

## **Welcome to Our Infant Care Center (ages 6-15 months)!**

We are delighted to welcome your little one to our infant care family. Our program is designed to provide a safe, nurturing, and stimulating environment where your baby can grow, learn, and thrive. This handout offers important information about our philosophy, daily routines, and what you can expect during your child's time with us.

### **Our Philosophy: Nurturing Growth and Development**

At Sunshine House, we believe in providing individualized care that respects each baby's unique needs and developmental pace. We focus on:

- **Responsive Caregiving:** Our caregivers are trained to observe and respond to your baby's cues, ensuring their physical and emotional needs are met promptly.
- **Safe Exploration:** We provide a secure environment with age-appropriate toys and materials that encourage safe exploration and discovery.
- **Sensory Experiences:** Through a variety of textures, sounds, and visual stimuli, we engage your baby's senses to promote cognitive development.
- **Language Rich Environment:** Caregivers engage in constant conversation, singing, and reading to foster early language acquisition.
- **Building Trust and Attachment:** We strive to create a consistent and loving environment where babies feel secure and form strong attachments with their caregivers.

### **Daily Rhythm and Activities (Sample Schedule)**

While we maintain a flexible schedule to meet individual needs, a typical day might include:

- **Arrival & Greeting:** Warm welcome, individual check-ins, and free play.
- **Morning Exploration:** Floor time, tummy time, sensory play, manipulative toys.
- **Feeding Time:** Bottles, purees, and introduction to finger foods as appropriate (based on individual feeding schedules).
- **Diaper Changes:** Frequent and hygienic diaper changes throughout the day.
- **Nap Time:** Individualized nap schedules in a quiet, calm environment.
- **Outdoor Time (Weather Permitting):** Supervised play in a safe outdoor space.
- **Story Time & Songs:** Engaging with books, singing lullabies and action songs.
- **Afternoon Exploration:** Continued free play, gross motor activities (crawling, pulling up).
- **Late Afternoon Feeding:** As needed.
- **Departure:** Sharing updates on your baby's day.

### **What to Bring Daily (Clearly Labeled with Your Child's Name)**

Please ensure all items are clearly labeled with your child's first and last name.

- **Change of Clothes:** At least two full changes of weather-appropriate clothing (including socks/booties).

- **Bottles/Formula/Breast Milk:** Pre-measured and labeled bottles for each feeding. Please provide specific instructions for preparation if needed. For breast milk, please label with date expressed.
- **Baby Food/Purees:** If your child is eating solids, please send appropriate servings.
- **Comfort Item (Optional):** A small blanket, pacifier, or soft toy that helps your baby feel secure.
- **Medications (including over the counter):** If applicable, all medications must be accompanied by a signed medication authorization form and kept in their original packaging with physician instructions.

### Communication is Key!

We believe that strong communication between parents and caregivers is essential for your child's well-being.

- **Daily Reports:** You will receive a daily report (through Procure App) detailing your baby's feedings, diaper changes, naps, and notable activities.
- **Open Door Policy:** We encourage you to speak with us about any questions, concerns, or changes in your child's routine.
- **Parent-Teacher Conferences:** Scheduled upon request to discuss your child's development and progress.
- **Emergency Contact Information:** Please ensure all contact information is up-to-date.

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### Health and Safety Protocols

Your child's safety and well-being are our top priorities.

- **Illness Policy:** Other children will be kept home if they show any signs of illness (fever, vomiting, diarrhea, contagious rash, etc.) to prevent the spread of germs. We will notify you immediately if your child becomes ill at the center.
- **Handwashing:** Frequent handwashing is practiced by caregivers and encouraged for children as they are able.
- **Sanitization:** Toys and surfaces are regularly cleaned and sanitized throughout the day.
- **Safe Sleep Practices:** We follow all safe sleep guidelines, placing infants on their backs to sleep in individual cribs.
- **CPR & First Aid Certified Staff:** Caregivers are trained in infant CPR and First Aid.

### Developmental Milestones (6-15 Months)

While every baby develops at their own pace, here are some common milestones we support during this age range:

- **6-9 Months:** Sitting unassisted, beginning to crawl, babbling, responding to their name, transferring objects hand to hand.
- **9-12 Months:** Pulling up to stand, cruising, waving goodbye, clapping hands, understanding "no," pointing.

- **12-15 Months:** Taking first steps, saying a few words, imitating gestures, pointing to body parts, stacking rings.

We celebrate every milestone, big or small, and will work with you to support your child's individual developmental journey.

### **Questions?**

Please do not hesitate to ask any questions you may have. We look forward to partnering with you to provide the best possible care for your precious little one!