



# Sandwich Children's Center Family Handbook 2022-2023



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## Land Acknowledgement

Sandwich Children's Center and the town of Sandwich are on the homelands of the Abenaki people, who have ongoing cultural and spiritual connections to this area. According to Tribal oral tradition, Abenaki people have lived in the place now called New Hampshire for more than 12,000 years - since before Tribal memory. The Abenaki are part of a larger group of Indigenous people who call themselves Wabanaki or "People of the Dawn," and form one of many communities connected by a common language family. We acknowledge and honor with gratitude the aki (land), nebi (water), olakwikak (flora), awaasak (fauna), and the aln8bak (people) who have stewarded this place throughout the generations.

## History

Sandwich Children's Center (SCC) is a 501c3 non-profit organization that was founded in 1985 to fill a growing need for quality childcare in Sandwich and the surrounding communities. Since its founding, SCC has been located at 54 Maple in the former Center School, surrounded by beautiful woods and trails and within walking distance of Sandwich Central School, the library, the post office, the fairgrounds, and other town businesses.

## Mission

Sandwich Children's Center fosters the development of the whole child and nurtures their curiosity for learning about themselves, the natural world, and the communities around them.

## Vision

To encourage the development of compassionate, curious, and resilient children who become socially responsible citizens of their communities.

## Philosophy

*"We believe that nature is more than a playground. It is an endless, boundless space that encourages discovery, invites exploration, and invokes curiosity." -  
Unearthing Joy*

SCC's philosophy is nature-based and child-centered, with a commitment to providing an inclusive environment in which all children can learn and grow

through play. We believe that humans have a deep and inherent need for connection to the natural world and this connection is essential to healthy human growth and development. Our curriculum is emergent and experiential, providing child-led play based experiences in our natural environment that lead to individualized learning.

Teaching practices in a nature-based preschool reflect established best practices in early childhood and environmental education, with an emphasis on play-based learning. In a nature preschool, teachers create a caring, stimulating, and safe environment in which every child is regarded as a valuable, unique, and capable contributor to the learning community. Teachers provide daily opportunities for extensive outdoor play and learning, during which teachers and children are co-learners. This kind of supportive environment creates conditions where children feel confident enough to take cognitive, physical, emotional, or other types of risks as they mature across all of the developmental domains and build a foundation for environmental literacy.

- Natural Start Alliance, North American Association for Environmental Education

Our toddler program is strongly influenced by RIE (Resources for Infant Educators, founded by Magda Gerber) which promotes immense respect for the child as an autonomous human being. This foundation of respect is carried across classrooms and ages. In preschool and school-age classrooms, teachers draw from resources in Positive Discipline, Collaborative Problem Solving, and Responsive Classroom to support each child's social-emotional development.



Through our approach which honors infants and young children as equal members in relationships, we are dedicated to creating a culture of people who are authentic, resourceful and respectful. Our work is inspired by the natural integrity of infants and the formative power of relationships in their lives. When allowed to unfold in their own way and in their own time, children discover, manifest and inspire the best in themselves and in others.

- RIE Vision Statement

SCC strives to create an environment in which everyone feels valued and respected. Guided by the National Association for the Education of Young Children's (NAEYC) core goals of anti-bias education, we do so by aligning our programs, policies, practices, and resources such that all children have genuine opportunities to learn and thrive.

Grounded in what we know about how children construct identity and attitudes, these goals help [SCC] create a safe, supportive learning community for every child. They support children's development of a confident sense of identity without needing to feel superior to others; an ease with human diversity; a sense of fairness and justice; the skills of empowerment; and the ability to stand up for themselves or for others.

- NAEYC [Young Children](#), November 2019. Vol. 74, No. 5

## Licensing & Accreditation

SCC is fully licensed by the state of New Hampshire's Department of Health and Human Services to serve children ages 6 weeks through 12 years. In 2022, SCC began the process of accreditation with the National Association for the Education of Young Children (NAEYC). Through accreditation, SCC commits to upholding NAEYC's core beliefs:

- Appreciate childhood as a unique and valuable stage of the human life cycle.
- Base our work on knowledge of how children develop and learn.
- Appreciate and support the bond between the child and family.
- Recognize that children are best understood and supported in the context of family, culture, community, and society.
- Respect the dignity, worth, and uniqueness of each individual (child, family member, and colleague).
- Respect diversity in children, families, and colleagues.
- Recognize that children and adults achieve their full potential in the context of relationships that are based on trust and respect.

<https://www.naeyc.org/about-us/people/mission-and-strategic-direction>

## Admissions & Enrollment

SCC has three mixed-age classrooms: toddlers (1-3 years), preschool (3-5 years), and school-age (5-11 years). There are two enrollment periods, one for school-year programs (September-June) and one for summer camp programs (July-August). SCC's school year program closely follows the Interlakes School District calendar. Our summer program offers 7 weeks of camp including a full day program for school age children.

## SCHOOL YEAR

Children attend 2, 3, or 5 days a week

- 2 days/week: Tuesday/Thursday
- 3 days/week: Monday/Wednesday/Friday
- 5 days/week: Monday-Friday

Full-day program hours: 8:00am-3:15pm

Extended day hours: 3:15pm-4:30pm

Kindergarten school age hours: 12:00-4:30

1st-6th grade school age hours: 2:30-4:30

Kindergarten students are picked up by an SCC teacher at 12:05 from Sandwich Central School and walked back to SCC for afternoon programming. Children first grade and older take the bus from SCS to SCC at regular dismissal time (2:35).

## SUMMER CAMP

Children attend 2, 3, or 5 days a week

- 2 days/week: Tuesday/Thursday
- 3 days/week: Monday/Wednesday/Friday
- 5 days/week: Monday-Friday

Full-day program hours: 8:00am-3:15pm

Extended day hours: 3:15pm-4:30pm

## ENROLLMENT PROCESS

1. Interested families visit SCC for a tour and meeting with the Director
2. Families complete a registration form
3. Upon acceptance, families complete enrollment forms, provide documentation of a physical, sign a contract, and pay a deposit

Enrollment for the school-year begins in March and enrollment for summer camp programs begins in February. If there are spaces available outside of these enrollment periods, admission will be considered on a rolling basis. SCC maintains a wait list for interested families when classrooms are fully enrolled.

## Tuition Policy

### SCHOOL YEAR

Families sign a contract for the school-year (September-June) and may choose to pay in full for the year or in 10 monthly installments. Families choosing to pay in 10 installments will be invoiced monthly with payment due on the first day of the month. Tuition must be paid for all contracted time regardless of attendance. Tuition refunds or credits are not given for absences and closings. If an account is overdue (28+ days) the child(ren) will be unable to attend SCC and may not return until the account is paid in full. During this time period, the child(ren)'s spot may be filled. SCC reserves the right to apply deposits to unpaid tuition bills. Tuition may be paid by check or online. Online payments incur a fee to cover the cost of this service.

### SUMMER CAMP

Families sign a summer contract for camp (July and August) and may choose to pay in full for the summer, monthly, or weekly. Tuition must be paid for all contracted time regardless of attendance. Tuition refunds or credits are not given for absences and closings. If an account is overdue (7+days) the child(ren) will be unable to attend SCC and may not return until the account is paid in full. During this time period, the child(ren)'s spot may be filled. SCC reserves the right to apply deposits to unpaid tuition bills. Tuition may be paid by check or online. Online payments incur a fee to cover the cost of this service.

### SCHOLARSHIPS

State aid scholarships are available through NH State Scholarship. Families can apply at [www.NHEasy.gov](http://www.NHEasy.gov). If families receive scholarship assistance from the state, they are required to pay the cost share determined by the state. In the event of an absence or closing, the family must pay in full for the day as required by the state. The state does not pay for missed days. DHHS may have information about tuition assistance for absences due to qualified reasons.

SCC offers scholarships to families thanks to the generosity of donors and grant programs. Families apply for scholarship at the time of application to the program. Scholarship applications are reviewed and determined for enrollment periods (school year and summer camp).

### DISCOUNTS

A discount is offered to families enrolling two or more children full-time (5 full days a week). A 15% discount will be applied to the tuition of the oldest child.

## WITHDRAWAL

A four week written notice is required to withdraw your child from any program. Withdrawals within the contract period will result in a forfeiture of the deposit for that enrollment period. Written notification must be submitted to the director.

### Schedules & Attendance

*"Children, more than ever, need opportunities to be in their bodies in the world - jumping rope, bicycling, stream hopping and fort building. It's this engagement between limbs of the body and bones of the earth where true balance and centeredness emerge."* -

*David Sobel*



## ATTENDANCE

Regular attendance and on-time arrival are important for children and our program. Children arriving late often have a hard time integrating into the group and late arrivals can also be disruptive to the rest of the class. **All children must arrive no later than 8:45am.** If you have an appointment or other change in your schedule that necessitates a late arrival or early pick up, please check-in with your child's teacher.

Prompt pick up is important as children and teachers transition to their next activity. Families arriving late to pick up their child will be charged a late fee of \$10 per child. An additional fee of \$5 per child for every 5 minutes that pickup is delayed beyond fifteen minutes will be applied.

Children will only be released to people authorized on the child's registration form. If an authorized person other than a known parent/guardian is picking up, that person may be asked for legal identification. **Children will not be released to anyone under the age of 16 or to anyone not listed as an authorized pick up.** SCC reserves the right to determine that all authorized pick-up persons are acting in a responsible and safe manner.

If a child is not picked up by closing time and we have not heard from a parent/guardian, emergency contacts listed on the registration form will be

contacted immediately. If authorized emergency contacts are unable to be reached and it is 30 minutes past closing, the local police will be contacted.

Please let us know if your child will be absent, late, or picked up early so that teachers can plan accordingly.

## SCHEDULE

As a nature-based, child-centered program, we encourage exploration and a pace that is developmentally appropriate for each age group. Our days and weeks are flexibly scheduled and determined by the weather, phenomena in the natural world, and the interests of the children. The sample schedule below is a snapshot and not a rigid routine.

### SAMPLE PRESCHOOL DAILY SCHEDULE

8:00am: Arrival at outdoor play area.

9:00am: Morning meeting & snack

10:00am: Explorations indoors and outdoors. Children move freely in the space, choosing activities that interest them. This time may also include hikes, walking field trips, special visitors, games, music, yoga, and small group time.

12:00pm: Lunch time

1:00pm: Story time

1:15pm-2:45pm: Quiet time

3:00pm: Snack and pack up for end of the day

3:15pm: Pick up for full day program

3:15-4:30pm: Outdoor play time

4:30pm: Pick up for extended day program

Outdoor times may change due to weather conditions. Children will be outside every day.

## DELAYED OPENINGS & CLOSINGS

SCC does not operate when weather and driving conditions are unsafe for staff and children and their families. SCC will typically follow decisions made by Sandwich Central School/Interlakes School District with respect to weather related delays and cancellations. SCC will notify families through our text alert system and email.

Should SCC need to close for an emergency situation, SCC will notify families through the text alert system and email.

SCC will open at 10:00am in the event of a two hour delay.

SCC does not refund tuition for delays and closings.

## Communication & Confidentiality

SCC teachers and staff and SCC families work together to support the children in our care. Open and regular communication is essential. The director sends a weekly email to all families with information and updates along with classroom newsletters with pictures from the week. Families are able to briefly check in with their child's teacher at drop off and pick up. Conversations that require more time and attention should be scheduled at a mutually convenient time either in person or by phone.

Access to a child's records is limited to the child's parents and/or legal guardians, the director, the child's teachers, state licensing examiners, and representatives from NH Division of Children, Youth, and Families as appropriate. Sharing information with any other people or organizations requires the written consent of parents and guardians.

## What to Wear at SCC

As a nature-based program committed to outdoor play and learning in all seasons, children of all ages spend time outside every day. Our staff are trained in nature-based education best practices and provide opportunities for children to explore our natural surroundings including the woods on site and the trails walking distance from SCC. Children engage in outdoor free play, guided activities, monthly programs with Squam Lakes Natural Science Center, and hikes.

## CLOTHING & OUTDOOR GEAR

In order for children to fully participate in our program, they must come to school in appropriate clothing and outdoor gear for each season. We believe there's no such thing as bad weather as long as you have the right clothing. Knowing how to dress for different weather conditions is part of the learning and play that happens at SCC. Children should be dressed in clothing that allows freedom of movement and is easy to put on and take off including buttons, snaps, and zippers. We ask families to practice putting on clothing and outdoor gear with their children at home so that they can be as independent as possible while at SCC. Independence not only increases confidence but also smoothes transitions, especially for bathroom breaks.

Please make sure your child wears appropriate, safe, outdoor footwear that has a sturdy sole and closed toe. Sneakers, hiking shoes, and insulated boots in winter are all excellent options. Children must have a pair of indoor shoes that stay at school in their cubby to change into when in the classroom.

We understand that quality waterproof gear is expensive. And we know that quality gear can make all the difference in allowing kids to play comfortably outside in all weather. For those families that are able to purchase personal gear for their child(ren) SCC does an annual order with Oaki who provides our families wholesale pricing. Families who would like to order outside of this opportunity can request a code for our SCC online discount. If purchasing personal gear is cost prohibitive, SCC has an outdoor gear locker with one piece rain suits, waterproof rubber boots, and wool socks that are available for children to use while at SCC.

FALL & SPRING: Spare changes of clothes to stay at SCC, waterproof rubber boots, close-toed shoes, light gloves, rain jacket, rain pants, layers for chilly days (fleece, light jacket), hat

WINTER: Spare changes of clothes to stay at SCC, insulated snow boots, warm socks (wool is best!), snow jacket and snow pants (one piece suit strongly recommended for toddlers), 2 pair of waterproof mittens, hat and neck warmer, layers

SUMMER: spare change of clothes to stay at SCC, waterproof rubber boots, closed-toe shoes, rain jacket, hat

Please label everything your child wears and brings to school.

## SUNSCREEN & BUG SPRAY

During warmer months, please apply bug spray and sunscreen to your child each morning before arriving at SCC and leave a bottle of each labeled with your child's name for staff to reapply as needed. Parents or guardians must sign a release allowing SCC staff to reapply family provided sunscreen and bug spray. SCC will not provide or share children's sprays or lotions. **Please do not send aerosol sprays.**

## Food at SCC

Good nutrition plays an important role in children's physical, mental, and emotional health and behavior. We encourage families to pack balanced, healthy food for lunch and two snacks each day.

- Food should be packed in insulated containers with an ice pack. **If your child prefers their food warm, please send it in a thermos.** Teachers and children eat together at the table (and outdoors when we can!) and we cannot warm up food for children or prepare hot meals.
- To increase children's awareness of food choices and promote sound nutritional habits, families are encouraged to avoid overly processed and packaged food. **Please do not send desserts and sweets including candy, cookies, pudding, sugary drinks, etc.** Appendix B includes a list of snack and lunch ideas along with information on childhood nutrition from the American Academy of Pediatrics.
- **Packing lunch and snacks in simple, reusable containers children can manage themselves** will help them learn to reduce trash and to be independent at meals. It is helpful to practice opening containers at home with your child to support their independence at school.

## Outdoors at SCC

### COLD WEATHER

While we go outside everyday, we recognize that there are times when the weather becomes unsafe to do so. Wind chills and temperatures below 10 degrees can pose a danger to young children. Staff will use their discretion on extremely cold days to limit time outside as appropriate.

### POISON IVY, TICKS, & INSECTS

We share the natural world with lots of interesting plants and animals, including ticks, mosquitoes, and poison ivy. We teach children about poison ivy,



ticks, and bees and their important roles in a healthy ecosystem. SCC staff identify poison ivy in areas on site and educate and assist children in identifying it. Staff lead children through “spot checks” for ticks before and after outdoor activities. Please do a thorough check for ticks every day at home.

## CAMPFIRE POLICY

Campfires are a fun and meaningful part of outdoor education and play. They center a gathering space for storytelling and sharing. They provide opportunities for outdoor cooking and lessons in fire safety and wilderness skills. And on cold winter days, they're the perfect spot to warm up. Campfires require additional considerations for safety which are noted below.

- SCC must have signed written permission for campfire activities from each child's parent or guardian for each enrollment period
- SCC staff must be trained in campfire safety and procedures prior to leading a campfire activity. A written record of training remains on file in the SCC office.
- SCC will maintain a record that safe campfire practices have been carried out for each campfire activity including a checklist that describes the safe campfire practices that were followed.
- SCC staff will maintain a clearly visible boundary at least three feet away from the outer edge of the fire pit or structure containing the fire. This boundary may be delineated by rope, large rocks, or seating area of logs or camp-chairs.
  - The area within the three-foot boundary must be clear of tripping hazards and have space in between the logs, camp-chairs or other seating so that children and adults easily move into and out of the seating area
- SCC staff will use developmentally appropriate teaching practices to ensure children understand safe behavior around a campfire
- Campfires will be built and extinguished according to safe fire practices provided by the US Forest Service at <https://smokeybear.com/en/prevention-how-tos/campfire-safety>
- Campfires will not be built during periods of high fire danger in the area
- While a fire is burning one SCC staff must remain within the three foot boundary around the fire to respond to any fire-tending needs and to prevent children from coming into close contact with the fire
- There must be a 1:1 staff to child ratio for any child within the three foot boundary and the child may only assist in setting up or tending to the fire in a developmentally appropriate way, such as placing kindling or small sticks

## Field Trips & Special Events

SCC is located within walking distance of many locations in Center Sandwich including trails and parks. Upon enrollment, parents will be asked to sign a permission form consenting to walking field trips. When a group is off-site, there will be a notice by the front door so that parents are aware of their child's location at all times.

## Birthdays, Holidays, and Celebrations

As a nature-based program, we observe the rhythms and cycles of the natural world. Celebrations around the solstices and other seasonal changes in the environment occur in developmentally appropriate ways.

We recognize and respect each family's culture and traditions, including how they celebrate holidays and special occasions. Throughout the year there will be opportunities for families to share their traditions with their child's class. Teachers honor the children's interest in and excitement for holidays that are important to them. Teachers will communicate with families regarding any special celebrations that may occur in the classroom.

Your child's teacher will share information at the beginning of the year about how birthdays will be celebrated at school.

## Health & Safety

### FIRST AID

While children are supervised at all times and every precaution is taken to make sure their play is safe, minor scratches, bumps, and scrapes do occur. All staff are certified in First Aid and CPR. For minor injuries, staff will clean and cover the area if necessary and send home a note. In the case of serious injury, families will be notified immediately and 911 will be called if necessary. A teacher will stay with the child until a parent/guardian is available. Another authorized person listed on your child's emergency contact form will be contacted if the parent/guardian is unavailable.

To respect the privacy of children and families, names of other children involved in any injuries will not be disclosed.

## MEDICATIONS

Any prescription medication must be accompanied by an authorization form. These are available from the office. Medications must be in the original container with the child's name, date, and dosage instructions. Medication must be given to the teacher to be stored properly and securely. A blanket authorization may be given for any medications that are for allergy emergencies or an on-going condition. The medication and authorization must be updated as needed or every 6 months.

Due to the possibility of an allergic reaction, we will not administer the first dose of any medication. Non-prescription medications will not be administered unless accompanied by written instructions from a healthcare professional.

## SICK POLICY

The SCC Sick Policy is written and updated by the Health Committee and covers a range of common illnesses and scenarios. The policy is included with this handbook and shared on our website.

## FIRE DRILLS

SCC is required by the state to conduct monthly fire drills. If a drill includes activation of the alarm system, parents will be notified to facilitate any conversations that may come up at home.

## EVACUATIONS

SCC has an Emergency Preparedness Plan available to review by request. This includes an evacuation process. The short-term evacuation site at our two local churches, the church on Church St. and the one on Main. The long term evacuation site is Sandwich Central School. In the event of an emergency that requires a town wide evacuation, the evacuation site is the Bearcamp Center for Sustainability located at 1164 Bunker Hill Road in Tamworth. In the event of an emergency that requires evacuation, families will be notified through our text and call alert system with a notice including the pick up location.

## REPORTING SUSPECTED ABUSE AND NEGLECT

All staff at SCC are required by NH state law to report any suspected cases of physical, sexual, or emotional abuse or neglect of children to the New Hampshire Division of Children, Youth, and Families. SCC staff receive training on identifying potential abuse or neglect and consult with DCYF as needed. Records of reporting are confidential.

## Responding to Behavior

SCC's policy on guiding and responding to behavior is based on the National Association for the Education of Young Children's (NAEYC) recommendations for positive discipline, specifically:

- Setting clear, consistent, and equitable guidelines for classroom behavior and reminding children of those guidelines
- Listening carefully to what children have to say about their feelings and validating those feelings, though not necessarily the actions
- Regarding mistakes as opportunities for learning and growth
- Helping children develop skills to solve their own conflicts and allowing them time to try
- Modeling appropriate and respectful treatment of people, materials, and environment
- Redirecting children with support and respect

The staff at SCC are committed to each child's social emotional development. Behavior concerns tell us that children need more time, support, and practice to develop their social and emotional skills. When serious concerns arise, we will partner with parents and professionals who specialize in supporting children's social and emotional health. On rare occasions, we may work with families to seek the best care for their child if our program can no longer meet the needs of an individual child.

SCC avoids the use of punishment and emphasizes a positive, respectful and supportive approach to behavior management.

**All forms of physical abuse, psychological abuse, and coercion are prohibited at all times and in all circumstances. Examples include:**

- Shaking, hitting, spanking, slapping, jerking, squeezing, kicking, biting, pinching, excessive tickling, and pulling of arms, hair, or ears; requiring a child to remain inactive for a long period of time
- Shaming, name calling, ridiculing, humiliation, sarcasm, cursing at, making threats, or frightening a child; ostracism, withholding affection.
- Rough handling (shoving, pulling, pushing, grasping any body part); forcing a child to sit down, lie down, or stay down, except when restraint is necessary to protect the child or others from harm; physically forcing a child to perform an action (such as eating or cleaning up)

## Parking & Car Safety

Please do not leave any child unattended in a vehicle while picking up or dropping off.

New Hampshire state law requires that you turn off your ignition and take your keys out of your vehicle when you enter the building. In addition to being illegal, it is unsafe to leave a running vehicle unattended in close proximity to children. It is also unhealthy for children to breathe car exhaust while walking near parked vehicles.

NH RSA 265:72:I. No person driving or in charge of a vehicle shall permit it to stand unattended without first stopping the engine, locking the ignition, removing the key and effectively setting the brake thereon and, when standing upon any grade, turning the front wheels to the curb or side of the way, unless such vehicle has been started by remote control car starter. II. No person shall start a vehicle by remote control unless the doors of the vehicle are locked; the doors shall remain locked until the operator arrives at the vehicle.

The New Hampshire Child Passenger Safety Law requires that ALL CHILDREN under the age of 18 riding in a motor vehicle must be restrained and properly fastened in a safety build. Children under the age of 6 years and/or under the height of 55 inches, must be restrained and properly secured in an approved child passenger safety seat.

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**Sandwich Children's Center reserves the right to change policies as needed. Families will be notified in writing of any changes.**

## Appendix A:

NAEYC requires early childhood programs to meet 10 professional standards in order to receive and maintain accreditation. Within each standard, there are required objectives that must be met by programs, as evidenced in self-studies and reporting, accreditation site visits, program materials, staff credentials, and classroom observations.

- **Standard 1: Relationships**  
The program promotes positive relationships among all children and adults. It encourages each child's sense of individual worth and belonging as part of a community and fosters each child's ability to contribute as a responsible community member.
- **Standard 2: Curriculum**  
The program implements a curriculum that is consistent with its goals for children and promotes learning and development in each of the following areas: social, emotional, physical, language, and cognitive.
- **Standard 3: Teaching**  
The program uses developmentally, culturally, and linguistically appropriate and effective teaching approaches that enhance each child's learning and development in the context of the curriculum goals.
- **Standard 4: Assessment of Child Progress**  
The program is informed by ongoing systematic, formal, and informal assessment approaches to provide information on children's learning and development. These assessments occur within the context of reciprocal communications with families and with sensitivity to the cultural contexts in which children develop.
- **Standard 5: Health**  
The program promotes the nutrition and health of children and protects children and staff from illness and injury. Children must be healthy and safe in order to learn and grow. Programs must be healthy and safe to support children's healthy development.
- **Standard 6: Staff Competencies, Preparation, and Support**

The program employs and supports a teaching staff with the educational qualifications, knowledge, and professional commitment necessary to promote children's learning and development and to support families' diverse needs and interests.

- **Standard 7: Families**

The program establishes and maintains collaborative relationships with each child's family to foster children's development in all settings. These relationships are sensitive to family composition, language, and culture. To support children's optimal learning and development, programs need to establish relationships with families based on mutual trust and respect, involve families in their children's educational growth, and encourage families to fully participate in the program.

- **Standard 8: Community Relationships**

The program establishes relationships with and uses the resources of the children's communities to support the achievement of program goals. Relationships with agencies and institutions in the community can help a program achieve its goals and connect families with resources that support children's healthy development and learning.

- **Standard 9: Physical Environment**

The program has a safe and healthful environment that provides appropriate and well-maintained indoor and outdoor physical environments. The environment includes facilities, equipment, and materials to facilitate child and staff learning and development.

- **Standard 10: Leadership and Management**

The program effectively implements policies, procedures, and systems that support stable staff and strong personnel, and fiscal, and program management so all children, families, and staff have high-quality experiences.

<https://www.naeyc.org/our-work/families/10-naeyc-program-standards>

## Appendix B: Nutrition Resources from the American Academy of Pediatrics

### Fresh fruits

- Apples, bananas, peaches, nectarines, pears (thinly sliced for safety)
- Cherries, grapes, plums (sliced or smushed and pitted)
- Orange or grapefruit sections (cut into pieces)
- Strawberries

### Dried fruits

- Apples, apricots, peaches, pears (cut up)
- Dates, prunes (pitted, cut up)
- Raisins or cranberries

### Vegetables

- Carrots, green beans (well cooked, diced)
- Steamed cauliflower, broccoli
- Yams or sweet potatoes (cooked and diced)
- Peas (mashed for safety; a child can inhale whole peas)
- Steamed, pureed spinach or greens
- Avocado slices or small cubes

### Dairy products

- Cheese (grated or diced)
- Cottage cheese
- Yogurt, fresh or frozen
- Milk, including non-dairy milk alternatives

### Breads and cereals

- Whole wheat bread
- Whole grain tortilla, pita, or bagels cut into small pieces
- Crackers (graham, whole grain)
- Whole grain dry cereals
- Rice cakes (for older toddlers)

### Lean proteins

- **Fish** (canned tuna, salmon, sardines, whitefish)
- **Peanut** butter or other nut butters (smooth, spread thinly on whole grain bread or crackers)
- Edamame beans or chickpeas (steamed or mashed) or hummus spreads
- Cooked tofu cubes or tofu dip
- Hard boiled eggs

Additional information can be found at:

<https://healthychildren.org/english/healthy-living/nutrition/pages/default.aspx>