

### Nursery Information

Come and enjoy our wonderful world in the Nursery. The staff focuses on helping infants meet all the milestones necessary for healthy growth and wellness.

Teachers design experiences that are safe, nurturing and stimulating to help children explore and make discoveries. Children in the Nursery participate in weekly music class. They also begin learning baby sign language; enjoy walks in strollers outside every day (weather permitting), benefit from tummy time, music and story time. This class will celebrate Shabbat with the rest of the school each week.

### Nursery Supply List

- 2 complete sets of extra clothing to be kept in a bin in the classroom. (Don't forget to include socks and a sweater or sweatshirt).
- 2 recent photos of your child
- 1 family photo
- Sun hat and sunscreen (if your baby is younger than 6 months, please bring SPF clothing)
- 2 boxes of tissues – we share tissues
- 2 containers of baby wipes – we do not share wipes
- 1 package of diapers or if you use cloth diapers, 8 cloth diapers /day
- 2 crib sheets (3" compact crib mattress measures 24" x 38" or Pack and Play size sheets fit well) and 1 blanket or sleep sack (spare crib sheet will be kept at school)
- Bottles daily (enough for each feeding)
- 2 spare bottles (to be kept at school)
- Pacifier (if needed) – pacifiers with animals attached cannot go in cribs.
- VERY IMPORTANT - 1 large backpack/bag to take to and from school each day. Any communication between school and parents will be put in their bag. Please check it every day.
- Formula box / spare breast milk to keep in the freezer
- Solid food as needed (we offer snacks twice a day to the babies that are allowed to eat)
- 1 box of Gallon size Ziplock bags

*We will also ask you to replenish supplies as needed throughout the school year. Please be sure to read your child's daily report each day. There may be important supplies needed. We try to give a warning before we completely run out of an item that your child needs on a regular basis.*

### Important Information

#### Sample Daily Schedule

Individual feeding and napping schedules may vary and are followed throughout the day. These schedules change depending on the child's age and needs. This is just a sample schedule.

7:30 to 8:30	Arrival
8:30 to 9:00	Classroom Free Play (Story time, songs, tummy time)
9:00 to 9:15	Diapers & Bottles
9:20 to 11:00	Morning Nap
11:00 to 11:15	Diapers & Bottles
11:15 to 12:00	Outside Play / Strollers
12:00 to 12:30	Lunch
12:30 to 1:00	Classroom Free Play (Story time, songs, tummy time) / Diapers
1:15 to 3:00	Afternoon Nap
3:00 to 3:15	Diapers & Bottles
3:15 to 4:00	Classroom Free Play (Story time, songs, tummy time)
4:00 to 5:30	Dismissal / Late Care

Feeding, napping, and diapering are an all-day occurrence according to each child's needs.

### Diapering

Parents provide diapers, wipes, and any necessary ointments. Your child will be changed at regular intervals during the day (minimally every two hours) and as needed.

### Diaper Cream

If you would like diaper cream to be applied to your child, please fill out the Diaper Cream permission form. Any cream or ointment must be used at home without an adverse reaction before being used in the Nursery.

### Sleeping

Infants nap according to their own schedules. If an infant should fall asleep while being rocked, lightly bounced or taken for a walk in a stroller, they will be put in their cribs to continue their sleep. Infants will be placed on their back to sleep in a crib. Blankets and crib sheets are provided by parents and sent home weekly to be laundered. There will be no pillows, quilts, bumpers, comforters, stuffed toys or other fluffy products in the crib. Light blankets or sleep sacks are permitted. If a child uses a pacifier, they may have it in the crib for nap time. Pacifiers with animals attached cannot go in cribs.

We understand that practices may be different at home and that some children have unique situations. However, we must follow licensing guidelines and adhere to the above stated policies.

### Bottles

All babies MUST be able to drink from a bottle, fed by their teachers. Parents of formula bottle fed babies will need to provide bottles and formula each day. If you are using dry formula, you can store large containers in the classroom. We cannot allow glass bottles. If you are breastfeeding your child, all breast milk must be dated and have your child's first and last name on it. Fresh breast milk can be stored for 24 hours in the refrigerator. Milk that exceeds this time frame will be discarded. Please store at least 4 servings of breast milk in the freezer as a backup supply. Nursing mothers are welcome at any time. Children are not permitted to have bottles in the cribs.

### Mealtimes

*The Nursery and Toddler classrooms are not required to follow the same Kashrut policy as young children often have dietary concerns. The entire school remains nut free.* Infants are fed according to their schedules. As they grow and start eating solids, their eating needs will change, and the eating times will be adjusted toward the group schedule. Our goal is to have our solid food eaters have lunch together at 12pm each day. Children may not try new foods for the first time in the Nursery. If your infant has food allergies or food intolerance, please notify us immediately.

### Outside Time

Outside time is weather permitting but our goal is to ensure the children are outside at least once a day. We take the infants on walks around campus & look and talk about what we see. When the weather is not on our side, we will go for a walk inside for a change of scenery. We also set up blankets with tents for some shade outside so that get some fresh air each day.