



Welcome
To
The
Onesie Room

Meet the onesie 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.****

Hello! My name is Ms. Stephanie, and I am very excited to join the TLC family as part of the Onesie team of teachers. I knew I wanted to work with children at the age of 12. I enjoy the challenge of it! Working with children keeps me on my toes and makes me laugh at all of the silly things they do each day! Watching the children learn and grow is so rewarding. I am excited to learn and grow with your child this year and see all of the wonderful things they accomplish during this year!

Hello! My name is Marta and I am excited to be part of the TLC team! I am from Ponce, Puerto Rico, and I moved here in 1995. I have 3 daughters and 5 grandchildren whom I adore very much. I live in Perkasié, so I am close by and enjoy working so close to home! Previous to joining the TLC family, I worked at Country Kids' Daycare for three and a half years. I was the lead teacher in the infant/toddler room. I helped the children with fun daily activities. I especially love doing arts and crafts with them. I am excited for what this year will bring and can't wait to see how these children learn and grow!

Hi! My name is Ms. Casey and I am excited to join the Onesie classroom! I have several years' experience working in childcare and I look forward to being a part of your child's growth and development. I enjoy working with our one year olds and doing art activities with them. I'm looking forward to getting to know you and your families during this school year!

Onesie schedule

Subject to Change

6:30 – 8:30 – Arrival/Songs/Dancing/Breakfast/Free Play

8:30 – 9:00 – Diaper Changes/Handwashing

9:00 – 9:15 – Morning Snack

9:15 – 9:30 – Circle Time (Alternative activities available)

9:30 – 10:15 – Planned activities and Free Play

10:15 – 10:20 – Prep for outside and transition to outdoor play

10:20 – 10:50 – Outdoor or Indoor Gross Motor Play (*Play will occur outside weather permitting*)

10:50 – 11:05 – Diaper Changes/Hand Washing

11:10 – 11:45 – Lunch

11:45 – 12:15 – Diaper Changes/Hand Washing/Transition to Nap

12:15 – 2:30 – Nap Time

2:30 – 3:00 – Diaper Changes/Free Play

3:00 – 3:20 – Afternoon Snack

3:30 – 4:30 – Outdoor Play

4:30 – 6:00 – Free Play/Diaper Changes/Pick-up

Packing List for Onesie Room

Please label everything that comes into school!

- 2 changes of weather appropriate clothing (please don't forget hats, gloves, socks, shoes, etc.)
- Lunch box, cups, and food for the day (all labeled with first and last name)
- Pacifiers if needed
- Diapers
- Wipes (Full-time: 3 packs per month; Part-Time: 2 packs per month)
- Diaper Cream
- Favorite blanket or soft toy
- Crib sheet (sent home on Fridays to be laundered)
- Sunscreen (in summer)

Reminders:

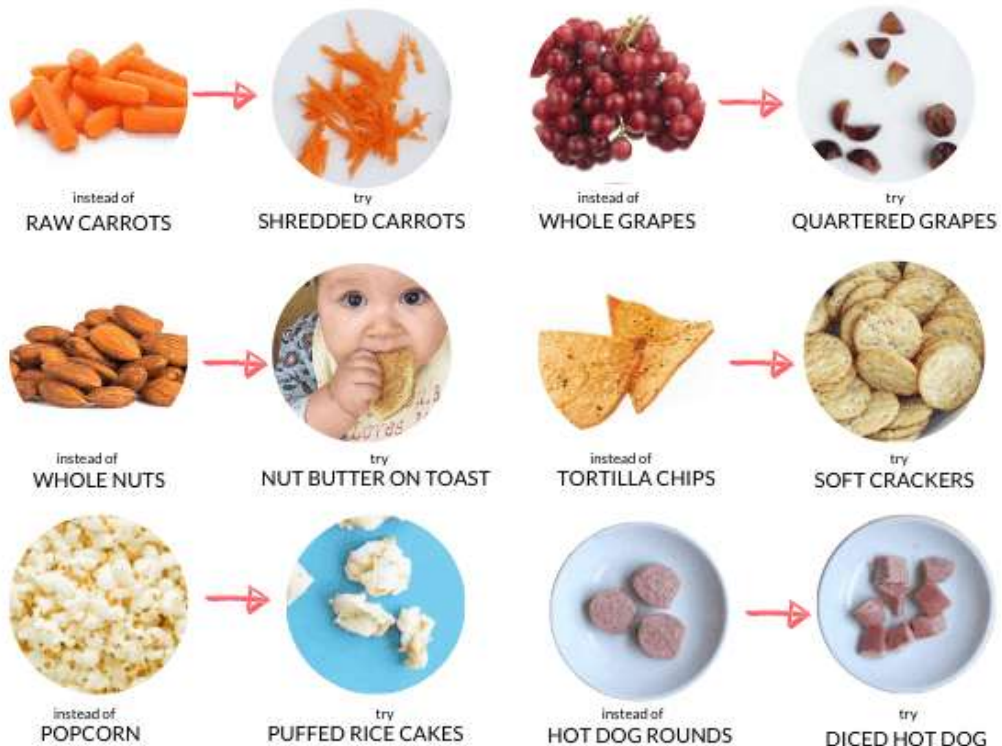
- Part of almost every day will be spent outdoors, which means your child might get messy or be exposed to warmer or cooler temperatures. Please dress your child appropriately for both the weather and for getting messy!
- Along with clothing, sending a bottle of sunscreen allows the teachers to protect your child against sunburn in the summer months. You should apply at home prior to arrival. We will apply in the afternoon prior to going outside.
- Please bring in a family photo that we can display in the classroom! This is important to help children transition.
- You can make or purchase labels for your child's belongings or attach tags to them. This will ensure that everything you bring into school goes home with you! Remember that several children may have the same or similar items. We need to have names on everything so we can be sure!
- Personal items that are brought to school, such as lovie for naptime, should be labeled clearly.

Lunch packing instructions

- Please bring in two cups of milk, filled at home and labeled with your child's first and last name. We will *rinse* the morning and lunch cups and refill one with water for afternoon snack. All cups will be sent home *to be washed* at the end of the day.
- Please pack your child's lunch ready to be served or heated up: components that need to be heated up should be separate from those that will remain cold. Please make sure that all components of your child's lunch are labeled properly so that we know what food belongs to which child.
- Please prep your child's food so that it is ready to be heated and served. All items should be **pre-cut and ready to be served to your child**. The teachers are not able to individually cut up each child's lunch, so if you send in a choking hazard, it **will not be served to your child**. Please refer to this list of potentially hazardous foods that could cause choking:
 - Large chunks of fruit or vegetables such as celery, carrots, green beans, etc. These hard veggies should be shredded or cooked and cut up. Foods such as grapes, cherry tomatoes, and melon balls should be quartered before serving. Meats and hard cheeses need to be cut into small pieces as well.
 - Avoid hard, small foods such as nuts and popcorn.
- Please review the next few pages for important information about choking hazards and how to avoid them.

Thank you for your help!

~The Onesie Team



Choking



If they lose consciousness and stop breathing, **start CPR**



fact sheet

Choking most commonly occurs because of food blocking the airway. However, people, and in particular children, also choke on a variety of other objects.

Children and Choking

During the two and a half year period from 2002-mid 2004, 3 children aged five years or under, died as a result of choking in South Australia. In addition, 132 children under fifteen years were admitted to hospital as a result of aspiration of food and other objects. Of the 132 children admitted, 105 of these were under the age of five years.

Food is the most common cause of choking for all age groups. Amongst children, it is the cause of two-thirds of choking cases. One third of children die, however, through choking on non-food items.

For every child under 5 who dies from choking, another 25 children will be admitted to hospital for near choking or food aspiration.

Boys are most at risk. It appears that there is an equal risk that a boy or girl will choke on food. However, two-thirds of those who choke on non-food items are boys.

Why young children are at risk of choking on food.

Young people do not have the back teeth needed to chew and grind lumps of food properly. These teeth may not be fully developed until around 4 years of age. Young children are still learning to eat solid food. Food swallowed in large pieces is more likely to get stuck and block off the airways. If it goes "down the wrong way" this can cause young children to choke.

If young children run, play, laugh or cry while eating, they are more likely to choke on their food.

Choking on food

Foods that typically create a problem are hard foods, those that require a reasonable amount of chewing, and small solid foods. The foods most commonly involved in choking are:

- Raw carrot, celery and other raw vegetable pieces
- Pieces of raw apple
- Nuts, especially peanuts, walnuts and almonds
- Chicken and fish bones



Other foods associated with choking include sausages, sweets, popcorn, grapes and corn chips.

At eating times always stay with young children and supervise them while eating. Make sure that young children sit quietly while eating and never force young children to eat, as this may cause them to choke.

How to make eating safer for young children

There is a conflict between the advocacy for children to eat raw, natural and often more healthy foods, and their ability to chew these foods well. One way around the problem is the suitable preparation of food for young children, for example:

- Do not give foods that can break off into hard pieces

Choking

- Avoid raw carrot, celery sticks and apple pieces, for example. These foods should be grated, cooked or mashed.
- Sausages, frankfurts and other meats should be cut into small pieces. Tough skins on frankfurts and other sausages should be removed.
- Do not give popcorn, nuts, hard lollies, cornchips or other similar foods to young children.

Choking on non-food items

Nearly all children who choke on non-food item are under five years of age.

Young children place just about all objects in their mouths as a means of exploring the world around them. As a rule of thumb, any object smaller than a table tennis ball can be a choking hazard. Particularly hazardous objects include:

- Buttons
- Batteries
- Coins
- Toys that contain small parts
- Pieces that can break off toys



child safety is no accident

Helpful Resources

Feeding_Resources

- The CDC offers an excellent resource for parents regarding feeding schedules for 6 – 24 month olds. This resource offers suggestions of types of foods to try, how much and how often to feed, what types of foods and drinks to avoid and why, as well as advice for picky eaters: <https://www.cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/index.html>
- The following is a helpful article that helps parents tell the difference between picky eating and food aversion, which is something that can happen in the early Toddler years. This article explains how to tell the difference and offers suggestions on ways parents help when either of these situations arise: <https://childmind.org/article/more-than-picky-eating/>

Behavior_Resources

- Biting is a common, albeit troubling, part of infant and toddler-hood. Children bite for a number of reasons, and most of them are completely normal developmentally. This doesn't make it any less upsetting when your child is bitten, or if they become the biter. This resource from Nemours Kids Health offers helpful information about biting and strategies to help curb that instinct in young children: <https://kidshealth.org/en/parents/stop-biting.html>
- Tantruming is also a normal part of being a young toddlers. Children at this age often can't express themselves well. They struggle to let caregivers know how they are feeling and sometimes those big emotions spill over into a tantrum. It can be difficult as a caregiver to witness a tantrum, and we can often feel like failures because we don't know how to help our little one feel better. The most important thing to remember is to stay calm. Tantrums indicate that little ones are feeling out of control. If we lose our cool, it won't stop the tantrum and it can make it worse. These tips from Nemours Kids Health offer a great resource to help avoid and deescalate tantrums: [https://kidshealth.org/en/parents/tantrums.html#:~:text=Tantrums%20may%20happen%20when%20kids,to%20give%20up%20the%20tablet\).](https://kidshealth.org/en/parents/tantrums.html#:~:text=Tantrums%20may%20happen%20when%20kids,to%20give%20up%20the%20tablet).)

Developmental_Milestones

- The first few years of a child's life is full of amazing milestones. It can be difficult for parents to decide if a child is developing normally or if there are milestones that their child is missing. It's important to remember that every child develops differently and you should not compare you child's development to anyone else's. This helpful resource from the CDC offers typical milestones that children reach at different ages. You can use this resource to talk with your child's doctor about any concerns you may have: <https://www.cdc.gov/ncbddd/actearly/milestones/milestones-1yr.html>

1 YEAR OLD DEVELOPMENT MILESTONES

What most children do by this age




Puts out arm or leg to help with dressing


Cries when mum or dad leaves


Hands you a book when he wants to hear a story




Explores things in different ways, like shaking, banging, throwing


Starts to use things correctly; drinks from a cup, brushes hair



How your child plays, learns, speaks, acts, and moves offers important clues about your child's development.

Developmental milestones are things most children can do by a certain age.