

## **Meal and snack guidelines**

### **Breakfast:**

**milk (in a cup)**  
**fruit or veggie**  
**bread or cereal**

### **Lunch and dinner:**

**milk (in a cup)**  
**meat**  
**veggie and/or fruit (2 total)**  
**bread**

### **Snacks: (consists of 2 items from 2 different groups)**

**milk (in a cup)**  
**fruit or veggie**  
**meat**  
**bread**

**Meals are served family style, which means that I will include the children in parts of the preparation, table setting, serving themselves and clearing.**

**I never force a child to finish what is on his/her plate, but I do encourage each child to try one or two bites of everything.**

**If your child requires a modified diet I will need a physician's written instructions.**

## **Preschool program**

**I will be incorporating a preschool curriculum into our daily activities for fun and to prepare the older children for school. This is done at no additional cost to you. This is a theme based curriculum set up on a weekly basis, but if a theme is of particular interest to the children we will spend extra time on it. activities include arts and crafts, stories, music, games, etc. These activities will allow your children to be successful and feel good about themselves, use and develop language skills, use large and small muscles, learn new ideas and skills and expose the child to a variety of cultures. The program will also encourage creativity and imagination through the use of various materials and mediums.**

## **Rest/quiet time**

**All children under the age of five are required to have rest time. Our rest time is 9:30am-11:30am or 12:30pm-2:30pm depending on our schedule. I will provide a safe, warm quiet place for your child to rest.**

**Children who do not fall asleep or who awaken early will be guided to quiet activities that will not disturb other sleeping children.**