



Sunny Hollow  
MONTESORI

## Toddler Supply List & Information

**We are very excited to meet you and look forward to seeing you!**

The following is a list of what all children enrolled in the **Toddler Program** will need for the first day of school.

### Extra Clothes

- Four (4) Shirts - short or long sleeve depending on the season.
- Four (4) pairs of shorts or pants - depending on the season
- Four (4) pairs of socks
- One (1) pack of pull-ups
- Two (2) pairs of indoor shoes
- One (1) wet/dry bag or waterproof bag - to carry home wet garments
- One (1) pack of wipes & Parents' consent to use wipes and rash cream at school (Consent form attached)

*\*Please Label All Clothing and Materials*

**Outerwear - Everyday your child will explore the outside environment with us and depending on the season it is required to bring:**

### Autumn or Spring

- One (1) hat
- One (1) pair of mittens
- One (1) warm sweater or coat
- One (1) pair of rain boots

### Winter

- One (1) hat
- One (1) pair of waterproof mittens
- One (1) warm coat
- One (1) pair of snow pants
- One (1) pair of snow boots

### Summer

- One (1) sun hat
- One (1) pair of outdoor shoes
- One (1) Sunscreen (optional) \* *SHM will provide Babyganics sunscreen SPF50*

*\*Please Label All Clothing and Materials*

**Misc. items:**

**Photo:** A 4x6 picture (recent) of your child for his/her bathroom drawer.

A 4x6 horizontal family picture we can place inside his/her locker or place in our room for the children to look at and talk about. Children love to share these pictures! Please print the names of the people/pets so we can easily name them with your child.

**The following are additional items needed for children enrolled in the Full Day Toddler Program**

**A lunchbox**

- Your child will have lunch with us at school, so please provide a lunch bag with no characters pictured-soft-sided (soft-sided bags allow us to fit all lunches in the refrigerator)
- Re-usable/re-sealable containers with healthy food
- Thermos for warm food (casseroles/soup)

Practice having your child open and close each of these items independently. Milk, water, dishes, silverware and linens are provided. Please do not send juice boxes, tubes of yogurt, treats, or desserts.

**Nap gear**

- Your child will be napping in the afternoon, please send a large canvas bag or stuff sack with a small blanket, small pillow and/or small comfort item. *Please leave pacifiers at home.* These items will be sent home at the end of each school week to be laundered.

***\*Please remember to label all items that come to school with your child's name or initials***

***Important Information for Parents***

- Parent Handbook - Please familiarize yourself regarding school policy and procedure by the parent hand book.
- Extra Hours Request - If you need some change in hours for dropping off or picking up your child please let us know in advance by informing Larissa (Office Administrator) and teachers by email.
- Contact information- Please inform our Office Administrator at [larissa@sunnyhollow.org](mailto:larissa@sunnyhollow.org) of any changes in your family's contact information, including phone numbers, e-mails, those with permission to drop-off or pick-up your child, etc.
- Parent File Folders - Your child will have a file that will be located at the left of the main entrance of SHM and it will hold general information from the School.

***Toddler Community Daily Schedule***

7:30 - Extended care AM

8:30-8:45 - Regular arrival

8:30-10:30 - Work cycle

10:30-10:45 - Community snack

10:45-11:00 - Bathroom and getting ready for outside recess

11:00-11:45- Recess

11:30-11:45 - Half day children dismissal

11:45 - Bathroom and getting ready for lunch

12:00-12:30 - Community lunch

12:30-12:45 - Cleaning up lunch

12:45-1:00 - Bathroom

1:00-3:00 - Nap time (we do not wake any children that sleep longer)

3:00-3:30 - getting ready to go home and quiet activities

3:30-3:45 - Full day children dismissal

3:30-4:30 - First extended care PM

4:30-5:30 - Second extended care PM

5:30 - Toddler Community closes

## ***School Arrival and Saying Good-Bye***

In the Toddler Community we foster independence, so in order to aid your child to be independent we encourage you to allow him/her to walk independently to school. Please be prepared to give a brief and positive good-bye for your child and allow the teacher to help your child after that.

Below you will find the specifics for the hours that apply to your child's schedule.

***7:30 - Extended care AM-*** If you sign your child up for the extended day morning you may enter SHM by the main entrance. You may come in the classroom with your child and help prepare he/she for the day - Change their outside shoes to inside shoes and putting the belongs in their locker. When your child is ready to bring their lunch box to the fridge (usually full day children) say a brief good bye and let the teacher help your child from that moment on. The extended morning SHM will provide breakfast that is available until 8:15am, however, in order to have breakfast your child must arrive before or at 8:00am.

***8:30-45 Arrival-*** You will have a window of 15 minutes and you may enter SHM by the temple door that leads you directly to the Toddler Community. The guide or the assistant will greet you and your child by the door orienting your child to come into the room to be assisted by the teachers. If the teacher is not at the door to greet your child please knock on the door and we will come as soon as possible. If you come after 8:45 the temple door will be closed and you may have arrive by the main entrance, passing by the office and then bring your child to the classroom. Please do not enter the Toddler Community if you are coming in late as this disturbs the community. Instead, knock gently on the door and wait until a teacher is available. Do not open the door of the classroom, wait for the teacher to come and greet your child. We understand you may be late, but work has already started in the classroom and we may not be available to open the door immediately.

Drop-off transition may be challenging for many young children and crying is common. In order to have a smooth drop-off we encourage you to be consistent with time and have a short and positive departure. In the classroom, we will assist and support your child in order to gently settle them. Children settle at different times and different ways and generally we are able to find activities or materials that attract their attention or allow them to interact with the other children that usually amuse them. Please rest assured that we will contact you if we deem that your child needs to be picked up early.

Occasional late drop-off or early pick-up - Please contact your child's guide for the most ideal time in the case of late drop-off or early pick-up. The Toddler Community routine accommodates many transitions and there are better times for drop-offs and pick-ups. Please do not enter the Toddler Community if you are coming in late or picking up early as this disturbs the flow of the community.

### ***Learning to Use the Toilet Independently***

Learning to use the toilet is another way to gain independence. In the Toddler Community, we will help and assist your child in this developmental task that they will acquire as naturally as how they learn how to walk and talk. Children of this age are natural learners and great observers that enjoy to duplicate the actions of one another. In the Toddler environment, they will have the opportunity to watch one another and use the full-sized toilet and the potty chairs.

In order to help the children to recognize the signals of their body and allow them to feel the sensation of elimination they will use cotton underwear - SHM will provide these. Once the child starts to identify the sensation, it then becomes a matter of timing for them to accurately administrate the feeling of sensation, getting to the toilet, pushing the pants down, etc.

Children that arrive to the Toddler Community usually spend around two weeks using pull-ups they bring from home and on the third week, after a good period of observations, they start to wear cotton underwear from school. We strongly encourage you to adopt the cotton underwear at home as soon as we start at school in order to have a consistent message and help your child feel more confident. You may start to use them for short periods of time and have your child wear them without other pants because it makes it easier for her/him to push them down as well as pull up. You may find the thick, cotton underwear in the Infant/Toddler department at Target, Walmart and as well as online at Amazon. The brand we use at school is Gerber because they are not pricy, have a nice fit and good material that is soft on the toddler skin and easy for them to push down and pull up.

While helping your child to use the toilet independently at home prepare yourself to approach the process without emotion. There should not be bells, whistles, stickers or M&M's when your child uses the toilet as well as signs of displeasure or negative comments made when a child has wet or soiled themselves. In the Community, we only state "I see that you are wet, let's change to dry undies." or to bring them with ease to the bathroom you may say "It is time to go to the bathroom.", please do not invite your child because children of this age tend to say "no" for everything, even for things they want to do.

You will be able to see the progress of your child's toilet learning at school by the daily notes. We will be talking more about this big step of your child's development in order to support them at school and the whole family at home. Please do not hesitate in making more questions.

The report you will receive by the daily notes regarding the toilet learning will be like the example below, but without the explanation's:

Sat/ried Dry - Child was dry and sat on the toilet to try.	Sat/ried Wet - Child was wet and sat on the toilet
Went pee Dry - Child was dry and went pee	Went pee Wet - Child was wet, but did some pee in the toilet
Had a BM Dry - Child was dry and had BM in toilet Had a BM BM underwear - Child had BM on his underwear	Had a BM Wet - Child was wet, but had a BM in the toilet

### ***Clothing and Shoes***

Clothing is another big step towards independence and to help your child get dressed and undressed independently, it is important to have clothes that are easy to be manipulated by a toddler. Children of this age will be better served by clothes that do not restrict and allow them to have freedom of movement.

It is important to check the weather and help your child choose appropriate clothes for the season. We have drills that bring us outside during all four seasons of the year and we usually go out with the classroom outfit as there is not time to add some extra layers, since we are practicing for an emergency.

The ideal clothing for toddlers (boys & girls) are inexpensive, cotton/knit sweat pants/shorts with elastic waist and slip on tops. Please avoid clothing with zippers, snaps or buttons until your child is able to do them independently. It is important to check if the neck of shirts is big enough so that your child's head passes without difficulty through the opening of shirts. Again, avoid buttons or snaps on the opening of shirts. We recommend for girls shorts and pants because dresses, tunics and skirts tend to go into the toilet. Avoid leggings as they constrict the movements of your child and are hard to put on and take off. Please send your child to school with comfortable clothes that are okay to get paint on and really wet, save the special outfits for family occasion's or home. Please use permanent marker/labels to label all clothes with your child's name or initials.

At the beginning of each day your child will be encouraged and assisted to switch their outside shoes to inside shoes. We recommend soft leather or vinyl shoes with Velcro fasteners. Please avoid shoes with buckles and laces for school. Crocks are not recommended because they are a hindrance to young children's mobility.

### ***Daily Snacks and Lunch***

Every day your child will enjoy a community snack (half and full day children) and lunch (full day only). Children in the Toddler Community help us set up the tables with placemats, glasses, plates/bowls, silverware and napkins. The school provides all these materials as well as water & milk.

The school also provides breakfast and snack for the children that participate in the am and pm extended care. Breakfast is served at 8:00 am for the children that arrive before or at 8:00am. The afternoon snack is served at 3:45pm for all the children that are signed to pm care.

The community snack is a great opportunity to learn how to serve themselves and observe other peers eat different foods, which makes them open to try new tastes. The children also acquire the social abilities of how to share, having a conversation and good manners at the table.

### ***Nut-Free Policy***

Sunny Hollow Montessori is a peanut free and tree nut free school. Items with peanuts or tree nuts (almonds, cashews, hazelnuts, etc.) may not be consumed, served, or stored anywhere on the Sunny Hollow campus. If your child does bring a food containing nuts or traces of nuts in his/her lunch, he/she will be offered an alternative such as a bagel, cheese and crackers, etc.

### ***Toddler Community Daily Notes***

Kaymbu is the program the Toddler Community uses to send out daily notes. Through the daily note you will know how was the day of your child - activity, toilet information, how long was the nap, the intake of food, extra materials you may need to bring, such as clothes, pull-ups, shoes. General notes regarding your child's day and classroom information.

Also by Kaymbu you will receive pictures of your child. This is the most exciting piece for some parents!

### ***Laundry and Grocery***

The families in the Toddler Community take turns making the laundry of practical life materials from the class and bringing groceries to supply snacks and practical life supplies. The children enjoy both activities of bringing the materials to be laundered at home or going to the grocery store, which allows them to share their experience with the community.

The laundry happens more frequently because of the large amount of used cloths & towels and the maximum capacity of our community of 12 children. The load of laundry is needed three times a week and divided by the current number of families we have.

The grocery occurs once a week. On Fridays, we send electronically and printed a list of what is needed by the community. You may either opt to make a donation or request the reimbursement at the office.

The Toddler Community team appreciates your great help with laundry and grocery that allows us to keep the peaceful flow of our activities in the classroom. Please find attached further information regarding our system of laundry and groceries.

### ***Illness and exclusion of Sick Children Policy***

Your child must stay home from school if he or she has:

- A reportable illness (mumps, measles, chicken pox, etc.)
- Contagious disease (strep throat, chicken pox, head lice, ring worm, etc.)
- A temperature of 100 degrees Fahrenheit (or higher) before fever reducing medication given.
- Been vomiting or has diarrhea.
- Unexplained lethargy.
- Significant respiratory distress that makes it difficult for the child to participate in program activities.
- Had antibiotics administered for less than 24 hours.
- Not been treated by a physician for an exposed wound requiring stitches.

Your child must be symptom-free for 24 hours before returning to school.

If your child has experienced fever, vomiting, or diarrhea, he or she may return to school 24 hours after the fever has broken (without medication), or vomiting and or diarrhea has stopped. These guidelines minimize spread of illness within the community.

If your child has been prescribed antibiotics for contagious illness, he or she may return to school 24 hours after the first dose of the prescription has been administered.

If your child becomes ill at school, parent/guardians will be immediately notified and are expected to pick up the child. The student will be isolated from other children and rest under the supervision of staff personnel

until a parent or guardian arrives. The child may return to school 24 hours after symptoms disappear or antibiotics are administered.

We understand the demands placed on working parents, however the best place for a sick child is at home where they may rest and get healthy again, and not spread contagious disease's to other children. Thank you for your consideration and for more information regarding health in general see parent hand book page 43-45.

## ***Tips to Support Your Montessori Child at Home***

### ***Mealtimes***

At school, you child will have snack and lunch at the community table with all the peers and teachers. The children help in the processes of setting up, help themselves from a community bowl, using the silverware to eat and place the dishes away. As a group, we also have conversation together. You can help you child at home for this experience by:

- Eating family style meals having dinner together, which gives to the child the opportunity of observing good table manners.
- Avoid high chairs where a child needs to be strapped in and instead use booster seats that your child can climb. Tripp Trap and Keekaroo carry these ideal chairs.
- Having your child help to set and clean up the table. They can help bring one dish at a time to the kitchen or place it in the dishwasher.
- Have you child drink form small open cups for meals and snacks.
- Encourage your child to use silverware while feeding herself/himself.

### ***Dressing and undressing***

You child will often be encouraged to participate in dressing and undressing themselves. Toddlers love to be independent and do thigs for themselves. You may help your child be independent by:

- Providing clothes that are easy for your child to put on and take off.
- Allowing your child to do things by himself/herself with time and encouragement. You may encourage him/her to take shoes off, open the Velcro, zipper up and down their coats, and pulling up their pants.

### ***Toileting***

Toilet learning will be introduced to your child in about two weeks from his/her transition. In the first two weeks, we let the child observe the older peers and typically on the third week your child starts to use cotton underwear full time with us. You may support the toilet learning process at home by:

- Allowing child to be independent with dressing and undressing.
- Using cotton underwear at home instead of pull-ups or diapers.
- Helping your child use the toilet at home and making it part of their routine. Use the potty chair as soon as you child wakes up, after meals, before and after going out, and before bed.
- Providing a potty chair because it allows your child use the bathroom independently.

### ***Bedtime***

Full day children will take naps every day after lunch in low cots. You may prepare your child at home by:

- Having a consistent nap and bedtime routine. In the Toddler Community naptime begins at 1:00pm and goes until 3:00pm when most of the children are waking up.
- Consider having you child transitioning from a crib to a toddler size bed.
- Weaning your child from pacifiers and bottles before nap or bedtime.