



Parent Pack

www.firstmilestones.ca

120 Taunton Rd W, Whitby ON, L1R 3H8, Canada

Welcome

At First Milestones Education and Childcare Centre, we understand that choosing the right setting for the care of your child is a huge decision and one that you must get right from the start.

This parent pack contains some important information we wanted to share with you about our different programs and the learning opportunities we offer here at First Milestones Education and Childcare Centre.

We have taken everything into consideration in order to create a high-quality setting for your child.

At **First Milestones Education and Childcare Centre**, we offer;

- Highly experienced management team.
- Qualified staff and ongoing training.
- Safe, secure and clean state-of-the-art facilities.
- We work in partnership with parents to help little ones reach their full potential.
- Child-led learning and play environment.
- Opening hours from **7:00 am to 6:00 pm**.
- Good location in central Whitby within Whitby North SmartCentre.



Goals and Values

- To Build Bright Futures, One Milestone at a Time!
- To offer the highest quality care to children from 14 months to 5 years old.
- To provide a safe, stimulating and clean environment for all children.
- To provide affordable childcare at times that suit the parent/guardian.
- To help children learn through play.
- To identify and respond appropriately to each child's individual needs.
- To provide opportunities for children to explore and develop.
- To build relationships with parents to ensure the child's routine is adhered to.
- To support parents with their role as the child's first educator, through mutual respect and understanding.
- To encourage each child to be creative and imaginative.
- To ensure staff always deliver the highest quality of care and are kept up to date with the latest training techniques.



About Us

At First Milestones Education and Childcare Centre, we put children first – always.

We believe that a childcare setting should be an extension of each child's family. A safe and supportive environment where parents and our child care staff work together to give your child the loving environment they need to grow.

We offer child care from 14 months to 5 years, with age-appropriate activities to help them learn and develop. Our aim is to Build Bright Futures, One Milestone at a Time!

Three-point system

At First Milestones Education & Childcare, we have created a 3-point system to follow, which allows your child to put their best foot forward and further instil a sense of comfort and confidence in their continued pursuit of education. It's important to us that your little one feels secure and optimistic throughout their learning journey, as this will build strong foundations for future academic success.

Comfort

At First Milestones Education & Childcare, we have created an inclusive environment which highlights to each child within our centre just how special they are. Our supportive staff spend quality, uninterrupted time with each individual while ensuring that friendships with other children are encouraged and developed.

Cooperation

Cooperation is vital in early childcare. Encouraging children to play and interact with others promotes sharing and communal play. Through group activities, children at First Milestones Education & Childcare learn important skills like communication and teamwork, shaping them into well-rounded individuals who understand the value of collaboration.

Education

our certified educators listen to your child, engaging them in different mediums, such as talking, singing and reading, to capture your child's interest. We believe that it's never too early to start learning and that it's vital to always present opportunities for children to learn and grow as soon as they start at our centre. By developing our programs with curriculum experts and childcare specialists, we've been able to hone in on what makes early education a success and created a learning program that allows our children to enter school seamlessly.



Facilities

At First Milestones Education and Childcare Centre, we offer specialized rooms designed to enhance your child's learning experience.

These dedicated spaces enable your little ones to transition seamlessly between different activities, fostering their independence and nurturing their curiosity.

Toddler Room (18 months - 2 ½ years)

Our toddler program emphasizes natural learning, with hands-on activities that enhance social, emotional, and physical development in a safe and secure environment.

We prioritize human interaction, offering structured indoor and outdoor activities that foster growth in language, problem-solving, self-help, and social awareness.

At First Milestones Education & Childcare, we provide a variety of experiences such as construction, drama, yoga, music, and karate to enhance your child's learning journey. Through a well-rounded curriculum, your child is provided with the skills, knowledge and understanding they need to develop into well-rounded learners.

We want to ensure that, as parents, you get to witness all the incredible progression your child is making while spending time with us. Therefore, we keep you up to date with your child's learning journey by documenting and sharing reports and pictures with you throughout the day.

Preschool/Senior Preschool (2 ½ - 5 years)

At First Milestones Education & Childcare, we develop and nurture preschoolers' minds through our unique program that caters to individual needs, allowing for independent discoveries and creative play.

We offer a wide range of experiences in order to provide your child with a strong foundation for social and academic growth, including singing, dancing, music, crafts, painting, and free play time. Children learn from their surrounding environment, so it is important to us that we allow them to develop independence by taking control of their own learning journey, while still offering them encouragement and guidance to maximize their potential.

Our Senior Preschool program provides structured, self-guided discovery and covers Language, Arts, History, Geography, Visual Arts, Music, Mathematics, Science, and Physical Education. This program introduces the concept of formal classroom settings to our little learners, preparing them for school and ensuring they progress with confidence and ease.



Outdoor Space

At First Milestones, outdoor learning and play are an important part of your child's daily experience. It's not only a chance for them to stay active and strengthen their movement skills but also an opportunity to form lasting friendships!

Here are some of the key benefits of outdoor play and learning:

1

Physical Development: Outdoor play encourages children to engage in activities like running, jumping, climbing, and balancing. These activities promote gross motor skills, coordination, strength, and overall physical fitness.

2

Sensory Stimulation: The outdoors offers a wealth of sensory experiences that cannot be replicated indoors. Children can explore different textures, smells, sounds, and sights, stimulating their senses and enhancing their cognitive development.

3

Cognitive Development: Outdoor play supports cognitive skills such as problem-solving, critical thinking, creativity, and imagination. Children have the freedom to explore and experiment with their surroundings, discovering new things and making connections between ideas.

4

Health and Well-being: Regular outdoor play contributes to a healthy lifestyle. Being in nature reduces stress, improves mood, and allows children to develop a love for the natural world.

5

Social Interaction: Outdoor play provides opportunities for children to engage in social interactions with their peers. They learn to communicate, negotiate, share, and collaborate, developing important social skills and forming friendships.



Our Learning Approach

At our centre, we firmly believe in the uniqueness of every child, which is why we follow a personalized curriculum tailored to meet the individual needs and interests of each child.

Our curriculum draws inspiration from Dr. Maria Montessori's philosophy, the Reggio Emilia approach, and incorporates a play-based learning methodology. This approach ensures a well-rounded and engaging educational experience for each child in our care.

Montessori

By embracing the Montessori method of learning, children gain independence by working at their own pace. They have the freedom to guide their own intellectual growth, discovering and developing concentration and determination through hands-on activities that engage all their senses. This approach acknowledges the importance of sensitive periods during the early years and encourages children to learn and grow at their own pace, making their educational journey enjoyable and fulfilling.



The Five Areas Of Montessori Learning Are:

Practical Life

Children have a strong natural inclination to imitate. Practical life exercises at our center mimic everyday activities like folding clothes, watering plants, and tidying up. These activities promote independence, coordination, concentration, and also offer opportunities for social interaction.

Sensorial

Our sensorial activities create a sensory-rich environment where children can explore the physical world. These materials present solid ideas, laying the groundwork for understanding concepts in mathematics.

Language

This area of learning focuses on expanding vocabulary and emphasizes reading and writing, including the development of phonetic sounds.

Mathematics

We introduce mathematics through the use of concrete objects before delving into abstract mathematical concepts. This approach builds a strong foundation in numbers and quantities.

Culture

Culture studies form the basis for exploration and a deeper appreciation of the world around us. These studies primarily cover subjects like Geography, History, Zoology, Botany, and Science.



Reggio Emilia

Through the Reggio Emilia approach, we see children as unique individuals who can follow their own interests and ideas. As teachers, we work alongside the child, encouraging them to think creatively, solve problems, and get along with others. At First Milestones Education & Childcare, we nurture children as curious, self-motivated explorers. Through fun activities like group work, art, music, dance, writing, singing, and science, we help children grow socially, emotionally, and intellectually.



The four major principles of the Reggio Emilia approach are:



Emergent Curriculum

Our classroom and curriculum topics are inspired by conversations with children and their families, focusing on their individual interests and passions.

In-Depth Projects

We dive deep into concepts and ideas that align with a child's interests through thorough studies known as projects. These projects are presented as exciting adventures and can span different lengths of time.

Representational Development

We recognize and support various forms of learning by incorporating print, art, drama, music, puppetry, and more. This approach accounts for multiple intelligences and promotes well-rounded development.

Collaboration

We believe that cognitive development thrives through collaboration. Children are seen as valuable collaborators who flourish when they are included as part of a community rather than working independently. We encourage working in small groups to facilitate close interaction among parents, teachers, and children. This replicates the social interactions we experience in the world around us, supporting holistic growth and development.



Play-Based Learning

Play is incredibly valuable for children's development, as it not only brings joy but also positively impacts their brains. Through play-based learning, children enhance important skills like exploring, thinking, problem-solving, and expressing themselves through language.

Moreover, play-based learning has been proven to boost social, emotional, and academic success. Rather than separating play from learning, we integrate both at First Milestones Education & Childcare, ensuring that we nurture creativity and curiosity.

Through play, children bring their own language, customs, and culture into the classroom, creating meaning and deepening their understanding of the world. This approach lies at the core of learning across all subjects. We strongly believe in supporting children's learning through play, fostering creativity and academic growth while building their confidence, social skills, and cognitive abilities in exciting new experiences and environments.



Our Relationship With You



At First Milestones Education and Childcare Centre, we believe that the relationship between the daycare and parents is absolutely key.

We work with parents to create an environment that will support children and provide a home away from home feeling.

We use a key person system in the daycare. The key person takes responsibility for the care for a small number of children allocated to them. They only work with children of the same age, abilities and needs to ensure they can spend their time doing activities appropriate for their level of development.

Your key person will then feedback information to you on your child's day and progression through their time in the daycare.

Staff Responsibilities



Our team knows that their number one priority is to ensure your child feels safe, secure and supported.

We take pride in ensuring we treat each child as an individual and help them to develop at their own pace.

We also have staff assigned with specific responsibilities for behavior, child protection, equality & diversity and special needs.

Our Guarantees To You

- Your child will be safe, secure and loved by all of our team.
- Your child's best interests will always be our top priority.
- We will work with you for as long as needed to ensure your child is fully settled into the early learning centre.
- Your child will be surrounded by the best quality toys, equipment, and resources which are age and stage appropriate.
- They will be treated as an individual.
- Your opinions and values will always be listened to.
- Your child's best interests will always be our top priority.
- Your child's progress will always be documented.
- Our staff will always be friendly and prepared to go the extra mile.
- Food will be nutritious, plant-based, and cooked fresh on-site.

• To help your child Build a Bright Future, One Milestone at a Time!





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