

## Parent Resources

If you are looking for any resources in your role as a parent, please feel free to speak to the StrongStart Facilitator.



## Contact Us

If you have any questions about StrongStart or other Early Learning Programs within School District #36, please speak to your StrongStart Facilitator.

or call

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# Surrey SD #36 StrongStart Program



## Welcome

Welcome to the Surrey School District StrongStart Program. StrongStart is an early learning drop-in program for parents and/or caregivers and their children from birth to five years old at no cost to families.

We offer a warm, safe, and inviting environment for you and your child to explore, play and learn together. At StrongStart, we believe you are your child's first teacher and we set up activities and materials designed to engage children's imaginations and curiosity. Children learn by being actively engaged: exploring, touching, talking, problem solving and experimenting. StrongStart is a great place to try new things and get messy, where children can learn in many different ways.



## Guiding Children's Behaviour



We believe the child's level of development, the environment and the adults that care for them influence a child's behaviour.

We believe that all children are learning and will make mistakes along the way.

We believe in positive guidance as a process that helps children develop the skills that encourage them to express themselves appropriately and to understand their feelings.

We believe in an environment that encourages respect, self-confidence, sensitivity and co-operation.

Positive strategies we use to guide children:

- We establish clear, consistent and simple limits.
- We model acceptable behaviour so that children are aware of the expectations.
- We explain to children the "why" for the limits.
- We state limits in a positive way and remind them.
- We focus on the behaviour rather than the child.
- We offer appropriate choices.
- We allow time for children to respond.
- We reinforce positive behaviour.
- We use observation and proximity.
- We redirect negative behaviour.
- We acknowledge children's feelings and encourage them to express themselves.
- We model problem solving.

Please feel free to speak to the StrongStart Facilitator regarding any questions or concerns you may have or to request a more detailed list of 'Guidance Strategies' for your own reference.

## Wellness/Illness Policy

The health and safety of all StrongStart participants are of utmost priority. We like to take a proactive approach to wellness at StrongStart.

We encourage:

1. Regular handwashing to prevent the spread of germs (we wash our hands before eating and after sneezing, coughing and toileting);
2. Everyone to sneeze into their elbow rather than hands;
3. Disposing of tissues after use into the garbage;
4. Anyone who is ill to stay home.

If you or your child have any of the following symptoms, please do not attend the program:

- Have experienced flu-like symptoms in the last 24 hours, including vomiting, diarrhea, fever, chills, etc.;
- Have a communicable illness such as chicken pox, pink eye, etc.;
- Are continuously coughing and/or sneezing;
- Are not well enough to participate in all aspects of the program.

Please inform the StrongStart Facilitator of any diagnosis of a communicable illness.

We look forward to welcoming you and your child back to the program once the symptoms have passed the contagious stage and you are well enough to participate in the program.

## General Program Information

StrongStart sessions are three hours long. However, we recognize that all children are at different ages, developmental stages, and have varying needs and our busy classrooms can be overwhelming for some. Please listen to your child's cues and stay only as long as your child is comfortable.

StrongStart Routines include daily:

- active activities
- quiet activities
- group or circle times
- individual play activities
- creative art activities
- snack time
- reading with an adult
- outside play

Some sites may also include gym, library and special guests to the program when available.



An Early Childhood Educator facilitates each StrongStart program. Each Facilitator has a valid License to Practice, a First Aid certificate and regularly attends professional development opportunities in order to stay current in the field of Early Learning. The Facilitator is knowledgeable in child growth and development, health, safety, nutrition and working with families of children aged 0-5

## General StrongStart Guidelines

- \* Please ensure you sign in using your child's full name each time you attend the program.
- \* The maximum capacity for the program is 25 children. At different times of the year, our program may become very busy and, in order to accommodate as many members of the community as possible, you may be asked at these times to limit your visits to a maximum of two sessions per week.
- \* Please stay with your children at all times. You are your child's first teacher. When leaving the room for any reason, please take your children with you.
- \* Please be considerate of the school learning environment, and ensure that while in the hallways, you and your child are quietly respecting the learning of other classrooms.
- \* Please only use the StrongStart-designated washrooms. This is to protect you as well as the children attending the school.
- \* Please dress your child in clothing that allows for active messy play. Paint smocks are available for added protection.
- \* Please unplug from cell phones and all other electronic devices and enjoy this time with your children.
- \* In order to protect the privacy of families, please ensure all photographs/videos are of only your child.

- \* A small snack is provided for the children of StrongStart. This is an opportunity to model healthy eating habits by ensuring handwashing, sitting while eating and encouraging self-help skills. Families may wish to bring a reusable bottle for water for their child.
- \* To prevent the spread of illness, we ask that if you or your children are not feeling well, please do not attend until everyone is well. (Please refer to our wellness/illness policy on page 4 for clarification.)
- \* Please recognize that the availability of the gym, library, playground and other school areas, as well as access to car and stroller parking, vary at each school. Please refer to the StrongStart Facilitator to find out more site-specific information.

