

# Healthy Kids Programs Early Learning Parent Guide

We are so grateful you have taken the time to explore Healthy Kids Early Learning Programs.

Within this booklet, you will learn much about our programs, mission statement, centers and staff.

We hope to meet you in person soon.

Sincerely,

*The Healthy Kids Team*



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# Mission & Vision

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A part of Healthy Kids Programs, which has been providing Before & After School and Summer Camp Programs throughout New York State since 2003, Healthy Kids Early Learning focuses on Infant, Toddler, Preschool and Pre-K Programs.

## Our Mission

Our Healthy Kids Early Learning Center's mission is to provide a safe, nurturing, and engaging early learning environment that effectively supports the needs of our children to enter kindergarten with the social, emotional, and academic skills to be happy and successful.

We creatively implement our structured curriculum in a well-designed classroom space with regular assessments to enhance and challenge each child's social, emotional, and learning development and spark each child's creative individualism. We believe that with structured guidance, best-practice teaching strategies, and gifted staff, each child will reach their developmental milestone with the overall goal of preparing each child to enter a school-age program.

## Our Philosophy

We believe children learn best through meaningful interaction. Our program reflects the integration of physical, cognitive, social, emotional, language, and self-help areas for the total development of the child. Meaningful activities encourage curiosity, discovery and problem solving, which allows individual growth and development of a positive self-image. We have a responsibility to run a safe program that is in compliance with every single law and regulation. The policies outlined on the following pages will ensure that we deliver both our obligations and our responsibilities and run the best program possible.

## Licensing

The Healthy Kids Early Learning Center is a NYS Licensed Day Care Program through the New York State Office of Children and Family Services (OCFS) and operates in accordance with the NYS Day Care Center regulations.



# Registration & Communication

## Registration

Before your child can attend our center, a completed registration form and emergency card must be submitted, along with documentation of current immunization records. Online registration is available and can be found on our website [www.healthykidsprograms.com](http://www.healthykidsprograms.com). We encourage families to call us to set up a tour with our director prior to enrolling to view the facility and to meet our staff.

### Notice of Change of Enrollment

One month's written notice is required for withdrawal from the Healthy Kids Early Learning Center.

### Fee Information

Rates and billing information can be found on our website. A signed "Tuition and Payment Agreement" must be completed prior to the start of care.

The Registration Team can be reached at [registration@healthykidsprograms.com](mailto:registration@healthykidsprograms.com) or 845-330-0220.

## Discharge from the Program

While we will do our best to meet the needs of any child that attends, there are times when we cannot provide the right fit. We want all children to thrive, and if we find that your child is not best served by our ELC we will discharge them. The following are reasons that a family may be discharged:

- Neglecting to follow the policies of the Healthy Kids Program/Office of Children and Family Services
- A continuing problem that negatively affects other children. This may include, but is not limited to: hitting, biting, inappropriate behavior, bullying, or being unsafe.
- Defacing ELC property
- Bringing or using illegal items or substances
- Nonpayment
- Inappropriate, disruptive or "bullying" behavior from a parent or guardian towards center staff, other parents or children.

## Communication

We utilize a family-friendly software program called Brightwheel. Brightwheel allows teachers to send you updates and pictures, parents to sign their children in and out of our program each day and parents to send messages to the staff and director.

### Additional Ways to Communicate

The Healthy Kids Early Learning Center wants to partner with our families. We request a courtesy call for days that your child will not be in attendance. We appreciate knowing when children are sick or having a special day with a family member. This helps staff to plan for their days and be aware of what is happening in the lives of children.

Feel free to speak to the director or any staff about any special needs, concerns or information.



# Drop off & Pick Up

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We take your child's safety seriously, therefore we ask you to follow the guidelines here to ensure a smooth beginning and ending to the day.

## Drop Off Procedures

You will need to sign your child into care using Brightwheel. (Staff will be happy to assist you in the process).

## Pick Up Procedures

You will need to sign your child out using Brightwheel. Remember to check your child's cubby for art work or notes.

We will not release a child from our program to anyone:

- Who is not listed on the registration form
- Who is not authorized to pick up
- Who is under the age of 16
- Who appears to be under the influence of drugs or alcohol

**Safety is our highest priority.** We ask parents and caregivers to adhere to these policies so we can be sure to keep your child safe at all times.

If there is someone new coming to pick up your child, you must inform us in writing who the individual is. We also ask that they are aware of our pick up policy, and that they are required to present a photo ID to our staff. We cannot take instructions over the phone. Please let us know if a new person needs to be added to the pick-up list, or you can easily update your approved pick up list on Brightwheel.

**\*\*LEGAL ISSUE:** By law, the program staff is not allowed to keep a child from their natural parents. If your child is involved in a custody battle where a parent is not allowed to come into contact, or pick the child up from care, it is necessary to inform us in writing. A copy of any court documents stating this information is required, and will be kept confidential.



# Hours of Operation

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The Early Learning Center will be open Monday to Friday all year with the exception of the following:

### Holidays

New Year's Day, Memorial Day, July 4th, Labor Day, Thanksgiving day, The day after Thanksgiving, Christmas Eve, Christmas Day and New Year's Eve.

### Professional Development Days:

The Healthy Kids Early Learning Center supports staff in their ongoing professional development. Please make arrangements for alternative care on the following days: the Friday before Memorial Day and Veterans Day.

# Our Staff

The people who make up Healthy Kids Early Learning

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**Our staff are very special people who demonstrate a resourceful and loving commitment to children, a high level of skill, education and experience.**

Staff consists of our Executive Director, Center Director, Early Childhood Educators, Infant and Toddler Educators, Early Childhood Assistants and Support Workers. The director is responsible for the overall program at the Healthy Kids Early Learning Center, and divides his/her time between overseeing programs, supporting staff, and administrative responsibilities. All permanent staff are licensed early childhood educators with current CPR and First Aid certification. All staff, substitutes, students and volunteers must complete a screening process that includes a complete background check, fingerprinting, passing a physical and TB test and reference checks as per NYS OCFS regulations.

## Staff Training

We are committed to continually develop our staff by giving them the tools and skills to be better caretakers. All employees must complete a minimum of thirty hours of training every two years. The training will consist of CPR/first aid, Foundations in Health and Safety, Mandated Reporter, Prevention and Identification of Brain Injuries, including Abusive Head Trauma, and other training topics which include:

- Principles of child development
- Nutrition and health needs
- Child day care program development
- Safety and security procedures
- Business record maintenance and management
- Child abuse and maltreatment
- Statutes and regulations pertaining to child abuse
- Identification and prevention of shaken baby syndrome
- Status and regulations pertaining to child day care

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### Supervision: Staff/Child Ratio

We follow New York State staffing guidelines which are as follows:

### Ages of children Staff : Children Ratio

6 weeks to 18 months	1 staff for 4 children
18 to 36 months	1 staff for 5 children
3 year olds	1 staff for 7 children
4 year olds	1 staff for 8 children

# Health & Wellness

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## Daily Health Checks

Each day, the director and/or staff will visually check each child and document it.

### **This check includes:**

- Behavior typical or atypical for time of day or circumstances
- Skin: pale, flushed rash (feel the child's skin by touch affectionately)
- Eyes, nose, and mouth: note color, are they dry or is there discharge? Is the child rubbing eyes, nose or mouth?
- Breathing: normal or abnormal, cough?
- Ask parent how child seemed to feel or act at home
- Sleeping normally?
- Eating/drinking normally?
- Bowels and urine normal?
- Any signs of sickness like fever, breathing difficulties, rashes, unusual spots or stomach ailments,

**If any of these conditions are found, the child will be brought to a quiet place and kept under direct supervision by staff. Parents will be notified immediately by phone.**

Any open wounds found on a child should remain covered to prevent infections or contact with blood.

## Sick Policy

Coughs, colds and mild flu symptoms are a reality for all children. We prepare for these illnesses and seek to protect your child by maintaining a high quality of cleaning standards. We also require that sick children stay home. Any child attending the center must be well enough to participate in all the day's activities, including time spent outside daily. If your child becomes ill, the director or designated staff member will notify you and ask you to pick up your child.

### **A child may not attend the program if they have:**

- A fever of 100 or higher
- Two bouts of diarrhea
- Skin infection, undiagnosed rash, infected eyes
- Parasite related condition (scabies, impetigo)
- Coughing, colored nasal mucus, sore throat or ears
- Vomiting
- On antibiotics less than 24 hours
- Unexplained pain or headaches
- Difficulty breathing (wheezing, persistent cough)
- Head lice

### **A child may return to the center when:**

- Fever free for 24 hours WITHOUT the aid of Tylenol
- Has had 2 normal bowel movements
- Has been on antibiotics for 24 hours since the first dose
- In the case of coxsackie all blisters must be healed over and scabbed

## Child Abuse Policy

New York State mandates caregivers to report any suspected child abuse. A caregiver does not need to witness or have positive proof that abuse has occurred to report it. Staff members will use injury incident reports for any accident or injury occurring in the program. If the child comes to the program with unexplained bruises or physical injuries; it will be documented. If a staff member suspects abuse, they will immediately contact Child Protective Services based on documentation and any indications of abuse or neglect. A DSS 2221-A form will be submitted within 48 hours to DSS. The Director will also inform the Office of Children and Family Services after contacting DSS. The contact number for the New York State Child Abuse and Neglect hotline is 1-800-342-3720.

# Boo-boo's

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As we know, boo-boo's are a part of childhood. We will always do our best to prevent injuries, but boo-boo's do happen.

## Boo-boo's While In Care

If your child is injured while in care, the staff will offer first aid as needed, including TLC. We will wash a scraped knee, apply ice to a bumped elbow, etc. The staff will fill out an incident report which they will bring to the administrator on duty. If your child was injured above the shoulders, you will be contacted. At pick up, you will receive two copies of the report; one to keep for your records and one that you will need to sign for our records.

## Emergency Medical Situations

The safety of your child is our number one priority. Although most of our medical situations are fixed with TLC and a band aid, on rare occasions we come across a serious medical situation. In the unlikely event that your child is injured or is seriously ill while in our care, and immediate medical attention is required, a staff member will call 911 and request emergency assistance. We will immediately reach out to parents/guardians to inform them of what is happening, and what has happened.

We will support you and your child in every way, including comforting them, communicating with you and if needed, accompanying your child in the ambulance and by staying at their side until you can arrive at the hospital. The attending staff will have your child's emergency card, which you will fill out during registration time. If we cannot reach you, we will call your alternate contact, and continue trying to reach you.

## Biting Policy

Biting is a **very common behavior** among children birth to three years of age. Biting is a form of communication and is almost always a response to the child's needs not being met or coping with a challenge or a stressor.

### If your child is bitten:

- Staff will separate the child from the biter
- Special attention will be given to comfort the child
- Staff will be sure to administer first aid as follows:

1. Assess the wound, and if it is bleeding, apply pressure directly to the wound
2. Clean the bite wound with mild soap and warm water for approximately 3-5 minutes
3. Rinse thoroughly and pat dry with a clean dry cloth
4. Cover the wound with a clean dry dressing
5. Should the wound require immediate medical attention, appropriate action will be taken and parents will be notified immediately.

- Staff will complete an incident report to notify the parent/guardian of the incident For the child who bites:
- Staff will complete an incident report, and contact the biters parent/guardian immediately

**If a child bites more than twice in a day, they will need to be picked up from our center.** If we have a child that is constantly biting we will meet with the parents to create a "Care Plan" to help resolve the pattern. The name of the child who has bitten is confidential.

# Day to Day

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## Diapering

The infant and toddler program will work hard to make **diapering a stress free moment in the child's day**. We regularly diaper the children every two hours and anytime the child has had a bowel movement, or as needed. To maintain the health and safety of all children and staff, the staff will always wash their hands before and after diapering and sanitize the changing table after each use. If you prefer cloth diapers please make sure you talk to staff to determine the best method of containment for the diapers.

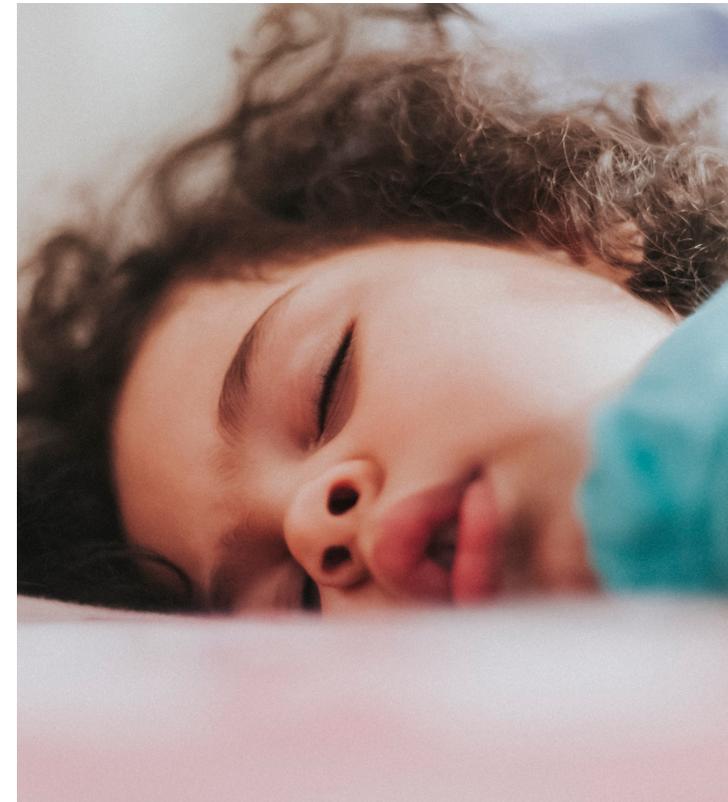
## Toilet Training

**Potty training can seem like a daunting task. We are here to help.** We encourage parents to let us know what stage their child is at in regards to toilet training. We let children get comfortable with the toileting routine, then encourage them to sit on the toilet. Children are encouraged to pull their own pants up and down when using the toilet and all children wash their hands after toileting and diapering.

## Napping and Quiet Time

**Daily, between the hours of 12:30 until 2 pm**, we will have a **center wide "Quiet Time"**. This should allow for the children to have some much needed down-time. Rest time should be a time for children to regroup and recharge. Each classroom will establish a routine that leads into rest time. Quiet music will be played and backs may be rubbed. **No child may be required to stay on their mat after 20 minutes of being awake. If a child is not willing or able to rest, alternative activities will be made available to them.**

**All infants will be placed on their backs in their cribs.** Once an infant is able to roll, we will place a "rolling over" sign on that child's crib in case, licensing should visit. This policy is in agreement with the OCFS regulations. Children cannot be covered in heavy blankets or quilts. Parents may provide a sleep-sack for their child. We are unable to place soft toys in cribs with a child. We are able to use white noise machines and pacifiers. **All naps will be recorded on the Brightwheel app.**



# Items from home

## What they'll need

**Learning can be very messy!** Children should **wear safe and comfortable clothing and footwear** that can get dirty. We will go outdoors daily so please ensure your child has clothing for outdoor play during all types of weather. Also be sure your child has an **extra set of clothes** available in their cubby for accidents or spills. If your child is **not yet toilet trained**, please send an adequate supply of **diapers/pull ups/training pants**. Please **keep children's personal belongings at home** unless it is a special toy that is helping a newcomer adjust to the center. We cannot be responsible for lost or broken toys that come from home.

**Please keep the following items in your child's cubby:**

- ✓ One or more full changes of clothing (underwear, socks, pants/shorts and shirt).
- ✓ Indoor shoes or slippers – in case of fire drills, sharp objects or spills on the floors. We ask that children's indoor shoes/slippers stay at the center, if possible.
- ✓ Closed toed shoes/sandals for outdoor play. Sneakers, crocs and sandals with closed toes allow children to run, climb and play safely outdoors.
- ✓ Weather appropriate coats/pants
- ✓ Light sweater for cooler days
- ✓ Water bottle with child's name clearly written on it

## Food and Drink

Parents will provide breakfast (if arriving before 8:30 am), lunch and 2 snacks for their children daily. We will offer water throughout the day and at meal times. We encourage healthy eating. Please pack items that are low in sugar and include fruits and vegetables.

All items must be clearly labeled on their containers and cups.

Please provide a cold/ice pack in your child's bag for foods that require cold temperatures, as we have limited fridge space.

## Bottles and Breastfeeding

All bottles must be brought to the center fully prepared. Bottles must be clearly labeled with the child's first and last name.

We respect the breastfeeding relationship between mother and child. Please feel free to schedule time with the staff to come and breastfeed your child.



**Things get lost, mixed up and are destined to never return home without labels.**

We have partnered with Mabels Labels who make durable labels for all your child's belongings. Get 20% off sitewide using the code:

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