

NUTRITION

Early Beginnings does not provide breakfast however you may bring breakfast for your child to eat when they arrive between 6:30-8:30.

SNACKS are provided for all children on a daily basis. Children who remain at school throughout the day will receive a morning snack as well as an afternoon snack. We encourage the children to eat a variety of foods such as fresh fruit and vegetables, various types of crackers, peanut butter, cheese, applesauce and juices. If your child is allergic to any types of foods, please list them on the emergency card and the student information sheet. Please also notify the staff to ensure that your child will avoid the foods that he/she is allergic to. Snack is an exciting way for children to socialize with their peers.

LUNCH is provided for all children enrolled full time or in the morning half day program. We provide a well balanced lunch including food from all food groups. Your child may bring a sack lunch if you prefer. The menu will be posted next to the parent board. If we make changes on the menu, it will be posted.

NAP/REST TIME

Early Beginnings has scheduled nap/rest time. We are required to provide a time for the children to rest. We supply cribs for the infants and mats or cots for the preschool and school age children. Parents are required to supply at least a sheet and to take nap items home on Fridays to launder. Then bring nap items back on Monday for the week. Please label all items.

CLOTHING

We feel that your child will be happiest when dressed in casual, comfortable clothing that fits well. No strapless sandals please; shoes are safer. Dress your child according to the weather. It is suggested that you keep an extra set of clothes in their cubby and bring a jacket just in case. Label all belongings to help prevent problems with any lost items.

LOST AND UNABLE TO LOCATE

In the event that a piece of clothing, etc. is lost, there will be a lost and found area. Any clothing un-recovered after 30 days will be donated to local charities on a regular basis. Please help us to minimize lost clothing by labeling all your child's clothing and other possessions.