



**What To Expect When
Starting With Fit Kidz!**





Happy Hippos

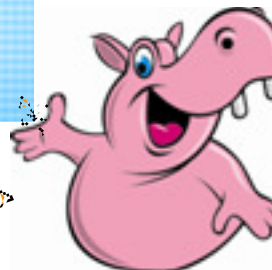
What We Provide....

- **All meals** – Breakfast, morning tea, lunch, dessert, afternoon tea & late snack. (Fresh purees provided for younger babies)
- **Drinks** – Full cream milk, water and juice
- **Nappies and wipes**
- **Sheets and bedding**
- **Bibs and washers**
- **Sunscreen**
- **Communication book**
- **Personalised portfolio**
- **Daybook** – a slideshow of your child's day emailed to you at work or home.
- **Individualised Learning For Life - Early Education Program**
- **Toilet training program**

What You Need To Bring....

- **Any formula** – If your toddler is on any formula please bring in portions of formula
- **Empty bottles**
- **Nappy cream**
- **Spare clothes**
- **Broad brimmed sun hat**
- **Any security items** – eg. dummy, blankie, security toy for sleep time.

Please label all personal items



Happy Hippos 1 Daily Routine...

Breakfast
Family Grouping
Indoor/Outdoor Experiences
Morning Tea
Language for Life – group time
Constructing Creativity
Fitness Foundations
Lunch
Rest Time/ Quiet Activities
Afternoon Tea
Indoor/Outdoor Experiences
Family Grouping
Late Snack

In this age group nappies will be changed every two hours or as needed. Rest and meal times are also flexible to meet your child's needs.

Happy Hippos 2 Daily Routine...

Breakfast
Family Grouping
Indoor/Outdoor Experiences
Morning Tea
Language for Life – group time
Constructing Creativity
 - craft experiences
 - music and movement experiences
Fitness Foundations
Lunch
Rest Time
Afternoon Tea
Indoor/Outdoor Experiences
Family Grouping
Late Snack

In this age group nappies will be changed every two hours or as needed. Rest and meal times are also flexible to meet your child's needs.





Before You Start

Orientation Visits - Before your child commences at the centre, orientation visits are encouraged. Orientation visits allow you and your child to familiarise yourselves with the surroundings, the room's Staff and our program. We believe these are beneficial in assisting you and your child in settling into the centre, and can help to make your child's first day less daunting. Each child and family is unique in their needs for orientation, you may need one day or you may need 2 weeks. During your orientation visits please bring your completed Enrolment forms so your child's teacher can be aware of the following:

- All your contact details
- Your child's personal details – for example: normal routine, personality, favourite foods, and any allergies
- Who else is authorised to pick up your child

The First Day

The first day in a new child care centre is often quite an emotional experience for you and your child. It is a major transition in your lives where your child will be cared for in a new setting by someone other than a family member. Children will vary in how long they take to settle into child care. Some will settle easily on their first day, while others may seem unsure and may take a few weeks before they settle happily and confidently in their room. Following the tips below may help your child to have a settled first day.

- Start with a shorter day
- Send in a favourite toy or comfort item which will help them to feel "at home" in their new surroundings
- Try not to rush your child into the centre. Spend time showing them where their bag belongs
- Establish a "good-bye" routine for example: settling your child at an activity, reassuring them who will be picking them up and then saying good-bye
- On pick-up ask your child and/or teacher how they enjoyed their day. Try not to rush your child out of the centre, together you can go and say good-bye to all teachers and friends before leaving.

The Next Few Weeks

Over the next few weeks it is a great time to develop relationships with the staff in your child's room, through discussions at pick-up and drop off, which will reassure your child that they are in a safe environment. By working in partnership with the teachers you will aid your child's transition from home to care and provide them with the opportunity to develop meaningful relationships, and to engage in experiences that will benefit them both now and in the future. Over the next few weeks remember to:

- Be consistent with your "good-bye" routine
- Once you have said good-bye, try to leave quickly rather than prolonging the farewell
- Talk with the staff to find out what your child has been enjoying at the centre and any friends they have made to assist in your discussions at home about FIT KIDZ
- Remember to take it one day at a time. Each day your child will settle differently, depending on what is happening in their life
- Talk with the carer about the important things in your child's life, for example: how they slept the night before or what they did on the weekend
- Telephone the Team Leader throughout the day if you are concerned with how your child may be coping