



Welcome
To
The
Infant room

Meet Our Infant Teachers

****For the most part, our staffing is consistent. However, due to illness and/or vacation, other staff may fill in from time to time.****

Meet Ms. Julie: Hello! I am so excited to be a part of the wonderful team you trust to care for your children. I am Julie Newman, and I am the lead teacher in the Infant Room. Here is a little background about me: I left my healthcare career as a home health aide to start my journey in childcare. This was the best career change I ever made! I started my childcare journey in 2020 as a full-time nanny. From there, I began working at a daycare where I started in the infant room as the lead teacher also taught in the Pre-K classroom. I recently obtained my Child Development Associate Degree, or CDA. I am so excited to get to know you and your child this school year!

Meet Ms. Emily: Ms. Emily started at our school in June of 2022 when she joined our summer camp team. We were thrilled when she decided to stay with us during the school year and she found her home in the Infant Room. Emily is a calm, gentle presence in our infant room and the babies just love her. Even when she is on break, she can often be found “squishin’ her babies” and getting extra love from them. We are lucky to have such a devoted assistant in this classroom who truly appreciates how special this time is in a child’s life. We know she will be a “fan favorite” during this school year!

Meet Miss Stephanie: Hi! My name is Ms. Stephanie and I am very excited to join the TLC family! I have raised three boys of my own and have been working with children for several years; I love working with the infants! I enjoy stimulating their growth and development by reading to them, singing with them, and doing finger plays. I can’t wait to get to know you and your family this school year!

Infant Room Packing List

Please make sure to label EVERYTHING that comes to school each day!!

- 2 changes of weather-appropriate clothing (don't forget hats, gloves, socks, onesies, shoes, etc.)
- Bottles, cups, and food items for the day (remember to label each part of the bottle so that we can make sure everything goes home to you at the end of the day)
- Pacifiers
- Diapers
- Wipes (Full Time: 3 packs per month with approximately 210 wipes per month; Part Time: 2 packs per month)
- Diaper Cream
- Favorite toy or blanket *only if child is able to roll and push up*
- Sunscreen
- Sleep sack if your child is used to sleeping in one.

The teachers will communicate with you via the Tadpoles app or in person if you are running low on any supplies. You are welcome to bring frozen breastmilk or a can of formula as backup in case of a later than usual pick up or if Baby is feeding more frequently during the day.

TLC provides sheets, bibs, and burp cloths that we launder daily. You are welcome to provide your own if that is your preference.

Helpful Resources

Feeding_Guidelines

- This helpful resources from Johns Hopkins Medicine offers advice about both breast and formula feeding for your infant:
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/feeding-guide-for-the-first-year>
- This guide from What to Expect outlines some of the best finger foods you can offer to Baby as they move away from only formula or breast milk:
<https://www.whattoexpect.com/first-year/baby-feeding/best-finger-foods-for-babies>

Developmental_Milestones

- The first year of a child's life is one of immense growth and development. During that year, they grow, change, and learn so much. This website is a great resource that talks about some of the expected milestones your child may reach during this first year: <https://www.cdc.gov/ncbddd/actearly/milestones/checklist/2-Month-Checklist-form.html> Remember that every child develops differently and milestone checklists should only be used as guides. Your child's teacher will assess your child and discuss their growth with you periodically throughout their first year. If at any time you have a concern, you can set up a parent/teacher conference at any time!

Shaken_Baby_Syndrome_resources

- According to the National Center on Shaken Baby Syndrome, SBS, or Shaken Baby Syndrome is “a term used to describe the constellation of signs and symptoms resulting from violent shaking or shaking and impacting the head of an infant or small child.” **All members of TLC Staff take training on recognizing and preventing SBS.** It is important to recognize the early signs of frustration surrounding infants’ cries in order to protect against Shaken Baby Syndrome. Below is an infographic on P.U.R.P.L.E. crying:



An excellent resource on SBS is this video made by Children’s Trust which talks about how to comfort your baby and yourself when your infant cries for extended periods of time: <https://vimeo.com/trust4kids/review/261918872/deb2c220d9>

SIDS_Resources

- SIDS, or Sudden Infant Death Syndrome, is the sudden, unexpected, and unexplained death of an apparently healthy child. Since the “Back to Sleep” campaign in 1994, which is not called the Safe to Sleep Campaign, SIDS deaths have decreased by 60%. **At TLC we always put babies to sleep on their backs.** The infographic below offers some suggestions for ways to prevent SIDS in infants.

Western Cape Government www.westerncape.gov.za

Protect your child from Sudden infant death syndrome (SIDS)

- Ensure the cot is properly assembled.
- Use a firm mattress with no more than two fingers width between the cot and the mattress.
- Remove everything other than the mattress and sheet from the cot when baby is sleeping.
- Don't overdress your baby for bedtime. Your baby shouldn't be hot to the touch.
- Always place your baby on their back to sleep.
- There shouldn't be more than a soda can width between the cot bars.
- Keep baby in mom's room, but in a separate sleeping area.
- Put your baby on their tummy when awake. This will strengthen their back and shoulders.
- Keep a smoke free zone around your baby.

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