



What to Expect in the Nido Community

The Classroom

- The Nido classroom has 10 children with ages ranging from 6 weeks-18 months.
- The teacher to child ratio is 1:5 with a head guide and two assistants (other than mid- day lunch breaks and end of the day departures for teachers).
- The Nido program strives to foster independence, physical development, and language development for the infants. This is achieved by having an open, safe classroom where the children are not inhibited by items such as playpens and walkers.
- Our base program is five days a week from 8:15-3:30. You can add morning and/or afternoon care if you choose.
- Class starts promptly at 8:30 each morning.
- Children under the age of one are free to sleep when they are tired and eat when they are hungry. Around age one, the teacher will begin to work with the parents to get the child on a regular eating schedule and one nap per day in order to prepare the child for the Toddler Community.
 - The parents and the teacher must work together VERY closely during this time in order to ensure that there is consistency between home and school.
- You will receive daily communication, documenting your child's naps, diaper changes, and feedings.

Feeding

- In our classrooms, we strive to follow the child's cues. We cannot follow restrictive schedules that contradict the child's natural cues. Younger infants will be fed on demand and work towards a regular schedule.
- Bottles must be fully prepared and labeled with the child's name and contents (breastmilk or formula).
- Bottles are stored in the refrigerator, and when used, we will rinse and place in your child's bag. Bottles must not be stored overnight in the case of a power outage.
- The bottles are heated in warmers and can then be kept for an hour; the remainder must then be discarded. We encourage you to bring several small bottles so none is wasted.
- All children will be weaned off the bottle between 12-14 months.
- As your child is introduced to solid foods, we are happy to help in this process. Morning and afternoon snack will be provided by the school once your child is fully on solids (typically 12 months old). Food that is brought in must be labeled with the child's name and contents and kept in a closed container.
- Our older children, 12-18 months will participate in community meals at the weaning table. With this process, we will introduce your child to using open lidded cups and utensils.

Sleeping

- We ask that you provide a sleep sack if your child is 6 weeks-12 months. If less than 12 months, no blankets or stuffed toys can be in the crib due to our safe sleep policy (see office for a copy to read, sign, and return.)
- Depending on your child's age, we will lay your child comfortably on his/her back--not on his stomach. If they are able to roll over on their own, they may sleep how they choose. We can also rock them if that is what your child is used to.
- Younger infants will nap on an as needed basis; as they get older (12-18 months), we work on getting them toddler-ready and working towards the same nap schedule right after lunch once a day.

Diapering/Clothes

- We ask that you provide a package of diapers and a package of wipes. We have plenty of storage so don't worry about bringing too many.
- We change diapers every two hours unless they need to be changed sooner.
- Please provide 3 complete outfits per day for any accidents or soiled clothes—**be sure they are all labeled!**

- We ask that parents please bring a small bag (wet/dry bags are the best) and a toddler-sized backpack (**no diaper bags, please**) so that we are able to keep track of as well as return clothing and bottles.
- We want your children to be comfortable in our care so please bring a pacifier if needed for soothing during rest. We do ask that you leave toys and books at home.

Illness

- If your child has a fever of 100.4 and/or exhibiting other symptoms (vomiting, diarrhea, rash, etc.), s/he must be excluded from the environment by pick-up within the hour or remaining home from school. Your child must be free of all symptoms for 24 hours before returning to school without medications.
- If your child should need any medications while in our care, we can administer if the proper forms from the office are filled out correctly, signed by your doctor and returned.
- Homeopathic medications cannot be administered even with a doctor's note (Gripe water, teething tablets, etc.)

Outdoor Play

- Weather permitting, the infants will spend at least 30 minutes outside, twice a day. The time at which this occurs may vary based on the sleeping needs of the class. Please bring a coat/sweater, appropriate hard soled outside shoes, and a hat. We apply Coppertone Water Babies sunscreen; if you'd rather use a different kind, please bring in labeled with your child's name.

Tummy Time

- Infants will have at least 20 minutes of play on their stomach each day (until they are rolling over, crawling, etc.) to strengthen their necks and upper body. This time will be broken into smaller increments as necessary for the child.

Work Cycle

- The Work Cycle in Nido is not a defined block of time as it is in the Toddler and Primary level. Instead, in the infant class, the babies are working anytime they are awake (and even when they are asleep!). Activities are designed to stimulate the physical, intellectual, social and emotional development of the infant. The environment is prepared thoughtfully at the infant's level to allow free movement and maximum exploration. Lessons and activities are designed to build both gross and fine motor skills such as grasping, batting, reaching, rolling over, crawling, standing, cruising and walking; activities to boost language development such as teachers singing, talking, naming objects, describing pictures and reading; as well as activities that encourage spatial awareness, sensory exploration, toilet learning, and the beginnings of self-care. Infants are also introduced to basic musical instruments and art.