion are prerequisites for honouring children's rights, optimal development and learning.
- ✓ A planned curriculum supports early learning.
- ✓ Play is a means to early learning that capitalizes on children's natural curiosity and exuberance.
- ✓ Knowledgeable and responsive early childhood practitioners are essential to early childhood settings.

Inclusive Programs

At OKCC we believe that all children are capable, competent and rich in potential. As such, we provide care and learning opportunities for all children. In collaboration with outside agencies, we are dedicated to providing the resources required in order for the child to achieve success and have a greater sense of belonging within the programs. The environment is designed to foster children's well-being and development for every child to have meaningful participation.

Program Statement

Our Kids Child Care Lambton Inc.

Program Statement

(Revised April 2017)

Our Kids Child Care Lambton Inc. believes that children are competent, capable, curious and rich in potential.

We believe that play is the fundamental activity of early childhood.

We believe fun and learning are parallel.

When children have a personal investment in their learning, they enjoy their day and they learn and grow naturally.

We believe in providing an environment that fosters active learning, autonomy, security, diversity, and warmth.

Children are recognized and respected as individuals with unique and diverse family values and backgrounds.

Core Values

- **A- promote the health, safety and nutrition and well -being of the children**

Our Kids Child Care provides a clean and safe environment. The children are provided with healthy meals and snacks in accordance with Canada's Food Guide. We meet all requirements with Lambton County's Dine Safe and are inspected by Lambton Public Health. Children have access to drinking water at all times throughout the day. We follow all safety protocols for Fire and Safety, water flushing recommendations from the Ministry of Environment, as well as we provide secure entry within St Matthew Catholic School and their procedures. All staff are trained and certified in First Aid and CPR.

- **B- support positive and responsive interactions among the children, parents, childcare providers and staff**

Children need to feel like they belong. As educators, we will support and encourage them as they grow and learn. We will build on their strengths and use this as an opportunity for them to succeed.

- **C- encourage the children to interact and communicate in a positive way and support their ability to self-regulate**

Relationships shall be nurturing, loving, secure and positive. Our Kids Child Care promotes healthy child development by emphasizing responsive positive relationships, providing stimulating and age appropriate environments that promote learning through play. Children are encouraged to develop their own sense of self, manage their emotions and self -regulate their behaviours.

- **D- foster the children's exploration, play and inquiry**

Play-based learning enables children to investigate, ask questions, solve problems and engage in critical thinking. Educators are responsible for introducing new ideas, experiences and to help the children make sense of their world. Educators also create and maintain the environments for the children to explore and be active participants in their own learning.

- **E- provide child-initiated and adult supported experiences**

A balance of child-initiated and adult-supported experiences will be provided. Children are encouraged to explore their environment, be curious, and have fun while playing. Educators are engaged and supportive of each child's needs and developmental stages.

- *F- plan for and create positive learning environments and experiences in which each child's learning and development will be supported*

Positive interactions with families builds positive relationships. By working together, we can focus on your child's strengths and respect individual needs. Families provide us with valuable insight into their child's needs.

- *G- Incorporate indoor and outdoor play, as well as active play, rest and quiet time into the day, and give consideration to the individual needs of the children receiving care*

Learning happens throughout the day, and consists of indoor and outdoor play, meal breaks, rest and quiet time. Our environments are designed to welcome social interactions, problem solving, and creativity. Children are given options and time to play follow their individual interests.

- *H- foster the engagement of and ongoing communication with parents about the program and their children*

Communication is the key. We work together with families to ensure open communication. We communicate thru formal and informal documentations, conversations, surveys, newsletters and social media.

- *I-Involve local community partners and allow those partners to support the children, their families and staff*

- *Our Centre is inclusive and is supported by Pathways. They provide any additional support thru resource teachers, and/or therapists such as speech, language and other special needs. We also work closely with the school board to ensure consistency for our school age children who have individual school plans. This approach allows us to J- support staff, or others who interact with the children at the Centre in relation to continuous professional learning*

Our educators are committed to continuous professional learning. Educators are encourage to reflect on their learning, plan for their future initiatives, network, and expand their professional learning portfolios.

- *K- document and review the impact of the strategies set out above on the children and their families*

Our Kids Child Care and our educators meet bi-monthly to discuss and strategize our work, practices and reflect on goals for our Centre. Keeping up with current, and upcoming changes with Ministry requirements, keeps us informed, and strengthens the profession and commitment to our Families. Our program statement is reviewed annually by the OKCC Board of Directors and staff.

Our Staff

Our Kids Child Care Centre has a team of Registered Early Childhood Educators and Support Staff who are the essential ingredients to offering high quality early learning programs. We are all life-long learners and as such there are learning opportunities for all staff provided either in-house or with other professional agencies. Keeping all of the children safe is of utmost importance. Our staff are required to:

- ✓ have current Vulnerable Sector Police Checks or Criminal Reference Checks
- ✓ have current certification in Standard First Aid and Infant and Child CPR
- ✓ have anaphylaxis training
- ✓ have Safe Food Handlers Certification (our Cook and two staff, at a minimum)
- ✓ meet all other regulatory standards and requirements

Students and Volunteers

Students and Volunteers play an important role in supporting staff in the daily operation of our programs. Our role is to mentor these Students and Volunteers to further strengthen and support our profession. Students and Volunteers do not have unsupervised access to the children and are never left alone with the children. Students and Volunteers are required to complete a Vulnerable Sector Police Check or Criminal Reference Check before being in the program. Staff will introduce you to students and volunteers when they join your child's program.

How Children Are Guided

Children are naturally curious and kind-hearted and as early years professionals we recognize and respect the unique interests of your child. We know that children learn and feel a sense of belonging from observing and interacting with others. Our focus is on positive adult-child interactions. Programs are designed to meet the needs of all children and each child's contributions are valued. We believe that children should be guided in a positive manner that is appropriate to their actions and age. It is important for all children to have a safe and enjoyable time at Our Kids Child Care Centre. All staff are expected to monitor and assess the environment and observe how the children are engaged in it. Educators will adapt the environment, role model appropriate behaviour, offer alternatives or redirection, and assist children in making good choices. Ultimately our goal is to promote a positive approach to the development of self-regulation, empathy and trust.

Prohibited Practices

The Ministry of Education outlines in the Ontario Child Care and Early Years Act, 2014 (CCEYA), a list of Prohibited Practices for all licensed child care operators. OKCC does not permit the following by any employee, student or volunteer at our Centre:

- a. Corporal punishment of the child;
- b. Physical restraint of children, including but not limited to confining the child to a high chair, car seat, stroller or other device for the purposes of discipline or in lieu of supervision, unless the physical restraint is for the purpose of preventing a child from hurting him/herself or someone else, and is used only as a last resort and only until the risk of injury is no longer imminent;
- c. Locking the exits of the child care Centre for the purpose of confining the child, or confining the child in an area or room without adult supervision, unless such confinement occurs during an emergency as required as part of OKCC's emergency management policies and procedures.
- d. Use of harsh or degrading measures or threats or use of derogatory language directed at or used in the presence of a child that would humiliate, shame or frighten the child or undermine his or her self-respect, dignity or self-worth;
- e. Depriving the child of basic needs including food, drink, shelter, sleep, toilet use, clothing or bedding;
- f. Inflicting any bodily harm on children including making children eat or drink against their will.

Building Relationships – Parents are Partners

As a parent, you know your child best. Your input is valued to help us with the early learning process. We encourage all parents and caregivers to take an active role in their child's education by visiting, observing, reading, documenting and asking questions.

We are committed to having conversations that are respectful, open and courteous at all times. Please come to our staff when you have a concern. Our staff and administration will listen and work with you to find a resolution, recognizing that there may be times when concerns are complex.

If you have any questions or concerns about what is happening within the program please speak with your child's educator first. Our educator will listen to concerns and try to answer any questions from the family's perspective. If necessary, the educator will contact the assistant supervisor to help facilitate conversations if issues are complex or not satisfactorily resolved. Families may also seek further assistance to find a resolution after speaking with the assistant Supervisor by contacting the Director.

Parent Survey

Annually, we ask parents and caregivers to complete a Parent Survey. Feedback is appreciated and is important to enhance the learning opportunities and meet the needs of our families at our sites. A summary of the survey is shared with the Centre's Board of Directors and the County of Lambton as part of our purchase of service agreement.

Sharing in the Learning

Our pedagogy (how a child learns) and programming is consistent with the Ministry of Education's Policy Statement as set out in "**How Does Learning Happen?**" We view children as competent, capable, curious and rich in potential. To ensure high quality experiences that lead to positive outcomes for children, we have embraced the Four Foundations: Belonging, Engagement, Expression and Well-Being into everything we do. Our Educators value the insight that children have into the world. We document those insights to make visible the children's ideas, understandings, misunderstandings and theories about how the world works. Staff use that documentation to learn with the children, about the children and from the children and to create environments and experiences to support children's learning, development, health and well-being. Whether in individual portfolios, displays in the classroom, you will see evidence of your child's learning.

Please keep your child's portfolio at the Centre, you are welcome to spend time here looking at it with your child.

Communication Files

In each classroom, communication files/children's cubbies are used for parents to locate information such as invoices, calendars and program updates. The staff will let you know where to find the communication files. Please check these files regularly for any important notices or information. Regular communication is important and valued. Please discuss any questions or concerns with your child's teacher.

What to Bring from Home

Clothing/Footwear

In compliance with the Child Care and Early Years Act, all children in our care are required to play outside for 2 hours daily, weather permitting. All children will need one pair of indoor shoes (or rubber-soled slippers). We also request that parents send an extra set of clothes, which their children can change into in the case of an accident or a fun but messy activity. **Labelling** your clothes is an easy way for staff and other parents to identify and return clothing to the right family. For children to enjoy playing outdoors, we recommend:

Spring/Fall:	Splash Pants & Jacket	Rubber Boots	Hat & Mittens	
Summer:	Sun Hat	Bathing Suit	Towel	
Winter:	Winter Boots	Hat	2 pairs of Mittens	Snow Pants & Coat

Children are always exploring and very active so we ask that children to only wear supportive back shoes at all times.

NOTE: Children will not go outside when there is a cold weather or heat advisory in accordance with Health Canada guidelines.

Here are some other suggestions to keep in mind:

Infants:

- Diapers and wipes
- Water Bottle
- Blanket and/or cuddly toy
- Any special creams or lotions
- Any prepared formula and food
- Schedule of your child's current daily routine

Toddlers:

- Diapers and wipes
- Water Bottle
- Any special creams or lotions
- Blanket and/or cuddly toy

Preschoolers:

- Diapers and wipes (if needed)
- Water Bottle
- Any special creams or lotions
- Blanket and/or cuddly toy

School Aged:

- Water Bottle
- Indoor shoes or slippers

Sun Protection Policy

Our Kids Child Care Centre recognizes the dangers of children being exposed to the sun. The following steps should be implemented to protect children from the sun:

- ✓ Parents should apply sunscreen of at least 30SPF to children each day before arriving at the program.
- ✓ A labelled bottle of sunscreen (non aerosol) must be left at school for each child.
- ✓ Siblings cannot share bottles if in different classrooms.
- ✓ Children are strongly encouraged to wear sunhats outside.
- ✓ Program will schedule outside time before 11am and after 3pm when the sun rays are lowest in strength during those hot and humid days of summer.

Daily Arrivals and Departures

Upon arrival we ask that you bring your child(ren) directly to their program room.

- **Parents are required to sign their child in upon arrival and out again when they leave. (This is a Ministry requirement.)** Staff are very busy caring for the children during arrival and departure time, they will attempt to check that you have remembered.
- Let us know about your child's night, their morning, their health.

At the end of the day an Educator looks forward to telling you about their observations and activities. Drop off and pick up are important points of the day. We hope you can linger with us, exploring what is happening in the program and talking about your child's learning.

All children enrolled in our infant and toddler programs have a communication binder located on top of their cubbies. Here, you will find any information about your individual child's day (i.e. eating habits, sleep patterns, toileting routines etc.).

Please note that OKCC will not release your child to anyone other than those indicated on your registration form, unless otherwise notified by you beforehand. Your child's Educator may request photo ID to allow someone else to pick up your child as per your instruction.

Transitions to the Next Age Groups

Parents and caregivers shall be notified when it is time for their child to move up to the next age group. There are guidelines that are normally followed but each child shows signs of readiness at different points in time. We will do our best to meet each individual child's needs as they transition to the next group. Starting in a new room is a gradual transition that usually occurs over two weeks. During this time we stay child-focused, taking our cues from them and trying to adapt to meet their needs. Educators will discuss this with you when it's time.

Developmental Screening

As a component of gaining a more comprehensive understanding of your child's development, OKCC completes regular screening and monitoring of each child enrolled in our programs until he/she enters school. The County of Lambton adopted the Ages and Stages Questionnaire, Third Edition (ASQ-3) as the screening tool to be used by licensed child care programs. Parents and caregivers will be notified when the ASQ's are being administered and the program staff will be available to discuss the results.

Registration, Age Groupings, Waiting List, Scheduling, and Child Care Fees

Registration

All parents must complete a Child Registration Package prior to your child's first day of care.

This package includes:

- ✓ Registration Form
- ✓ Parent-Centre Contract Form
- ✓ Immunization Form and Health Information
- ✓ Authorization for Emergency Treatment Form
- ✓ Consent Forms for Developmental Screening, Outings, Photographs and Documentation

Change in Registration Information

PLEASE NOTIFY OKCC IMMEDIATELY IF ANY OF THE INFORMATION PROVIDED ON YOUR REGISTRATION FORM CHANGES. The accuracy of this information is vital to the safety and well-being of your child. Staff will review emergency information periodically with parents to ensure that it is accurate. There is an “update information sheet” available at Centre entrance for you to fill out and return to the office.

Our Age Groups and License Capacity

Infant room	0-18 months	1:3
Toddler room	18-30 months	1:5
Preschool room	30 months- 5 years	1:8
Jk/Sk room	3.8 year-6	1:13
School Age	6-12 years	1:15

Ratio examples 1:3 (1 staff for 3 children) 1:15 (1 staff for 15 children)

Waiting List

To be added to our wait list you must go to www.LambtonOneHSN.com.

Not all of our programs have a waiting list but if there is, there is no cost to a parent to be placed on any of our lists. Should your family need to be placed on a wait list, the OKCC waiting list will be organized using the following information:

- The date the application for admission is completed on One List
- The required date for care to commence
- The age group care is required for:
 - Infant: 0-18 months
 - Toddlers: 18 – 30 months
 - Preschool: 30 months – eligible for JK
 - School Age: 4 to 12 years of age
- The priority groups:
 - Children of staff working at OKCC or Board Members
 - Children previously enrolled with OKCC (if account left in good standing)
 - Children already enrolled (part-time requiring full-time care)
 - Siblings of children currently enrolled
 - Children not currently affiliated with OKCC requiring full time care
 - Children not currently affiliated with OKCC requiring part time care
 - Children attending St Matthew's School

When a space becomes available, management assigns the space to the first child on the wait list.

- A family will have 5 business days upon receiving notification to accept or refuse the space offered. It is the family's responsibility to ensure that contact information is current.
- A family may choose to refuse a space one time to retain its priority on the wait list.
- A family who fails to return a phone call and/or refuses a space the second time, will be placed at the end of the wait list.
- A family who refuses care the third time will be removed from the wait list.

A family can ask to be removed from a wait list at any time. A family can call at any time to inquire about their position on a wait list. There are many factors to be considered when determining placement on the wait list and will be discussed with each family. If the family wishes they will be assigned a number on the list IF they meet all of the above criteria.

The Director will have the responsibility of determining entrance into OKCC and priority on the waitlist.

Schedule

Our Kids Childcare Centre offers 2 types of Childcare: Full

Time - 5 days per week

Part-Time – less than 5 days per week

Please note, Infant care must be fulltime, 5 full days per week. There is no minimum number of days your child must attend per month once he/she is toddler to school age. Full time care will always have priority over part time care.. Parents are requested to submit their monthly schedule of attendance to the Director/ Assistant supervisor by the 15th of every month, for the following month. Please note that while we strive to accommodate everyone, we cannot guarantee a spot for children until the monthly calendar is returned.

Fees for Child Care

As the fee schedule may change, the fee schedule is attached to the end of the paper copy of this handbook and is also posted on the OKCC website. Parents and caregivers are provided with 60 days' notice of any changes to the fee structure.

All fees are due in advance on the first day of each month. Enrollment in the Centre is conditional upon full and timely payments of all fees.

There is a \$25.00 non-refundable registration fee/ family that is due when you return your registration package.

Payments accepted are debit, e-transfer, visa or master card.

It is your responsibility to keep your account balance current. We reserve the right to add a "late fee service charge" to your account, change your payment schedule, and/or terminate your child care space. More specifically, if your account is not paid by the 15th of the month, a late fee of \$25.00 will be automatically added to your account. If by the 20th of each month there is a balance outstanding on your account, your childcare will be terminated and your child's name will be placed at the bottom of the Centre's waiting list.

Please note that if you leave the Centre with an outstanding balance, we will use any and all measures available to collect the balance.

Fees are based on a 9 hour day. (Half day is 4 hours). A child cannot be in care for more than 9 hours/ day.

E-transfers can be sent to the Centre's private email address: ourkids2@bellnet.ca

The only password accepted is okcc (lower case letters only)

If your bank requires a longer password, add numbers to the okcc and write the password in the message section.

Fee Reduction

There is no reduction of fees.

Financial Assistance

Financial assistance in the form of childcare subsidy may be available to those families who qualify. For more information contact: Lambton County Social Planning and Child Care Services Department 519-344-2062 ext. 2201 or visit www.ourbeststart.ca

Late Pickup Policy

For a parent that is late in picking up his/her child, the following procedure will be followed:

- On the first incident a reminder (depending on length of time, Director may charge fee) will be given to the parent and documented in the child's file.
- Each subsequent offense, parents will be charged \$1.00 per minute (per child).
- The clock in the Centre will be used to document the time of pick up.
- The parent will receive written notice documenting time of arrival and late fee being charged.
- If a child that is not picked up by 6:00 pm, Children's Aid Society will be contacted.
- Late fees must be paid before child(ren) are allowed to return to care.
- Chronic lateness may result in meeting with Director, and/or discharge from program.

Making a Payment

Fees are due the 1st of each month.

There are several options for payment: e-transfer, debit, and visa/ MasterCard.

There is a one- time \$25.00 registration fee per family.

All accounts must be paid in advance of care and kept current.

OKCC has the right to terminate care if accounts are not kept current.

Issuing Tax Receipts

Receipts are given with each payment received. If you require a year- end tax receipt for income tax purposes, you may request one by completing the “request form” in January of the next year. Receipts will be available to pick up at the Centre.

Cancellation

Withdrawals

Two weeks’ written notice is required when a child is being withdrawn from any program. Fees will be charged for the two-week period regardless of whether or not your child attends.

Vacation and Sick Days

There is no reduction in fees for sick days. Please indicate vacation days on your monthly calendars, that you do not need care. You will not be charged for vacation days if you booked them off before returning your calendar. Once your calendar is submitted you are booked in and charged. Infant care does not receive vacation or sick days.

Statutory Holidays

Our Kids Child Care Centre will be closed to observe the following holidays:

New Year’s Day	Family Day	Good Friday and Easter Monday	Victoria Day
Canada Day	Civic Holiday	Labour Day	Thanksgiving Day
Christmas Day	Boxing Day		

Christmas Holidays

Current policy states that all OKCC programs will be closed between Christmas & New Years. (Following the school board schedule) Parents will not be charged fees. Exact dates that programs will be closed are sent out to families each fall.

Inclement Weather

Our Kids Child Care Centre will be closed if the Director cannot successfully get a staff member to open the site safely by 6:45 am. If the program is closed, the Director will ensure that there is an announcement over the radio (FOX 99.9FM) and our Facebook page stating that the program will be closed that day. **Programs that operate in schools MUST be closed if the school is closed.** You will not be charged if the Centre is CLOSED for a full day. Your account will be credited. There will be no reduction in fees if we have to close early due to the weather.

Every attempt will be made to ensure that this occurs before 7:00 am. All decisions made to close the Centre are final.

Your Child's Well-Being

Sick Policy

Our first priority is to minimize the possibility that an illness will be brought into our programs. We ask that you not bring in a sick child to our programs. If a child is too sick to fully participate in the program (including outdoor play), they're too sick to be at the Centre. We recognize that it is not always possible to know if your child is sick or just having an 'off' day. Please discuss any concerns with your child's educators when you come in. We will be better able to monitor your child's activities throughout the day and appropriately meet your child's needs.

Secondly, we need to minimize the spread of any illness that is in our programs. Our policies, sanitary practices and other guidelines are in accordance with local health authorities and are designed to maintain a safe and healthy environment for all children. We understand that there is an impact on a parent's schedule but all policies must be abided to at all times. You may receive a call from the program during the day and be asked to come and take your child home because she/he is not feeling well. You yourself or someone you have authorized will be asked to pick up your child.

In compliance with local health authorities, OKCC requests that you keep your child at home if he/she is exhibiting any of the following symptoms:

Diarrhea

A child having one episode of diarrhea but otherwise feels well (i.e. no fever, nausea or vomiting): the child will be monitored for further signs of illness for the remainder of the day. If no more diarrhea occurs and the child does not appear to be ill, parents will be informed at the end of the day. The child can return the following day, provided that there have been no further episodes. If more than one episode of diarrhea occurs during the same day, parents will be contacted as soon as possible to make arrangements to have their child picked up. The child must remain at home until there have been no further episodes of diarrhea for a 24 hour period.

Vomiting

Should a child have one episode of vomiting, parents will be contacted as soon as possible to make arrangement to have their child picked up. The child must remain at home until there are no further episodes of vomiting for a 24 hour period.

Fever

A parent will be called to make arrangements to have their child picked up as soon as possible when their child has a temperature of 101°F or higher that persists for 30 minutes.

Note: OKCC is not permitted to administer Tylenol or any other fever-reducing medication.

In respect for the other children and the staff, we ask that parents refrain from 'masking' their child's symptoms by administering Tylenol, Tempera, etc. and sending their child to our program.

Chicken Pox

A child displaying any symptoms of chicken pox, parents will be called to make arrangements to have their child picked up as soon as possible. The child will only be able to return to OKCC when the spots have scabbed over.

Conjunctivitis (Pink Eye)

Any child with a suspected case of Pink Eye will be required to be examined by a Physician. Any child with a confirmed case of Pink Eye will be required to be on antibiotics for 24 hours before they are able to return to care.

Skin Rash

Upon the discovery of an unexplained rash, we will attempt to contact the parents to discover the possible cause of the rash. It will be up to the discretion of the Director or designate to determine whether or not the child must be excluded from care until examined by a doctor.

A Note on Head Lice

OKCC is a nit free Centre. If your child is found to have lice (eggs or nits) you will not be able to return until 100% nit free. Your child (ren) must be checked by our staff before being cleared to return to program. OKCC strives to control the spread of lice at the Centre by our disinfecting methods, and awareness of how lice spreads.

Safe Sleep Policy

In accordance with the CCEYA and the “Joint Statement on Safe Sleep: Preventing Sudden Infant Deaths in Canada”, infants less than one year of age will be placed on their backs to sleep. This will be discussed with the individual families at time of registration.

In the Event of an Emergency

At Our Kids Child Care Centre, we strive to create the safest environments possible for your child. In the event of an emergency, we will follow our emergency plans which may include evacuation from the Centre /school to a pre-designated shelter. Every effort will be made to contact you by phone as soon as possible using the phone numbers you have provided us. It is important that the numbers where we can reach you are current. OKCC conducts monthly fire drills with all children and staff.

Medication

OKCC shall safely administer medications to those children requiring medication as authorized in writing by a physician and the parent. Our policies, available to review at any time, are in keeping with the guidelines set out by local health authorities and the CCEYA. Medication will be administered by a designated staff member. Please note OKCC will only administer medication that is in the original container. Please bring in a dispenser for administering the medication. Parents will be required to fill out a Medication Administration Form upon arrival in the morning. Staff will administer medication in accordance to the instructions provided. Written instructions must match those prescribed on the bottle. It is the responsibility of the parent to hand any medication to a staff member for it to be stored safely away from children. Please do not leave any medications on the counters or in your child's bag. Please take home any unused medications.

It is strongly recommended by the local health unit that the initial dose or doses of any medication be administered by the parents at home, and that the child remains home for the first 24 hours after a new medication is started. This will allow the medication to take effect, give your child ample time for rest, and monitor for an adverse or allergic reaction. Please notify the Centre if your child is taking any prescription or non-prescription medications. The administration of non-prescription medicines are not normally practiced within our programs. Please speak to the Director to discuss exceptions and requirements.

Accidents

Should your child get hurt while at the Centre, staff will complete an Accident Report Form, which will be shown to you upon arrival to pick up your child. You will be requested to sign the form, indicating that you have been informed of the nature of the accident and that you are receiving a copy. A copy of the form will be kept on file. If there is a serious incident that results in the need for medical attention, OKCC will attempt to contact the parents as soon as possible and arrangements will be made for you to pick up your child or to meet the Director or designate at an emergency facility. If you cannot be reached we will contact your emergency numbers. All our staff are trained and remain current in Standard First Aid and Infant/Child CPR.

Food and Nutrition

Adequate and appropriate nutrition is vital to children's health, growth, development and well-being. Nutritious food and snacks are provided (with the exception of baby foods, infant formula and bottles). In our programs, each child under one year of age will be fed in accordance with written instructions from a parent of each child. For children over the age of one, children will receive one meal and two snacks during the day. Drinking water will be available at all times. All meals, snacks and beverages shall meet the recommendations as set out in the Health Canada document "Eating Well with Canada's Food Guide".

Food service and nutrition programs in our child care shall provide:

- ✓ Nutritionally adequate meals and snacks;
- ✓ Opportunities for children to develop positive attitude toward a wide variety of foods;
- ✓ Opportunities for children to prepare and serve foods; and
- ✓ Opportunities to develop and enhance socialization skills, self-regulation, and language skills.

Menus

A four-week rotational menu will be posted at the Centre. We strive to provide a menu that is healthy and child-friendly in nature, while encouraging children to explore a variety of different flavours. Menu substitutions will also be posted. Please feel free to ask for any recipes from our qualified cook.

Food from Home

Due to the increasing prevalence and serious nature of food allergies among young children, it is the policy of Our Kids Child Care Centre to restrict the practice of families bringing food into the Centre.

Children are not permitted to bring in any food from home, including breakfast items.

There are a few exceptions to this rule:

- Parents of children in the **Infant Program** may bring in food and bottles for their children, as we understand that children at this age are on individual diets. Each parent is provided with an Infant Food Checklist upon registration to fill out, so that staff are aware of their eating routines. Please update this checklist as more foods are introduced.
- For children with severe food sensitivities. Our cook will attempt to accommodate some food sensitivities and dietary restrictions.
- In the event that your child is diagnosed with a life threatening food allergy or require a special diet, families shall supply allergy friendly foods for their child.

Exploring our Communities and Outdoor Play

Our Kids Child Care may occasionally take field trips away from the Centre to enhance their learning experience and make connections as valuable members of the community. As part of our regular program, the children will occasionally leave the property to explore the neighbourhood or visit points of interest. These walking trips will always be in close proximity to the child care program and children are always closely supervised at all times.

Children thrive in outdoor play and there is a growing body of research that suggests that connecting to the natural world contributes to children's mental, physical, emotional, and well-being. There will be regular opportunities to experience nature to enhance the children's sense of wonder and joy in the world around them. Each day the children will spend time outdoors, unless a special weather advisory has been issued by the local health unit. Please ensure that your child has appropriate seasonal clothing for her/him to be comfortable and happy to explore in all kinds of weather.

Contact Information

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Follow us on Facebook

Hours of Operation

Monday to Friday

7:00 am to 5:30 pm

Closed Statutory Holidays

(And two weeks at Christmas break)

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