



# 2018

# Caterpillars

0-2 years old

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## 0-2 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 interactions 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 Caterpillar Room

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.

The Caterpillars are between the ages of 0-2 years old. They all differ in their developmental stages, needs and personalities which lead to a variety of teaching techniques and care.

The most important thing about your child in child care is that they feel safe, they are able to settle in during the morning separation and feel comfortable with their carers. This bond with the carers and the other children is vital to how they feel throughout the day.

Below is a brief outline of what you are probably already experiencing at home and an idea of what their day to day life in child care will be.

In this age group children experience the most rapid growth and development. It is important to note here that at this stage of a child's life there isn't a checklist as such that you can go through to say this is what they should be doing right now. Each child acquires new skills individually. So, as easy as it is to begin comparing your child with the other children around, try not to.

**Theorist Lev Vygotsky identified that from birth to 2, children are beginning to learn to speak. During this time children are able to recognise their name and understand a few common words such as “come” and “ta” and can respond to these instructions especially if accompanied with gestures.**

**Their vocabulary is increasing and they begin to be able to point out to nearby objects when they are named. They are also starting to attempt to string a few words together such as “all gone”.**

**They go from not be able to support themselves to running! From being pushed in a stroller to wanting to push it. Being spoon fed to wanting to do it themselves. Their independence is increasing and they are constantly learning through their senses, especially touch.**

**Picking up and throwing objects, they will want to touch and try everything within their reach. Also decreasing the urge to put everything in their mouths.**

**Because they are beginning to walk, talk, eat on their own, build awareness of their bladder and bowel activity, dress and undress and build a forever increasing curiosity it is important to note that they are not yet mentally and emotionally mature.**

**A further note to make is that at this age children are not ready for toilet training, that is something to look into during their toddler years.**

**They may be aware of things however they cannot yet understand nor comprehend them.**

**For example, they know the meaning of “no” but it will not stop them from doing what they are about to do. They will prefer to play with their parents and in some situations with other children they may not be ready to play cooperatively or share which can lead to hitting or biting. A number of behaviourists suggested that if behaviours are rewarded they will be repeated, but behaviours that are ignored appropriately will decrease. So using encouragement will help to promote their development.**

**This is the time when children develop a strong attachment to their parents, they are afraid of strangers and the separation from loved ones. In regards to the beginning of your child in care this is the time when it is very important to set up a few play dates for the children to get familiar with their new surroundings and to build new relationships with the carers and other children.**

**When it is time to go using plenty of reassurance and saying goodbye will help to build their confidence and trust in you.**

## **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 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 and two shirts**
- **Two pieces of fruit or vegetables**
- **5-6 nappies each day**
- **Their own milk bottle with the required amount of breast milk or formula for each day**
- **Their comforter i.e. dummy, soft toy, blanket**

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

**And remember LABEL EVERYTHING!**

## **Daily Schedule**

**The daily schedule changes throughout the year to accommodate the weather. For this age group the only difference between the summer and winter program is if play is indoors or outdoors.**

**7:30 – 8:30** Children arrive at the centre and settle in with some morning tea. During summer parents must apply sunscreen on their children before they drop them off as part of our sun protection policy

**8:30** Indoor/Outdoor play depending on the weather.  
Scheduled nappy change time

**9:00** The babies which have two sleeps have their first sleep at this time

**10:00** Second scheduled nappy change

**10:45** Lunch (Once the children that are sleeping wake, they also have their lunch)

**11:15** The children which have one sleep go to sleep at this time. The other babies have a play with quiet indoor activities

**1:15** As the children wake there are quiet activities set out for them to engage in. And a comforting serve of milk in a sippy cup/bottle.

**1:30** Third scheduled nappy change

**2:00** The babies that have their second sleep go down at this time

**2:30** Afternoon tea. As the babies wake from their second sleep, they also have some afternoon tea

**3:00** Indoor/Outdoor play depending on the weather

**3:30** Fourth scheduled nappy change

**4:30** Late snack

**5:30** Centre is Closed

**The table is a calendar that outlines cultural events and learning areas. The Caterpillars of course will celebrate/learn within their own capabilities. 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 can add any ideas they may have for the program and any other cultural events.**

### **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.**