



2018

Nemos

2-3years old

Staff: Ruth, Peggy, Disala and Tassanee

Nemos

2-3 1/2 Years Old



Our Service Philosophy in Regards to the Children

We see children as unique and capable individuals, who come to our Service with their own interests, talents, skills, abilities, aspirations and ideas.

As educators, we are well trained, committed and passionate. We value, respect and appreciate each child's uniqueness. We believe that children have a right to be active participants in their own learning and must be empowered to express their views and ideas.

A child's opinion must be valued and respected for its validity to their perspective and their autonomy and initiative needs. As educators, we will protect and cherish the innocence of children and consistently provide a safe, nurturing and secure environment.

As we unpack the Early Years Learning Framework (EYLF) we will work alongside your child to actively promote their learning through worthwhile and challenging experiences and interaction that foster high-level thinking skills.

Our Centre and the Benefits of Play

Our centre is based around learning through play. Below is a list of the benefits associated with this type of learning.

- Cognitive development – play stimulates children’s imagination, aids problem solving and contributes to children’s creativity**
- Emotional development – play helps children understand adult roles, overcome their fears and develop feelings of self-agency and belonging**
- Social development – play provides opportunities for children to learn to cooperate, negotiate, resolve conflicts, practice leadership skills and learn self-advocacy**
- Health – free physically active outdoor play has been recognised as an important strategy for keeping children healthy**
- Language and Literacy skills – play increases children’s vocabulary, their understanding of the double meanings of words and provides the basis for story structures**
- Mathematical concepts – play helps children learn about spatial relationships i.e. proximity, direction, shapes and quantity**

Welcome to the Nemo Room

Just like the rooms name sake Nemo in the movie Finding Nemo, we encourage them to be more independent. “Allowing them to experience all things teaches them more than just protecting

them". They learn about their own abilities and strengths and those of their peers which may be different to theirs.

The Nemo's are between the ages of 2-3 ½ years old. They all differ in their developmental stages and personalities which lead to a variety of teaching techniques.

Generally the children in this group are trying quite hard to become independent. They usually make attempts to eat by themselves, although they may require some assistance. They begin showing an interest in toileting and through the year learn to go on their own with some assistance and become increasingly responsible for their own personal agendas.

They are pushing to be more independent but at the same time can be equally as needy. Motivated by curiosity rather than what may seem as mischief and are tirelessly enthusiastic. With either a very short attention span or a complete engrossment in play that they refuse to move. Below are some points on their development as toddlers in relation to child care.

Toilet Training

Some signs that your toddler might be ready for toilet training are:

- Pulling at the nappy
- Using words after a bowl movement
- Using words before a bowl movement
- Pointing/making signs
- Grunting
- Squatting
-

- **waking up dry after a sleep**
- **Having long dry periods during the day**

If you think your child is ready, speak to one of their educators about starting the toilet training process. We encourage you to start at home and when they are showing signs that they are grasping the idea we can start at the centre.

Using pull-ups is a great way to transition from nappies to undies however when your child is wearing them at the centre we request that the pull-ups have the resealable side tabs so that your child does not have to be completely undressed to be changed if the pull-up gets soiled.

Sleep/Rest time

Toddlers need sleep to give their minds and bodies a chance to recover from the stresses of the day; And to wake up fresh for the rest of the day's activities without tiredness and grumpiness.

Sleep time is growing time.

You may find that if your child sleeps during the day they start to go to bed later at night however, regulations state that every child needs to be given the opportunity to have a rest/sleep. So if you decide that you do not wish for your child to sleep we can not physically prevent them from sleeping however we can take other methods such as not patting them and putting their bed in the not so dark/quiet part of the room. This may keep them up or prevent a long sleep.

Emotions and Toddlers

Tantrums and Aggression are very common and sometimes it may feel like their new favourite word is “No”. These emotions stem from the fact that they are not ready to share, they don’t tend to play very much with children their own age (they play near other children but prefer to play with adults), they don’t have a real understanding of boundaries, they want to do more than they are capable of and they are still learning to control their bodies and their feelings.

At our centre we provide plenty of space for them to explore and play with ample opportunities for the children to express their feelings and release their stresses through active, messy and creative play, staying calm with positive reinforcement and that letting them know that everything is okay.

Sometimes however it is recognising that sometimes just like adults, children could also just be having a bad day.

Eating

Most toddlers go through a picky eating stage. Don’t try to push too hard if they are not ready to try new things. Just make what they like as healthy as can be. For example: using whole wheat bread instead of white or if they go off milk it doesn’t matter substitute it with hard cheese or yoghurt, which has the same levels of calcium. Familiarity may lead to acceptance of new foods, so keep at it. Continuously offer it but do not make it a big deal if they refuse.

We provide a healthy variety of food at the centre and try and encourage them to try all the different foods. While practicing to sit during meal times which we know can be a real struggle sometimes. Mess is another issue during meal time however try not to criticise their efforts of feeding themselves as they are still learning. Their self-esteem can suffer from it and may deter them from trying to be more independent.

Morning drop offs and separation

Drop offs can be a little hard to deal with and the intensity of anxiety about separation varies from child to child. The child care setting is such a highly stimulating environment and as a toddler they are more aware of what is going on around them. Walking in from a rather calm morning at home and the car ride in, can be a shock to their system.

Before your child starts child care it is a great idea to bring them in for a play session a few times to get familiar with the centre and the carers. Once your child begins at the centre it is a good idea to find a quiet activity such as drawing or painting or reading a book in a quiet spot and sit with them for a little while until they build their confidence to join in with the rest of their peers. As they feel more secure this time will get shorter and shorter however this may still take some time when they first begin child care. Always saying goodbye and reassuring them that you will return.

We understand that this separation can be just as stressful for the parents as it is for the children. We welcome you to call and check on your child if you are feeling anxious throughout the day.

What to Bring

Life can get pretty messy especially when you're a child. In their own bag each child should bring to the centre every day:

- A labelled legionnaire or wide brimmed hat for maximum sun protection
- A water bottle with fresh water
- Two sets of a whole change of clothes i.e. two pairs of socks, two pants, two shirts and plenty of undies if they are toilet training
- Two pieces of fruit or vegetables
- 5-6 nappies each day

Keep note that their clothes should be appropriate to the weather. Keep a jacket in their bag throughout all of winter and longer tops and pants and short sleeve tops and shorts during summer. And remember **LABEL EVERYTHING!**

We kindly request that although it is very tempting to allow your children to bring toys from home to ease the transition of the morning drop off, to leave the toys at home; These toys tend to get lost or broken quite easily and this can be devastating for your children.

comforters are okay such as a dummy, a blanket or a teddy. we encourage them to leave them in their bags during the day and bring them out during their rest time or in times of distress. Try not to bring anything that is irreplaceable as we mention before it may get lost and this would be devastating. Parents are very welcome to use the service as a playground for their children on the days they are not attending the service to become more familiar with the environment faster. We ask that parents bring their children before 10:30 or after 2pm so to ensure the children who attend do not get disturbed. . Parents are very welcome to use the service as a playground for their children on the days they are not attending the service to become more familiar with the environment faster. We ask that parents bring their children before 10:30 or after 2pm so to ensure the children who attend do not get disturbed.

Daily Schedule

The daily schedule changes throughout the year to accommodate the weather.

Summer Program

7:30 Children arrive at the centre and begin play in the outdoor playground. Parents must apply sunscreen on their children before they drop them off.

8:30 Scheduled nappy change and toilet time

9:00 Morning tea

9:30 On some days there is soccer training for the children who would like to participate or outdoor play for the children who do not wish to take part

10:00 Second scheduled nappy change and toilet time

10:30 Depending on what projects they are working on and different learning activities, the children may go inside for group time during this time

11:30 Lunch

12:00 The children settle onto their beds for a sleep or to have a rest. As they wake there are quiet activities set out for them to engage in

1:30 Third scheduled nappy change and toilet time

2:00 Group time

2:30 Afternoon tea

3:00 On some days the children who would like to participate in dance class or indoor activities for the children who do not wish to take part

3:30 Outdoor play

4:00 Fourth scheduled nappy change and toilet time

4:30 Late snack

5:30 Centre is Closed

Winter Program

7:30 Children arrive at the centre and begin play indoors

8:30 Scheduled nappy change and toilet time

9:00 Morning tea

9:30 On some days there is soccer training for the children who would like to participate or indoor/outdoor play for the children who do not wish to take part depending on the weather

10:00 Second scheduled nappy change and toilet time

10:30 Depending on what projects they are working on and different learning activities, the children may go inside for group time during this time

11:30 Lunch

12:00 The children settle onto their beds for a sleep or to have a rest. As they wake there are quiet activities set out for them to engage in

1:30 Third scheduled nappy change and toilet time

2:00 Group time

2:30 Afternoon tea

3:00 On some days the children who would like to can participate in dance class or quiet indoor activities for the children who do not wish to take part

3:30 Indoor/Outdoor pending on the weather

4:00 Fourth scheduled nappy change and toilet time

4:30 Late snack

5:25 Final pick up

5:30 Centre is Closed

Program/Cultural Calendar

The following table is a calendar that outlines cultural events and learning areas that the children will be learning about throughout the year. The column current events, allows space for what is going on in the world at that present time. The calendar is always open to suggestions throughout the entire year. Families are welcome to add any ideas they may have.

Program Calendar 2017

3Month	Cultural Events	Current Events	Learning Areas
January	26 th Australia Day 28 th Chinese New Year		Building Friendships
February	6 th Waitangi Day 28 th Carnivale (Portugal) 27 th Apokries: Carnival (Greece)		Building Friendships Munch and Move
March	17 th St Patrick's Day 21 st Harmony Day		Road Safety
April	16 th Easter 16 th Greek Easter 13 th Thai New Year 14 th Bengal New Year 25 th Anzac Day		Excursion Incursion Keeping Children Safe Harmful Hazards
May	14 th Mother's Day 30 th Dragon Boat Festival (China)		Police / Fire / Ambulance
June	12 th Queens Birthday		Dental Hygiene Hand Washing
July	2 th -8 th NAIDOC WEEK		Feelings/ Portraits
August			Book Week
September	3 th Father's day		Sun Protection
October	4 th Moon Festival 28 th Ochi Day 31 st Halloween 19 th Diwali Day		School Readiness School Visits
November	2 nd All Souls Day (Italian) 11 th Remembrance Day		Stranger Danger Christmas
December	25 th Christmas Day		

Grievance Procedure

All parents or guardians are encouraged to discuss any concerns with the room leader or the Nominated Supervisor as soon as possible. No concern is too small or silly to be discussed or dealt with.

Final Note

We will do our best to ensure that each child is cared for as their individual needs are met with understanding and compassion and that the families of our centre feel happy and supported.