

# Welcome Back!

Kirsten's Day Care  
Annandale, VA

Fall, 2017-2018

## Mrs. K's Newsletter

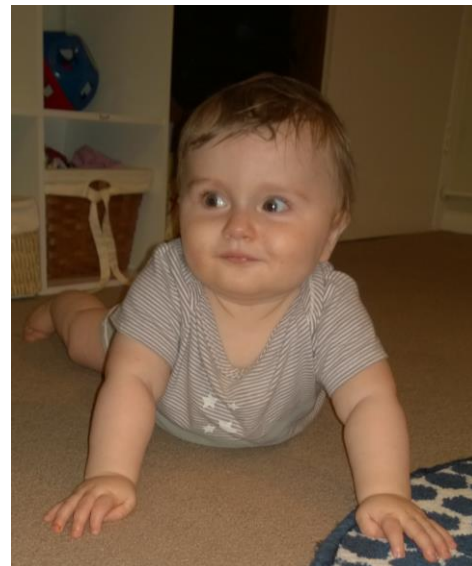
### Welcome back!

What a year it was last year! While we loved being at Luke's house and all his cool toys, we are all very happy to be back home at Mrs. K's house. Thanks again for everyone's support and flexibility last year!

The children are adjusting quickly back to Mrs. K's and are all caught up on what everyone did for summer. You all had some great vacations and did some fun activities. The kids have fun sharing their stories during circle time.



### New families!



I would like to welcome Owen. Owen is 10 months old. Mom is Elisa and Dad is Aaron. Mom is a teacher at Frost Middle School.

### What's New?

**Assistant:** We have a new assistant, Ms. Cris. She is a TC Williams graduate. She was active in DECA and rowed crew. She has a 3-year old little brother who she adores!

**Fairfax County Public Library:** Ms Liz, from the Fairfax County Public Library will be reading to us again this year! She is an amazing story-teller. The kids love her...and the books that she brings us.

### Other Information

**Food:** We have some children with soy, egg and nut allergies. Please do not bring in any food, unless we have discussed it first. We have had children bring in food the we didn't see, only to find another child eating it, which spreads germs, could be a choking hazard, or cause an allergic reaction. If they have a morning snack, please be sure that they have finished it before entering the

day care. We do try to eat on time, so if you will not be here for a meal, please be sure to feed your child before coming so it doesn't interrupt our routine.

**Schedule:**

Schedule	
7:00	Arrive
7:30	Breakfast
8:00	Story & Song
8:40	Preschool Time
9:15	Snack
9:45	Art/Craft
10:15	Free Play/Active Play
11:15	Lunch
12:00	Nap
2:30	Snack
3:00	Active Play
4:30	Pick-up Time

Whenever the weather allows, "active play" usually means outdoor time.



**Drop-off routine:** Please sign-in and out on the attendance sheet and leave a note about anything important. If you just tell one of us, we may forget it or forget to share it. Written is better.

**Trainings:** As a State licensed facility, we are required to take a minimum of 16 hours of training annually. Our local association and various State organizations offer fantastic trainings that we go to, well beyond the required 16 hours.

**Curriculum:** We will continue to use <https://www.mothergoosetime.com/> curriculum. The kids loved it last year and it was easy to adjust the curriculum, designed for preschoolers, for the younger kids.



**Reminders**

**Contact information:** Please be sure to have both my numbers plugged into all your phones:

- cell phone: 703-851-2919
- home phone: 703-323-6788

Cell service can be sketchy downstairs, so try the home phone if I don't answer. You should have my assistants' numbers in case I am not available:

- Ms. Xenia: 571-484-1611
- Ms. Crisia: 571-426-0337

**FCPS Schedule:** I follow the [FCPS Calendar](#)

**Upcoming holidays:**

- October 9: Columbus Day
- November 22: 2-hr. early closing
- November 23-24: Thanksgiving



**Home:** Please remember that this is my home, not just a day care. Remind your children to play in designated areas, and not with the rocks, yard lights, yard decorations, etc. If we're already outside, you're welcome to stay and play outside with us if you come early, but please re-enforce our rules. The children are not allowed to play on the far side of the yard, except for the path, but only if we are with them. They also are not allowed past the bridge, since we can't see them.



**Neighbor's homes:** Please remember that we are in a residential neighborhood and very fortunate that Fairfax County allows a day care here. They can take our privilege away if we are disruptive to the community. Please drive slowly in the neighborhood and walk in quietly in the morning so we do not wake up the neighbors. Fairfax requires that we park on the street in the morning and that we leave our gate open so they don't hear car and gate doors opening and closing while they're still trying to sleep.

**Labeling:** Please be sure to label everything. I highly recommend using [Name Bubbles](#). They are pricey, but they have stuck to sippy cups that are run through the dish washer daily for over two years! I just put "Lukas" on my girls' labels so I didn't have to buy two sets.

**Forms:** I still need a few forms updated by a few people. I will place the notebook on the washing machine and review them with you. If you haven't given me updated immunization records in the last 6 months, please request a copy from your doctor.

**Vacation:** I (and my assistants) get three paid days off. While I do my best to let you know of any scheduled days in advance, there are times that it just isn't possible.

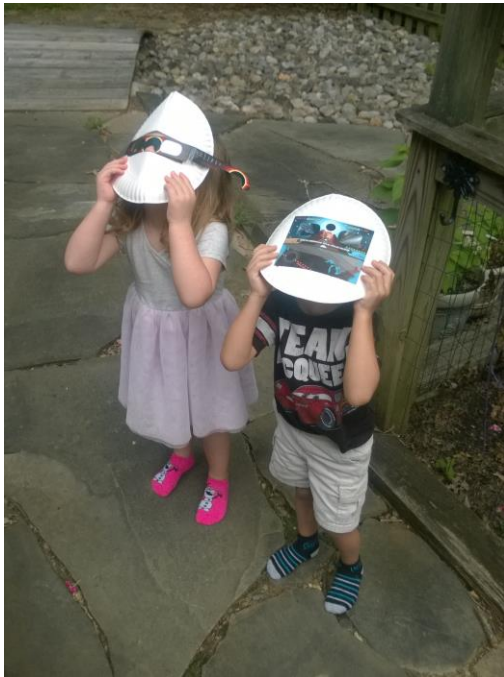
**Communication:** I do my best to update you on anything new going on with your child. If you notice anything new or are trying out something new, like potty training, new foods, new classes, please share that with me too. The kids like to talk about it and some things are very helpful to be on the same page with. Also let me know if they had a rough night or morning...or if mom or dad has been away or working late so we can give them a little extra attention. If you ever need more information from me, please let me know and I'm happy to talk longer at the end of the day or email or schedule a phone call.

**Early drop-offs and late pick-ups:** Please do not drop off early, unless we have made a special arrangement ahead of time. Please try to be on time. I know this is difficult with busy jobs and NOVA traffic. We all know NOVA traffic can be crazy...and getting stuck behind a bus takes a long time, so please factor that into your schedule. If you think you'll be late, please call/text me asap so I can plan accordingly. I charge a substantial late fee for late pick-ups. Thanks!

## Fun Activities

**Field Trips:** Sometimes we take walking field trips around the neighborhood. We try to always be back by 4:00. If you think you'll be here before then, please give us a heads up so your child is ready when you are.





### Independence:

Let your children do as much as they can on their own. The pride and joy that they have in putting on their own coat, shoes, or other items is enormous. It builds confidence and, although it may take your time upfront, it saves you time later



**Hummingbird:** We have enjoyed catching glimpses of our humming birds! They come regularly to the feeder by the fenced in flower garden by the day care door. Feel free to sit still on the white chairs and one will usually appear within five minutes.

**Al's Pals:** The kids love Al's Pals. We will continue this confidence-building program with our 3 and 4 year olds again this year.



**Talents:** Do you (or a family member or friend) have a talent that you think the kids might enjoy? Do you Zumba, make pottery, train dogs, have exotic pets, whatever. ☺ Please let me know if you would like to share that talent with the kids. The kids love it!

