



Welcome
To
The
Waddler Room!



Meet The Waddler 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.****

My name is Camryn Sparling and I am the lead teacher in the Waddler Room at TLC. Growing up, my grandmother ran a daycare that I attended since I was three months old. As a young child, I was fascinated with the babies in her care and would always try to help in any way I could. Once I started kindergarten, I began running my own pretend school in her daycare with my little, sparkly pink clipboard and pretend lessons. I even begged my mom for a “teacher outfit” so I could be more like my teachers (yes, they make pantsuits for kids!!). Ever since then, I knew it was my dream to work in the childcare industry. I’ve been babysitting since I was twelve for family friends, and families in various neighborhoods in my area. I began working in a professional setting back in 2020 at Churchville preschool as an assistant filling out the remainder of the year for an employee out due to the Covid Pandemic. I worked with children between three and four years old and loved hearing their thoughts and watching them learn and grow. I’ve never had a job that I was so excited to get out bed in the morning for, let alone a job I could pour my heart and soul into. I felt so at home in the classroom, and I knew deep down this was something I needed to keep pursuing. I am so excited to continue my journey here at TLC and look forward to getting to know you and your kiddos this year!

Hi! My name is Ms. Skylar and I am very excited to be a part of the TLC team. I am a recent high school graduate, but I have been an unofficial part of TLC for a long time. My mom, Ms. Beth, is the lead teacher in the Preschool room and I have been coming to visit and help here for a long time! I love children and am very excited to be an official staff member here at the school. I look forward to learning and growing with you and your child this school year!

Hi! I am Ms. Kyla. I am new to the Early Childhood Education field, but I have been teaching for several years. I started dancing when I was young and as I grew, I took on responsibilities at my studio to teach the young children’s dance classes. I loved interacting with the children there and am very excited to start my career here at TLC!

Waddler 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 any food items for the day (remember to label each part of the bottles and cups 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, blanket, or Lovie.
- Sunscreen (summer)

The teachers will communicate with you via the Tadpoles app or in person if you are running low on any supplies. If your child is still taking breast milk or formula, you are welcome to bring frozen breast milk or a can of formula as back up in case your child needs more than you brought for 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 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 toddler. 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/checklist/9-Month-Checklist-form.html>

1 YEAR OLD DEVELOPMENT MILESTONES

What most children do by this age

 SOCIAL & EMOTIONAL	 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
 Says "mama" and "dada" and exclamations like "uh-oh!"	 Uses simple gestures, like shaking head "no" or waving "bye-bye"		 LANGUAGE/ COMMUNICATION
 COGNITIVE DEVELOPMENT	 Explores things in different ways, like shaking, banging, throwing	 Starts to use things correctly; drinks from a cup, brushes hair	
 Pulls up to stand, walks holding on to furniture	 May stand alone	 Gets to a sitting position without help	 MOVEMENT/ PHYSICAL DEVELOPMENT

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.