

# Mother's Morning Out Program

Offered: Every Wednesday and Friday for ages 9 mos. to 2 yrs.

Cost: \$25 per day

Time: 9:30 a.m. – 1:00 p.m.

Welcome to the Mother's Morning Out Program at St. Catherine's Preschool. We are looking forward to the time we will have getting to know you and your child. We ask you that you please follow the guidelines listed below in order to make our day with your child a pleasant one, and to help our classroom run smoothly.

## School Hours and Drop Off/Pick Up:

- Our school hours are 9:30 am to 1:00 pm. Children are not allowed in the classroom before 9:30 am as the teachers are busy preparing for the day. Please sign in at the front desk when you drop your child off in the morning. We may ask you to come early to pick up your child until they are comfortable staying for a full day.
- You will need to park and bring your child into the building, to the classroom each morning. You will do the same to pick up your child in the afternoon. Please remember, **curbside parking is prohibited** as this will interfere with carpool line. When dropping off your child we try and encourage a happy and quick goodbye at the door of our room. We know that this time can be difficult, but long goodbyes sometimes make it harder for the child to adjust. If you wish to wait a few minutes before leaving, or to chat with another parent, please do so where your child cannot see or hear you.
- **Written consent is required** for your child to be released to anyone other than their parent. You may add or remove names from your pick-up list at anytime with Lynne at the front desk.

## Bags, Clothing, and Toys:

- Your child will need a labeled tote/diaper bag large enough to hold all personal items including their lunch box. The bag should be labeled so that we can see the name clearly on the outside. Each day your child is with us their bag should contain the following items:
  1. 3 diapers with their first and last name written on the front
  2. A sippy cup with their name on it
  3. A lunch box with their name on it
  4. A complete change of weather appropriate clothing, including socks, in a Ziploc bag.
- Please dress your child in play/diaper friendly clothing. It is difficult for us if your child is dressed in outfits that require the removal of shoes or all clothing to change a diaper. Please let us know if your child has any diaper changing sensitivities. We will apply generic diaper rash ointment/cream to red bottoms.

- Weather permitting, we will go outside on our playground each day. On warm/sunny days, sunscreen should be applied before coming to school and on cool days, be sure to include a jacket/sweater in their bag.
- If your child has a favorite (small) blanket or “lovie” that they are especially attached to, please send it clearly labeled. Many children find them comforting in the first few weeks of visiting. We will do our best to keep track of their special item, but occasionally they do get damaged or misplaced. We also ask that you do not send any toys to school with your child.

### **Lunch and Snack Time:**

- Tree and/or Peanut products are not allowed if **any** classmate has a tree and/or peanut allergy.
- All students with food allergies must have a Food Allergy Action Plan on file in the preschool office.
- The sippy cup provided needs to be labeled on both lid and cup.
- The preschool provides a mid-morning snack such as pretzels, cheerios, animal cracker or graham crackers, or something similar along with water.
- We cannot feed your child or heat individual lunches. Simple finger foods that can be eaten at room temperature are appreciated. Items like deli meat, cheese sticks, fruit, veggies, plain pasta and/or simple sandwiches are great choices. Grapes and hot dogs are choking hazards and should be **quartered instead of sliced or halved**. If you send yogurt with your child we suggest the sippable kind with a straw that you provide.

### **Sickness and Allergies:**

- If your child has a fever, is vomiting, or is experiencing diarrhea, they must wait **24 HOURS** to return to school. This means they must have a normal temperature for 24 hours without being given medication.
- Do not bring your child to school if they are not feeling well. Symptoms such as yellow/green nasal discharge, coughing, or sore throat may indicate an infection that could spread sickness to others.
- Notify teachers of seasonal allergies and/or medication being taken, recent vaccinations, changes in sleep patterns/family schedule, etc. All of these can impact mood and energy levels.
- Be sure you contact numbers are current. Remember to turn your cell phone on after you drop your child at school. If you will be unavailable to accept phone calls, it is imperative we have someone we can contact in your place. Lynne has Emergency Contact forms for you to complete.

Our primary objective is to provide a fun day for your child in an environment where they feel safe and loved. Our teachers listen and talk to your child. We want to help them transition into this new environment as easily as possible. Please do not hesitate to contact us with any question or concerns you may have at any time.