



Welcome Packet





Dear Families,

Welcome to Little Kids Zone Preschool! We are so happy to welcome you and your child into our preschool community.

Choosing a preschool is a big decision, and we truly appreciate the trust you place in us. Our goal is for every child who walks through our doors to feel safe, cared for, and excited to be here. We believe that when children feel emotionally secure, they are better able to explore, learn, and grow, and that belief guides everything we do.

Our preschool serves children ages 3–5 and uses a thoughtful blend of Frog Street Preschool and Frog Street Pre-K curricula. This approach allows our teachers to meet children where they are, celebrate their strengths, and gently support new skills as they develop. Alongside academic learning, we place a strong focus on social and emotional development, helping children name their feelings, build empathy, and develop confidence in themselves and their relationships.

Whether your child attends a full-day or a half-day program, they will be surrounded by caring adults committed to supporting their growth and well-being. We know that starting preschool is a big transition, and we work closely with families to make that transition as smooth and positive as possible.

This Welcome Packet is designed to help you feel comfortable and prepared as your child begins preschool. It highlights what to expect in our program and outlines a few key policies that help keep our community safe and supported. Our full Family Handbook is always available, and we are happy to answer questions at any time.

Please know that we value open communication and strong partnerships with families. We love celebrating milestones, big and small, and we are always here if questions or concerns come up along the way.

Thank you for trusting us with your child. We are truly honored to be part of their early learning journey and look forward to a wonderful year together.

With warmth,
Nirvana Clifton
Director of Programs & Operations
Neighbors For Kids
541 765 8990

Our Philosophy

Our preschool program is play-based, relationship-centered, and developmentally responsive.

We place a strong emphasis on emotional intelligence, helping children learn to:

- Identify and express emotions
- Build empathy and kindness
- Solve problems with peers
- Develop confidence and self-regulation

By supporting emotional growth alongside academic learning, we help children build a strong foundation for kindergarten and beyond.

Curriculum & Learning

We use a combination of Frog Street Preschool and Frog Street Pre-K curricula to support children ages 3–5.

This blended approach allows teachers to:

- Meet children where they are developmentally
- Individualize learning based on skill level
- Support early literacy, math, science, and social studies
- Integrate social-emotional learning throughout the day

Learning takes place through hands-on activities, play, exploration, and meaningful interactions.

Program Options

Our preschool operates from September to mid-June.

A kindergarten-readiness program runs during the summer for those entering Kindergarten in September.

We offer both full-day and half-day preschool options.

Full Days - \$40 (rates as of 2018 - Prices subject to change)

Monday - Friday 8 am - 6 pm

Half Day \$25 (rates as of 2018 - Prices subject to change)

Monday - Friday 8 am-1 pm

Monthly invoices are sent in the first week of the month for the previous month's tuition. We are happy to accomodate alternative payment plan if needed. Please discuss with the front desk. 25%-100% Scholarships are available upon request and are determined by income level and household size. ERDC is accepted - please enquire for more information.

We close for Holidays and Winter break, following the local school districts' calendar. If the school district is closed due to unsafe weather conditions, we will also be closed unless it can be safely determined that we can open. Families will be notified via email and our social media pages.

Daily Rhythm

Each day follows a predictable routine to help children feel safe and confident while allowing flexibility and choice.

A typical preschool day includes:

- Arrival and classroom exploration (8 am-9 am) AM snack available
- Group time (songs, stories, discussions) (9 am 9:20 am)
- Learning centers and small-group activities (9:20 am - 10:30 am)
- Outdoor play and movement (10:30 am - 11:45 am)
- Self-care (11:45 am - 12 pm)
- Lunch (12:00 pm - 12:30 pm)
- Self-care (12:30 - 12:40 pm)
- Rest or quiet time (for full-day students) (1 pm - 2:30 pm) (those who don't sleep will participate in other quiet activities after 30 minutes)
- Gym Time (2:30 pm - 3:30 pm)
- Outside stretch (3:30 pm-4 pm)
- Supper (4:00 pm - 4:30 pm)
- Afternoon activities and reflection (4:30pm - 5:30pm)

Our Preschool Team

Our teachers are experienced early childhood professionals who are dedicated to supporting children's learning and emotional well-being.

Staff members:

- Build strong, caring relationships with children
- Support social-emotional development
- Encourage independence and curiosity
- Partner closely with families

For classroom-specific questions, families are encouraged to connect directly with their child's teacher.

What Your Child Needs Each Day

To help your child feel comfortable and successful, please send:

Daily:

- Labeled backpack
- Weather-appropriate clothing
- Rest items for full-day students (blanket, small comfort item, can be kept at school if wanted)

Kept at school:

- Change of clothes
- Water bottle
- Labeled Toothpaste
- Labeled Sunscreen (during warmer months)

Please leave at home:

- Toys from home
- Electronics or valuables

Labeling all belongings is strongly encouraged.

Arrival & Departure

Starting preschool is a big transition, and routines help children feel secure.

Arrival:

- Keep drop-offs short, positive, and confident
- Intentional Teaching begins at 9 am. To make the most of their learning experience, we recommend arriving prior to 9 am.
- Staff are available to help children transition into the classroom

Departure:

- Children may only be released to authorized adults
- We ask families to avoid picking up during quiet time (1 pm-2:30 pm) unless in the case of emergencies, to avoid interrupting the other children who need rest.
- Photo ID may be requested

Outdoor Play & Weather

We believe outdoor play is an important part of healthy child development. Children go outside every day, including during light rain or cool weather, as long as conditions are safe.

Outdoor play may be limited or moved indoors during unsafe conditions such as extreme temperatures, poor air quality, heavy storms, or other safety concerns.

Families are asked to send children dressed for the weather, including rain jackets, boots, and warm layers as needed.

Clothing & Messy Play

Preschoolers learn through play, and play can be messy!

Please dress your child in comfortable clothing that can get dirty. We use paint, sensory materials, and outdoor play as part of our learning.

Social-Emotional Support & Guidance

Our Approach: Conscious Discipline

At Little Kids Zone Preschool, we use Conscious Discipline to support children's social and emotional development. This approach helps children build the skills they need to understand their feelings, manage big emotions, and develop positive relationships.

Through Conscious Discipline, teachers focus on:

- Building strong, trusting relationships
- Helping children identify and name emotions
- Teaching calming strategies and self-regulation skills
- Supporting problem-solving and empathy
- Encouraging cooperation and responsibility

Children are guided with kindness, consistency, and clear expectations.

What This Looks Like in the Classroom

Using Conscious Discipline means that:

- Teachers help children calm their bodies before addressing behavior
- Children are supported in using words to express feelings
- Mistakes are treated as learning opportunities
- Adults model respectful communication and emotional awareness

Guidance is focused on teaching skills, not punishment.

Partnering With Families

We believe social-emotional learning works best when school and home work together. Teachers may share classroom strategies so families can consistently support their child.

If you ever have questions about guidance practices or your child's emotional development, we encourage you to reach out. We're always happy to partner with you.

Why This Matters

Developing emotional intelligence in the preschool years helps children:

- Build confidence and resilience
- Form positive peer relationships
- Manage frustration and change
- Enter kindergarten ready to learn and thrive

Frequently Asked Questions

? What happens if my child has big emotions or meltdowns?

Big feelings are a normal part of preschool development. Teachers first help children feel safe and calm, then support them in identifying emotions and finding appropriate ways to express them. Children are never shamed or punished for having emotions.

?

What happens if my child hits, bites, or hurts another child?

Safety always comes first. Teachers will:

- Ensure all children are safe
- Calm the child who is struggling
- Help the child understand what happened
- Teach and practice safer choices

We focus on teaching skills and supporting emotional regulation, not punishment. Families will be informed if concerning behaviors occur.

?

Do children get time-outs?

We do not use traditional time-outs as punishment.

Children may be guided to a calm, supervised space to help regulate their emotions before rejoining the group. This is a supportive strategy, not a consequence.

?

How do teachers help children learn self-control?

Teachers model calming strategies and teach children skills such as:

- Deep breathing
- Taking a break when overwhelmed
- Using words to ask for help
- Problem-solving with peers

These skills are practiced consistently throughout the day.

?

Will my child be labeled as “bad” for behavior challenges?

Never. Behavior is viewed as communication, not a reflection of a child's character. Our goal is to understand what a child needs and help them succeed.

?

What if my child struggles repeatedly with behavior?

If a child experiences ongoing challenges, teachers will partner closely with families to better understand what the child may need.

To help guide our support, staff may use ABC behavior tracking (Antecedent-Behavior-Consequence) to:

- Look for patterns or trends over time
- Identify possible triggers or stressors
- Understand what helps a child be successful

This information helps us respond thoughtfully and consistently, adjust classroom strategies, and support skill-building in a way that is respectful and individualized.

Families will be kept informed and included in conversations every step of the way.

? How will I know how my child is doing emotionally?

Teachers provide regular updates and will reach out if there are concerns. Families are always welcome to ask questions or request a conversation.

? How can I support this approach at home?

We encourage families to:

Talk with children about emotions

Use calm, consistent language

Practice problem-solving together

Teachers are happy to share strategies being used in the classroom.

Our Shared Goal

Our goal is to help children feel safe, capable, and confident, while learning the social and emotional skills they need for school and life.

Supporting a Smooth Transition

Every child adjusts to preschool at their own pace. Some settle in quickly, while others need time, and both are completely normal.

Our staff work closely with families to support a positive transition and build trust, comfort, and confidence.

Key Policies at a Glance

These are the most important policies families should be aware of. Please refer to the Family Handbook for full details.

Potty Training & Bathroom Independence

Children must be fully potty-trained at the time of enrollment.

Children must be able to:

- Use the toilet independently
- Communicate bathroom needs
- Manage clothing with minimal assistance
- Follow classroom bathroom routines

Accidents are developmentally normal and handled with care and respect. Families must provide extra labeled clothing to keep at school.

Preschool classrooms do not provide diapering services.

Meals & Nutrition (USDA CACFP)

All meals and snacks are prepared on-site and served through the USDA Child and Adult Care Food Program (CACFP)*.

Because of this program:

- Outside food is not permitted
- Meals meet USDA nutrition guidelines
- Menus support healthy growth and development, and are available for viewing on our parent board in the lobby.

Documented medical or dietary needs will be accommodated as allowed under CACFP guidelines.

*In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

When to Keep Your Child Home

Health & Illness Guidelines

To help keep our preschool community healthy, we follow Oregon Child Care Licensing Division (CCLD) health guidelines. Children should be healthy enough to comfortably participate in group activities.

Please Keep Your Child Home If They Have:

- A fever (100.4°F or higher)
- Vomiting (one or more episodes)
- Diarrhea (loose or watery stools)
- Persistent coughing, wheezing, or difficulty breathing
- Unusual tiredness, lethargy, or behavior changes
- Eye redness or discharge (pink eye symptoms)
- Open sores or rashes with drainage
- Severe pain, stiff neck, or headache with other symptoms
- Any illness that prevents them from participating comfortably in preschool

Returning to School

Children may return to preschool when:

- Fever-free for 24 hours without medication
- No vomiting or diarrhea for 48 hours
- Symptoms are improving
- A healthcare provider's note is provided, if required

These guidelines help protect all children and staff.

If Your Child Becomes Ill at School

If a child shows signs of illness while attending:

- Families will be contacted for prompt pick-up
- The child will rest in a supervised area until picked up

Thank You for Helping Keep Our Community Healthy

We understand that keeping children home can be challenging. These guidelines help prevent the spread of illness and ensure a safe, comfortable environment for everyone.

If you ever have questions about whether your child should attend, please contact us. We're happy to help.

 Full illness policies and licensing requirements are outlined in the Family Handbook.