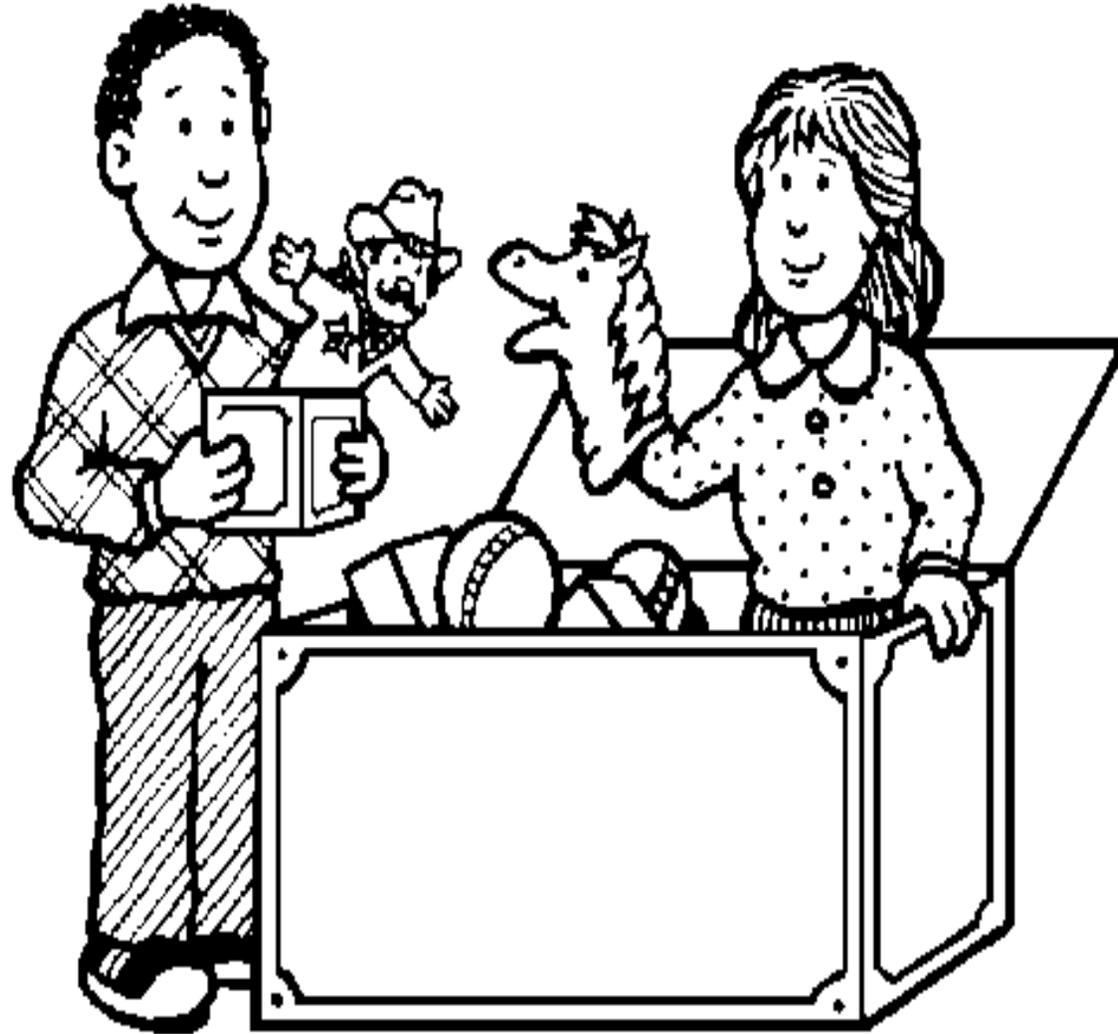


Pittsford Nursery School

**Parents' Guide to
Babysitting**



Welcome to PCNS Babysitting! This on-site service was started to make the cooperative experience more enjoyable for you and your children. The following explanations and guidelines will help everything run smoothly.

Schedule

Your Class Representative and the Director work together to plan the babysitting schedule. Babysitting is available to parents in every class, but not on every school day. The maximum ratio of children to caregiver is 4:1 or 8:2.

When you are unable to work in the classroom, it affects the babysitting schedule. **All** changes to the babysitting master schedule are made by the Director. Please notify them of any changes as soon as possible.

Babysitting Health Fact Sheet

Before you leave your child in Babysitting for the first time, you must fill out a Health Fact Sheet, listing your child's special needs, habits and health concerns. As the year progresses, please occasionally update this sheet.

Labels

Please label everything! Bags, cups, bottles, toys, pacifiers, etc. etc., often look identical. Masking tape and pen are available.

Arrival

Each time you use Babysitting, you must sign in your child. Please note, *in writing*, any special instructions or changes in your child's routine. Place labeled bags in area where caregivers ask you to. Allow enough time to get your child properly settled in before leaving.

What to Bring

All children need a complete change of clothing and a bag of supplies. Children in diapers need an ample supply of diapers.

It is most helpful if infants have a car seat or carrier to sit in. Infant swings and saucers are available.

Don't forget to pack special comforting toys, blanket and/or pacifier!

Snack

The school does not provide snack or drink; you are responsible for your child's food and drink. Even if you think your child will not be hungry, please send a snack. Snack is a quiet social activity enjoyed by all the children.

Our Babysitting room is a **NUT-FREE ROOM**. Please avoid snack foods that could cause choking such as popcorn, grapes, etc. Good choices are dry cereal, crackers, sandwiches, and fruit. The caregivers often have crackers or dry cereal for children who are extra hungry. If you do not want your child to have food other than what you provide, please remind the caregivers. Water is always available.

Since refrigeration is not available, please use ice packs for food that must be kept cold.

Naps

If your child takes a morning nap, every attempt will be made to adhere to your normal schedule. However, the noise, activity and excitement of a different setting often make this impossible.

Health/Safety

Sharing of snack between the children is not allowed. As in the classroom, a cleaner is used to sanitize the snack table and children wash their hands before eating.

Playtime

Older children have a variety of toys to play with. Playdough, crayons and paper, or reading books are choices for quiet play. The same safety and social rules of the nursery school apply in Babysitting. If *all* the children are old enough, we will use the Activity Room or playground. Please provide a bicycle helmet appropriately labeled, in case we use the Activity Room.

Pick Up

Please remember to sign your child out.

If you have extra clean-up in the classroom, please pick up your child first. Children cannot remain in Babysitting longer than 3 hours.