

Welcome to Knox Kids Co.

A Resource Guide for Parents
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The Value of Play for Children

The Convention on the Rights of a Child United Nations has stated: “Play has been recognized by the United Nations Human Rights Council as a right of every child because it is critical to human physical, emotional, social and cognitive development” (Senko et al., 2019). Allow your children time to play. Unstructured and unscheduled. As a society we have placed expectations on our children that have them over scheduled and over tired and as parents the exhaustion has set in.

More than one scheduled extra curricular per week after a full school week or child care week is too much and not necessary. Children need to learn how to manage voids in time. We have them so scheduled that they are losing out on learning life skills. And as a society it shows. If your response is “my child needs to be busy to be happy”, you have just identified your own problem. It is not their schedule that needs adjusting it is their connection to the family and their ability to fill voids with meaningful processing skills. It's how they learn to problem solve and communicate with others and regulate their emotions.

“The foundation of a secure caregiver relationship is critical to the trajectory of childhood development and is often mediated through the act of shared play” (Senko et al., 2019) Instead of scheduling them to death with activities so that other people can play with them, YOU stop and play with them and allow them time, a lot of time to play independently. You won't regret it!!!

Play helps strengthen connections between people. When parents are encouraged to play with their children, we know that the parent-child bond is enhanced. When parents learn how important it is for children to play for healthy brain and body development, they are more open to the idea of engaging in playful activity with their children. (Daley et al., 2018)

Necessity is the mother of invention and the words “I’m bored” or “I have nothing to do” have never created more magical moments and memories for children and you can be the person who is lucky enough to initiate that for your children.

The Power of Connection

As parents become willing to touch the child within them, they reach out and touch their children in playful ways that becomes a reciprocated dance that artfully heals and brings each family member into the gift of the present. Play for the whole family system is the medicine for the dying art of true connection. -Stacy Jagger, LMFT, RPT

It's so much more than just food!

Children think and learn best on a good healthy diet and good nutrition habits. Proper nutritional diets opens their mind to learning and having the ability to focus; and, proper nutrition habits allow times for connection and a mindfulness about food.

Set regular meal times and eat with your children at the table. (Grazing between meals and wandering about with food or snacking in other areas of the house should not be permitted)

Your job is to provide a nutritious balanced meal. Your child's job is to choose whether or not they are going to eat it at their meal time. (They may choose not to, **AND THAT'S OK**)

What is offered is what is available to the child. **Do not** cater cook just to get them to eat. They will eat better at the next meal.



Connection happens at the dinner table. Coming together to eat without screens and distractions has very little to do with the food and everything to do with family connection time. If you don't think you have time for this due to other interferences, and a busy schedule, you should consider making the time.....It's that important.



There is just so much to say about food!

Water is what is best to drink. Please do not send juice, pop or sports drinks.

They will not be served!!

Squishies. I know that they may be convenient and less messy however we ALWAYS sit at the table to eat. We do not roam or graze and therefore we have no need for foods that you can drink. Drinking your food does not allow for the strengthening of your jaw and mouth muscles (we have been introduced to more speech pathologists than we had ever met since the invention of the “squishy”), it doesn’t allow for pincer grasp practice with finger foods, and it allows little opportunity for a child to be in control of the meal time process. We don’t need to make eating a lazy man’s process for the children. It is a life skill that has more developmental value than just the food. Please save your money and send us the real food, in a real container how you would like for it to be served. (Sliced, diced or chopped)

If you need snack or lunch ideas please ask us for a handout. We have lots of great ideas. I know that packing lunches can be a mundane chore. Don’t worry, only 12-18 years left. That’s only 3500 - 6000 more. YOU CAN DO IT!!!!



I can almost guarantee It's Not teething Dealing with illness in daycare

Nobody likes it when the littles are under the weather but nobody struggles with it more than your child. When they are sick they need one on one care. They don't want to be 1 of 12 or 1 of 16 when they don't feel well. They want you!! Or a grandma or grandpa, or someone who has nothing but time to love them up.

If your child needs to be medicated with pain relieving medication to get them in the door, they should not be at daycare. (Trust us when we say, we know who has been medicated and we definitely know when that medication has worn off)

If your child needs to stay home, please notify the daycare via phone or email so that we can notify the other parents of which viruses we are currently sharing with our friends. Don't just say "they are away today". Let us know what their symptoms are so we can try and prevent our own mini pandemics.

48 hours at home for poops, pukes and fevers. (from the last episode)

We know that some of you have to go to work so having back up snugglers is a must for these situations.

Nap Time is the New Happy Hour

The chart below is a typical guideline of the amount of sleep your child requires. Of course every child will be different but for the most part, these are healthy sleep guidelines (2024). Our philosophy is, if a child falls asleep unassisted they need rest. We will not jostle them around to keep them awake. **Stop asking us to limit their nap.** If a child wants to sleep, it is not our place to interrupt that. If you need to shave down the amount of time they are sleeping, do that on your end and take that extra awake time to really slow down and connect. For those getting ready to go off to kindergarten, we can work together to get a stay awake plan and begin adjusting the timing as we get closer to going off to school.

Infants (4 to 12 months old)	12-16 hours
Toddlers (1 to 2 years old)	11-14 hours
Children (3 to 5 years old)	10-13 hours
Children (6-12 years)	9-12 hours
Teenagers (13-18 years old)	8-10 hours



If Your child can walk please bring them a blanket not a sleep sack. Sleeps sacks during an emergency can cause harm to your child. They need to be able to move freely and quickly.



Whatever shall I wear? Garments without limits!

We go outside **EVERY DAY** pretty much regardless of the elements! (Without being reckless of course) The children love to be outside, and if they don't it's because they have not been provided with the proper gear to make it comfortable or enough opportunity.

Please make sure that your child's gear is **here**, that it **fits** and that it is **user friendly**.

When things go back and forth, that's when they get forgotten. Buy 2 sets (If that's an option) so you have one two. (We like two sets of waterproof gloves for here please. One to wear and one to be drying)

Things to look for: Good quality and durability. Does it do the job it is supposed to? Can the child put them on themselves? (If that is an age appropriate task)

Children know when they don't have their stuff. They will often choose to go without than choose from the "extras" bin so let's make sure they are prepared.

Make sure EVERYTHING has your child's name on it or you can be sure we will send it home with the wrong person. In fact that sometimes happens anyway...LOL



Fun Facts that don't warrant a whole slide to themselves

1. We can smell liquor and have a pretty good eye for impairment and we will call you on it. Safety First!
2. Do not ignore misbehaviours in front of us because you fear our judgement. Your lack of dealing with it is what we will judge more than whether you did it right or wrong.
3. If we or your child have to open more than 2 packages a day at meal times then there is probably not enough fresh choices in their lunch kit. I know fresh is costly but frozen or light canned fruits and veggies work too. Count the overall sugar in your child's lunch. Children under 2 years should have 0 added sugars and children over 2 should have no more than 25 grams(2 Tbsp) per day.
4. I know your child is the most important person to you (and they should be) but remember, they are part of a ratio here so everyone in the group is important. We cannot provide 1:1 care. Please don't make requests that affect others. We cannot keep ONE child inside all day, or follow a sleep routine that encompasses a whole caregiver for one child. That is what a nanny does. We do our best to spend quality time with each and every little person, but you must remember that undivided all day attention, first of all is not needed, and secondly, is hard to pull off in a group setting.
5. Never do for your child what they can do for themselves. We are preparing them for the next phase and they want to feel confident and competent. Children can carry their backpack and walk to their vehicle. By doing these things for them we are telling them that they are not capable or we don't trust them to do it. (or your child has developed a learned helplessness because they haven't had to do age appropriate tasks) If you have been doing these tasks for a while they will seem shocked by our new expectation so it will take some undoing. **Stay strong!**
6. **Most Important!!** Trust us! If you can't trust us, neither will your child!!!



This Slide might make you sad but I think the perspective needs to be put out there

There are **168 Hours** in a week.

Based on the average **12 hours** of sleep (I know some children need more sleep and some need less but 12 is typical) Your child is sleeping for **84 hours** per week.

If you attend child care full time you attend approximately **9 hours** a day. (and again, some are more and some are less) but based on the average your child is in care with us **45 hours** per week.

(I will remind you that that is more time than most people spend at their job in a week and childcare for children is a lot of work. Yes it is through play but developmental processing is hard work.)

Your child will spend approximately (and again, some more and some less) **10 hours** per week travelling in a vehicle. To and from childcare, to and from errands and play dates.

So just to put that into perspective for you, you may get **29 hours** per week when your child is with you and awake and not staring at you in the rearview mirror.

Cherish your time with them. Time is the most priceless resource that you can never get back!!



References

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