

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.****

Meet Miss. 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 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. Emily then decided to move up to the Waddler room and take on a lead position here at TLC. She has been absolutely wonderful in this role and thrives on providing quality care for her little ones.

Meet Miss. Tierni:

Hello! I’ve been working with children of all different ages since 2020. I love working in childcare because you get to see all different age groups and developmental stages. I love watching young children develop their own personalities and learn. I look forward to teaching your children and meeting you! I’m so glad to be a part of the TLC Family.

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 (milk/water), 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/week.
- 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)
- Bathing suit (Summer)

The teachers will communicate with you via the Procure 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 using scent free soap. You are welcome to provide your own if that is your preference.

Daily Schedule

****will change depending on child's independent schedule as needed****

8:00 - Breakfast (if needed)

9:00/30 - Outside time

10:00 - AM Snack

11/11:30 - Nap

12:30/1 - Lunch (when child wakes up)

3:00 - PM Snack

****learning & freeplay occur all day. Toy rotation and themed activities will occur during open play times****

****bottles OR more naps dependent on the child's individual schedule when they move into the room****



Infant Joyful Beginnings™ (0-18 months)

Curriculum That Begins With Trust and Responsive Care

Frog Street's Infant Joyful Beginnings is designed to help caregivers lead with intention, even in the busiest infant rooms. It provides developmentally appropriate routines, sensory exploration activities, and structured, predictable, and emotionally supportive early language experiences.



What the Program Supports

Secure attachment through consistent caregiving practices

Sensory development using materials and experiences tied to monthly milestones

Emotional regulation is supported by routines grounded in Conscious Discipline™

Early communication through music, gestures, facial expression, and verbal modeling

Bilingual communication with families using weekly home letters and guidance

Teacher support through planning tools, observation checklists, and low-prep structure

8-18 MONTHS

Sign Language

Supporting Language Development



eat



drink



more



help



I want



all done



potty



diaper



please



sleep



play



share

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 your 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



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.