

# \*MOPPETS & Kid Care/Nursery Information\*

Here is some great information regarding MOPPETS and Kid Care/Nursery. We know it can sometimes be hard for your child (and you!) to separate so we hope that by providing some more details on MOPPETS that it will make the transition easier. Remember you will have more energy to be a great mom when you feel refreshed. Take advantage of this special time at MOPS for yourself, you deserve it! J

The caregivers have been carefully chosen to lovingly care for your children while you get a bit of a break. Children attending MOPPETS also get a sense of having a consistent care provider other than mommy. The rooms are broken down into different age groups to provide maximum amount of safety and age appropriate activities. If your child does have anxiety while in childcare, we will not allow your child to just cry...we will come and get you if we need you!

Please pick up your children right at 11:30 when the meeting ends. If you need or would like to stick around, please do so with your children. If you need to pick up early please notify one of the teachers in the room what time you will need to pick up. The teachers will get your child ready to go and bring your child outside of the classroom. This helps with the flow of the morning for the other children.

If you have any questions please feel free to ask Jeanne Mikulski, Director of Early Childhood Care at Shepherd of the Valley, or one of the MOPS steering team members.

## \*MOPPETS-

The MOPPETS classroom for the 3-5 year olds is run very similar to a preschool classroom/ECFE classroom with free play at the beginning for approximately 30 minutes. Each session there is a Bible story that we center the day around. During circle time the Bible story is read and usually there is some type of music. The craft also relates to the Bible story. During snack time (the actual snack varies each week) they will typically watch a portion of a video. We try to choose videos that encourage children to have strong morals and ethical behavior.

## \*Kid Care/Nursery-

Kid Care/Nursery is for all the younger children (including babies). There is no specific structure to the morning since a majority of the children are so young. The children are exploring and playing with age appropriate toys. They do have snack time in the bigger Kid Care room. Again, even during snack time we are working with the children to be responsible and respectful - saying please and thank you, picking up and throwing away their napkin and cup, not taking snack from someone else's spot, etc.

## \*Separation Anxiety for both parent and child-

Separation anxiety is best handled by explaining to the children before they arrive what the process will be. Once they are signed into the room, say good-bye to the child and tell him/her that you will return, and then leave the room. Hanging out in the room (or even outside the room) generally just prolongs the process. The staff at SOTV is very good at working with children trying to get them to settle in. We will come and get parents if it is obvious the child can not be settled.

## Allergy information-

If you have a child with any food allergies please make sure you let the teachers know. The snack will be posted each Thursday so you can read if it is safe for your child. Also, you may bring a "safe snack" for your child.

## \* Sick Children-

Children should be fever free for 24 hours before attending class. Vomiting - once a child has vomited, he or she should not attend for a minimum of 24 hours. Diarrhea, such as loose or runny stools, a stool that runs out of a diaper, or a sick child who can't get to the bathroom in time should also not attend.

Although we try to follow the ISD 196 calendar, we know that sometimes preschools might not have class on a day that we have MOPS. Unfortunately we are not able to provide childcare to children who are not regularly enrolled in MOPS as our MOPPETS classes are staffed according to the number of children who are signed up. If your child who is normally in preschool has a day off on a MOPS day, we respectfully ask that you find alternate childcare for him/her during MOPS.

Thank you!