

Policies & Procedures

The following is a comprehensive listing of Brilliant Stars FCC policies and procedures. If you have any questions regarding any of the policies or procedures listed here, please contact us at (604-722-5080)

Communication

Good communication is of the utmost importance. When a new family is accepted into our center, we like to be sure that we can share openly any concerns or questions that may arise. It is important that there is a similar childcare philosophy between the center and the parents. We welcome questions, feedback, or discussions of any kind that are oriented towards a positive outcome for the child(ren). Sensitive issues will be discussed in private at a mutually beneficial time.

Late Fees

A \$1.00 per minute late pickup fee will be assessed for all children picked up after closing. This must be paid in cash at the time of pickup, or before the child's next regularly scheduled day. This will be strictly enforced, and habitual tardiness may result in termination of services.

Hours of Operation

We offer both full and part-time care. Full time is considered from 36-45 hours per | week. Part time is considered less than 27 hours per week.

We maintain an open-door policy for parents during daycare hours. This means that parents are always welcome to call or drop in to see their children. We would appreciate your taking into consideration our schedule when dropping in or calling and remember that visitors usually cause children to react in an excited manner. If you call during the day, please be aware that we may be busy with the children and may not be able to answer the phone. If you leave a message, we will call you back as soon as possible.

Arrival and Departures

Children are to arrive clean and fed (unless arriving just before a mealtime). We will try our best to send your child home with a clean diaper and would appreciate the same consideration when you drop off.

It is normal for some children to have difficulty separating from parents, or cry when dropping off. Please make your drop off brief, the longer you prolong the departure, the harder it gets. A smile, cheerful good-bye kiss, and a reassuring word that you will be back is all that is needed. In my experience, children are nearly always quick to get involved in play or activities as soon as parents are gone.

Please be brief at pick-up times, as well. This is a time of testing, when two different authority figures are present (the parent and the provider). All children will test to see if the rules still apply. During arrival and departure, we expect parents to back up our rules. Please be in control of your child during pick up times.

Please leave your cell phones in your car so that the director, teachers and your child will have your undivided attention at pick up or drop off time.

Our normal procedure is to release the child only to his/her parents, or someone else the parents designate on the Authorized Pick up and Emergency Contact Form. If someone other than the parent is to pick up the child, please notify us ahead of time. A verbal notice is fine on that day, if this person is on the list of people who are authorized to pick up your child. If the person is NOT on that list, we MUST have written permission to release your child. Please inform emergency contacts, or people designated to pick up your child, that if we do not know them then we will need to ask for identification. This is not meant to offend them. This is simply a measure taken for the child's protection. Drop off and pick up are not good times to discuss serious problems. Little ears and minds hear | and understand everything. Your director can set up a time when the issues can be discussed in private.

Sign In / Out

It is required by Canada law that all parents sign their child in and out each day. For your convenience, a sign in/out sheet, pen, and a clock are located by the ~ door, this gives us a written record of the child's attendance, hours, and the person who brought/picked up the child each day.

Absences

Childcare fees are based on enrollment (a reserved space), not on attendance. To maintain a reserved space, fees must be paid during the absence of a child due to illness, holidays, vacation, or for any other reason.

Holidays / Vacations

The following is a list of the holidays that Brilliant Stars FCC will be closed:

Statutory Holidays

- Winter Break
- Spring Break
- Baha'i Holy Days (Will be announced in person)
- Summer Vacation (Will be announced in person)

If one of these holidays falls on a weekend, then we will be closed either Friday or Monday.

Clothing / Attire

Children should arrive dressed for play. We like to have fun! Having fun involves outdoor play and lots of messy activities, so make sure that your child is dressed appropriately. Please don't dress your child in nice clothing and expect them to be spotless when you arrive to pick them up. Clothing should be comfortable and seasonally appropriate for outdoor play. Make sure to include hats, mittens, boots and coats for cold weather.

Personal Belongings

We prefer that children do not bring toys from home unless it is something that can be shared with the entire group (i.e. books, videos, etc.). Little ones have a difficult time sharing with others, and it is even harder with their own special toys. If toys are brought, please note that they may be put away, if they are the cause of disagreements among the children. Exceptions to this policy will be that a child may bring a favorite sleepy toy for naptime only, and toys may be brought for show and tell activities. We are not responsible for any loss or breakage of personal items. All personal items must be clearly marked with the child's name.

Supplies |

Parents must supply the following items to be kept in their cubby:

Diapers, wipes, pull-ups, and complete change of clothing

Daycare Schedule

Our daily schedule, while very flexible, is as follows:

- 8:00 a.m. - Free Playing time
- 9:00 a.m. - Circle Time (Dance and singing songs)
- 9:30 a.m. - Drawing and Colouring
- 9:45 a.m. - Snack Time
- 10:00 a.m. - Playing in a group (teaching time)
- 10:30 a.m. - Playing outside
- 11:00 a.m. - Lunch time
- 12:00 p.m. - Nap time
- 2:30 p.m. - Snack time
- 3:30 p.m. - Craft time/ Playdough
- 4:00 p.m. - Singing songs and story time
- 4:30 p.m. - Playing outside
- 5:00 p.m. - Time to go home

Meals

We Follow the Canadian Food Guide.

Menus will be posted on the bulletin board just inside the door. Copies of the menu are provided to parents upon request. We prefer that children do not bring food, drinks, etc. from home unless requested. Children tend to think the "grass is greener. . ." when they see someone eating something different from them. We will honor a parent's religious or philosophical objections to a menu item and the parent can substitute any objectionable item with an item from home.

It is our belief that infants should be fed on demand. If parents have another feeding schedule in mind, we will need to discuss it, so that the infant's needs will be adequately met.

If your child has allergies, and requires a modified diet, we must be notified of this in writing. We will need to have a physician's written instructions describing any foods the child is not permitted to eat. An

appropriate substitution will be made, if possible. If a child has so many allergies that he/she cannot eat from our menu, we may require the parents to provide his/her lunch and snacks.

We never force a child to finish what is on his/her plate, but we do encourage each child to try one or two bites of everything. Sometimes they are surprised by what they like! All eating patterns will be communicated to the parents.

Cleanliness / Hygiene

We do our best to maintain strict cleanliness and hygiene standards. Children's hands are washed before and after meals and after toileting. We use paper towels for drying hands, so children do not have to use the same towel. If parents provide a toothbrush and toothpaste, teeth will be brushed as well. All employees are required to wash their hands frequently and also use antibacterial gel.

Infants sleep in separate cribs or pack and plays, with clean sheets used only by them. Beginning at toddler age, washable nap mats are used. Each child has a separate nap mat; with a sheet and a blanket that are washed weekly (unless soiled, then they are washed as often as necessary) and mats are wiped with disinfectant weekly.

Children use separate cups, plates, bowls and eating utensils that have been thoroughly washed. High chair trays, etc. are disinfected after each use. We disinfect toilet seats and clean potty chairs between each use.

Fire Drills

We are required by B.C. law to do 1 fire drill per month at each location. We vary the time of day to help the staff and children prepare to evacuate the building quickly and safely.

Toilet Training

When you feel your child is ready for toilet teaching, we ask that you begin this teaching at home during a weekend or vacation. We will follow through and encourage your child while in our care. The child must be showing signs of readiness. When a child is ready, the process should go pretty quickly. The child must be kept in pull-ups or 5-ply training pants at all times. Putting a child in, diapers part time, and training pants part time, can be confusing and delay the training process. Please keep in mind that the activity level here can distract your child from responding to an urge to use the potty, more so than at your home. Therefore, we may continue to use diapers or pull-ups until your child can and will announce that he/she must use the bathroom (not just at home, but here, as well) and can control his/her bladder and bowels for a few minutes beyond that announcement.

Parents need to supply training pants with plastic pants or pull-ups, plus a couple of extra changes of clothing each day (don't forget the socks)).

During toilet training, we ask that the child be dressed in "user friendly" clothing, as much as possible. The best items are shorts and pants with elastic waists, or dresses. Try to avoid really tight clothing, pants with snaps and zippers, and overalls. These are difficult for children to remove "in a hurry".

Nap / Quiet Time

There will be a designated nap/rest time each day. All children must nap, rest, read or play quietly during this period. Rest time gives children a much-needed break during the day. Without rest time, some children are argumentative in the afternoon, short-tempered with others, and not really happy when they go home in the evening.

Infants nap at varying times and their schedules will be accommodated. Somewhere between 12 and 18 months, children usually drop down to one nap per day. At this time, we will attempt to put them on the scheduled nap/rest period.

Activities / Curriculum

Our main objective is to have fun, improve social skills, and encourage creative expression. We will utilize a variety of activities to accomplish this goal. Free play, computer programs, reading, arts and crafts, music/singing, dancing, dramatic play/pretend, puzzles, and educational TV/videos are just some of the activities we will be doing.

Music helps to develop young brains and will play a strong role in day-to-day activities. We may have special music activities and may also play music during other activities, for example, during arts and crafts or mealtimes. Some of the music we will be using may include classical, children's songs (by a variety of artists), foreign language tapes and others.

Television will be used one or two times a month as a theatre experience

Center Rules

There are certain center rules that all children will be taught and expected to follow. This is for the safety and well being of everyone. In addition we realize that we must expect a certain amount of wear and tear where children are concerned, we do not want to have our center "demolished".

There will be no running permitted in the center. Hitting, pushing, biting, grabbing, kicking, spitting, or pinching other children/infants/adults will NOT be allowed. No standing or climbing on chairs or tables. There will be no use of obscene, derogatory or disrespectful language.

Children may not walk around the center with food, cups or bottles. Respectful treatment of other people and all property, toys, and furniture is expected. Willful destruction of property will be charged to the parent at the cost to replace the item. Please support us in the enforcement of these rules, in order to create a better environment for all.

Reporting Requirements

As a childcare center we are mandated reporters to the **Ministry of Child and Family Development** if we feel a child is being abused or neglected. Always be sure to let your director know when you drop your child off if he/she has any unexplained cuts or bruises. All children that come to daycare with injuries have them logged into the child's file.

Indoor / Outdoor Play

Indoor play: We provide a variety of age-appropriate toys for indoor play. Toys may be rotated or placed temporarily out of use so that the children do not become bored. Younger children have less-developed organizational skills and can get easily frustrated or upset when there are too many toys to choose from. It is also more difficult for them to help with clean up when there are toys everywhere, because it is so overwhelming to them. For this reason, during free play times, each child may select one or two things at a time to play with. They will be shown how to put those things away before selecting something else.

Outdoor play: We will be playing outdoors every day that weather permits. Please make sure that your child is appropriately dressed (see Clothing/Attire section) for outdoor play at all times. Our activities will include walks, playground, water play (sprinkler in summer), and others. We do not go outside when the temperature is below -6 degrees (including wind chill), or above 32 degrees (including heat index). Parents who feel that their child is not well enough to participate in outdoor activities must keep them out of daycare until they are able to participate in all activities.

Discipline

We maintain a positive discipline policy, which focuses on prevention, redirection, love, consistency and firmness. We stress two main patterns of behavior: respect for other people and respect for property. The children are explained the rules of the center frequently, so they are all familiar with the guidelines. Please keep in mind that there WILL be disagreements between children. Young children have a hard time expressing their feelings. Sometimes they hit, throw toys, bite, etc. We will try to prevent problems, redirect when appropriate, discuss inappropriate behavior, encourage making amends when offense involves another person, and sometimes withdraw privileges based on the principle of "natural consequences". An example might be where a child is misusing a toy then he/she will not be allowed to play with the toy for a period of time. The use of time outs will be rare except when a brief cooling off period is needed. Sometimes when children are fighting or throwing toys, we will put the toy in a short time out, and then bring it back into circulation a little later. This seems to work better than giving the child time out.

Under NO CIRCUMSTANCES will there be any spanking, physical abuse, verbal abuse, name calling, or isolation used. Neither food nor sleep will ever be withheld from children as a means of punishment.

If a discipline problem arises that does not respond to the above-mentioned techniques, we will hold a conference with the parents. Together, we will try to find a solution. You may be called to remove your child if his/her behavior prevents us from being able to properly care for the other children. If the problem continues, other arrangements for the care of the child will have to be made, for the safety and well-being of all.

Soothing a Crying Toddler

When a toddler begins to cry, I would take the toddler to a quiet place and ask the toddler why he/she is crying. I would try to the best of my ability to provide empathy and support and help the toddler calm

down. Once, I believed the crying situation is uncontrollable; a phone call would be made to an available parent.

Illness

Brilliant Stars FCC is a "well-child care place". At no time do we provide sick childcare. The following illness policies will be strictly enforced, for the health, well being and safety of all concerned.

Sick Child Policy: Under no circumstances may a parent bring a sick child to daycare, if the child shows any signs of illness. is unable to participate in the normal routine and regular day care program. Sick children will expose all children and staff members who they come in contact with. These people can in turn expose the other children. Sick children want care from their parents in the comfort of their own homes. If other children become ill due to exposure to your sick child, either because he/she was returned to day care before full recovery or because he/she was not picked up promptly upon notice of becoming ill, other parents will be unnecessarily inconvenienced. Because this is disruptive to other children and their families, your cooperation on this issue is extremely important.

Every effort is taken to reduce the spread of illness by encouraging hand washing and other sanitary practices (see Cleanliness and Hygiene). ‘

If your child is unable to participate in the normal activities of the daycare (including being able to play outside), then your child MUST stay home.

Children will be visually screened when they arrive in the morning. In the event a child becomes ill and needs to be picked up, the parent(s) will be called and are expected to come pick the child up within one hour (60 minutes). If the parent(s) cannot be reached, or have not arrived within an hour, the emergency contact person will be called and asked to come pick the child up.

For the benefit of our staff and other children in our care, a sick child will not be permitted to return to care for 24 hours after condition has returned to normal.

Symptoms requiring removal of child from Daycare:

- Fever: Fever is defined as having a temperature of 37.78°C or higher taken under the arm, 38°C taken orally, or 39°C taken rectally. For children 4 months or younger, the lower rectal temperature of 38°C is considered a fever threshold; (a child needs to be fever free for a minimum of 24 hours before returning to daycare, that means the child is fever free without the aid of Tylenol, or any other fever reducing substance.)
- Fever AND sore throat, rash, vomiting, diarrhea, earache, irritability, or confusion.
- Diarrhea: runny, watery, bloody stools, or 2 or more loose stools within last 4 hours.
- Vomiting: 2 or more times in a 24-hour period. Note: please do not bring your child if they have vomited in the night.
- Breathing trouble, sore throat, swollen glands, loss of voice, hacking or continuous Coughing.

- Runny nose (other than clear), draining eyes or ears.
- Frequent scratching of body or scalp, lice, rash, or any other spots that resemble childhood diseases, including ringworm.
- Child is irritable, continuously crying, or requires more attention than we can provide without hurting the health, safety or well-being of the other children in our care.

Just a note: Many times, our childcare may get blamed for the illness of a child, meaning that we have "allowed" sick children to come here. Parents may not stop to think that when sick children are brought to our center, our entire staff is also at risk of exposure. How would you feel if another parent brought their sick child and exposed your child? We STRESS this again -- if you are not sure whether or not it is okay to bring your child, please call ahead to ask us. We may require a doctor's. Decision as to whether or not the child is contagious. We appreciate your cooperation in this matter.

Medications

Parents will provide any medications needed by the child, including over-the-counter and prescription medicine. Written authorization is needed for us to administer ANY medication, prescription or over-the-counter. NOTE: All medicines must be in their original container with pharmacist's or manufacturer's label, child's name, dosage instructions, current date, name of medication, and times to be administered clearly written.

Medical Emergencies

Minor bumps and scratches are inevitable, but we make every effort to keep the children safe through supervision and childproofing. Minor injuries receive appropriate first aid, and if an emergency injury or illness occurs, you will be contacted as soon as possible. If necessary, your child will be taken to the nearest hospital where you will be asked to meet us. If you are not going to be at your usual place of employment, or at home, please make sure that we have a number where you can be reached.

Parents are responsible for all costs involved in emergency medical treatment, including emergency transportation, if required.

Termination Policies (First Month)

We reserve the right to terminate a child for the following reasons (but not limited to):

- Failure to pay
- Routinely late picking up your child
- Failure to complete the required forms
- Lack of parental cooperation
- Failure of child to adjust to the center after a reasonable amount of time
- Physical or verbal abuse of any person or property

- Our inability to meet the child's needs
- Lack of compliance with handbook regulations
- Serious illness of child

We appreciate as much advance notice as possible when terminating and will give the same courtesy in return. Parents are required to give four weeks written notice when they decide to terminate childcare. The four weeks will be paid for in full, regardless of whether or not the child is in attendance.

We will give four weeks' notice of termination for which full tuition is due, whether or not the child is in attendance. The provider reserves the right to give written notice of immediate termination where there are extreme circumstances that affect the well-being of the provider or other children in attendance.

Notice: In this case if parents pay for the first month, a deposit will be returned back.

Deposit:

The parents must pay a deposit upon registration. This amount is not refundable in the event of cancellation. The deposit will be applied to last month's fee when proper notice of withdrawal from the family childcare is given.

Notice: Two months written notice is to be given on the first of the month prior to the child ending care/or 60 calendar days.

Brilliant Star Family Daycare: Emergency Action Plan

Basic Information: Record information on your childcare site to ensure preparedness in case of an emergency.

Facility Name: Brilliant Star Family Daycare

Facility Address: 2856 East 5th Ave, Vancouver, British Columbia

Facility Phone: (604)-722-5080

Facility Main Contact: Zahalleh Niakan Safi

Emergency Kit Location(s): Under Balcony

Number of Children: 7

Emergency Contacts:

- Fire/Rescue (911)
- Police (911)
- Fire (911)
- Hospital Grand Hospital (604) 434-4211
- Poison Control Poison Center (604)682.5050
- Electric Company Grand Power (888)769.3766
- Gas Company Grand Gas (800) 663.9911

- Insurance Provider (1-877)705.4232
- Crime Stoppers (800)222.8477

Brilliant Star Family Daycare: Emergency Action Plan

Evacuation: routes/exits:

- Children are cared for in the Playroom of the house only and are not permitted on second level
- Exits Call windows and doors are checked regularly to ensure opening):
- Living room: Front door and windows.
- Kitchen: Back Door and windows
- Dining room: Front door and windows
- Evacuating
- Infants/Toddlers:
- Children will be evacuated together
- In case of the need to evacuate through the windows, children will be placed out windows first, using any items available to place them on the ground.
- Notification: Once all children are safely evacuated:
- 911 will be called
- Parents will be notified of the evacuation
- Emergency kits will be taken when possible

Kits/Information:

Emergency kits will be taken when possible.

- Evacuation Sites: Neighborhood (e.g., for fire):
Frog Hollow Neighborhood House
2131 Renfrew St, Vancouver, BC V5M 4M5
(604) 251-1225
- Out-of-neighborhood (e.g., explosion, flooding):
Chief Maquinna Annex
2882 4 Ave E, Vancouver, BC

Transportation to Evacuation

Locations: Walking

- Children will be driven in a personal vehicle, with three car seats, to the elementary school or closes open space.

Common Strategies for Guiding Children's Behavior in Child Care Settings

Here are some basic tips childcare providers can use to guide children's behavior. Remember that different strategies work best at different ages.

Keep rules simple and easy to understand. Discuss rules with children and write them down. Consider children's suggestions for rules. Repeat the rules often. A few rules that work well with children include:

- Help each other.
- Take care of our toys.
- Say please and thank you.
- Be kind to each other.

Say what you mean. Use "do" instead of "don't" whenever possible. Choose your words carefully, especially when you are guiding children's behavior. Keep sentences short and simple.

Focus on **what to do** rather than what not to do.

- Try saying, "Slow down and walk" instead of "stop running."
- Try saying, "Come hold my hand" instead of "don't touch anything."
- Try saying, "Keep your feet on the floor" instead of "don't climb on the table."
- Try saying, "Use a quiet voice inside" instead of "stop shouting."

Talk with children - not "at" them. Children often don't pay attention when you are talking (or shouting) "at" them. Guidance is much more effective when you talk to children at their eye level. Look them in the eyes, touch them on the shoulder, and talk with them. Resist the urge to simply lecture. Instead, give children time to respond, and listen genuinely to their points of view.

Set a good example. Children watch you all the time. They see how you talk to other children and adults. They see how you cope with anger or frustration. They watch how you deal with sadness and joy. They listen to how you say, "I'm sorry." The way you handle the ups and downs of life teaches children a lot about how to behave and get along with others.

Encourage children to set good examples for each other. Children also learn a great deal from each other. Encourage appropriate ways to share, play, and be kind to each other.

Give clear, simple choices. Toddlers can choose between a red cup and a green cup. Preschoolers can choose between playing "airport" and "zookeeper." Give children a choice only when there is a choice. For example, saying "It is nap time, do you want to lie down now" is not really an option if your rule is that everyone will rest at nap time.

Show respect for children. Talk to children about misbehavior in private, rather than in front of others. Remind them of reasons for rules, and discuss what they can do differently.

Catch children being good. All children want attention. It is better to give them positive attention for good behavior than negative attention for misbehavior. Comment on something positive about each child, each day. Better yet, strive for several times a day. And share the good news. When children have done something positive, mention it to other children and to parents.

Encourage like a good coach instead of a cheerleader. A cheerleader just shouts general praise: “What a great job!” or “What a beautiful picture.” A good coach tells you what you’re doing right, uses praise as a teaching tool, and lets you know why he or she is proud of you. If a child sets the table, you might say, “You did such a good job setting the table! You put the spoons and forks in the right place and remembered the napkins!” When you look at a child’s painting, you might remark, “This painting just glows with color. You used blue, green, red, yellow, and orange. Tell me how you did this!” To learn more about the difference between praise and encouragement, see [Encouragement Is More Effective Than Praise in Guiding Children’s Behavior](#).

Use play activities to teach social skills. Become a character in children’s pretend play and show children how to use good manners and be kind. Read children’s books that show how children resolve problems. Play “what if” games. Encourage children to act out ways to work together.

Teach children how to resolve conflict and solve problems. Help them recognize and name feelings, identify problems clearly, come up with ideas for solving the problem, and try possible solutions. For more information on teaching problem solving, check out the article [Ways Child Care Providers Can Teach Young Children to Resolve Conflicts](#).

Teach children how to apologize. Learning how to apologize is a skill. Young children have a hard time understanding another child’s feelings, but by the time they are 4 years old they should begin to recognize that apologizing is a good way to make up for hurting someone else. Keep it simple (e.g., “Lucas, I’m sorry | hit you.”) With time and practice, children will not have to be prompted, and their apology will be more genuine. Teach preschoolers and school-age children the four basic steps of apologizing:

- Look at the other child
- Say the child’s name
- Say “I’m sorry”
- Say why

Teach children how to correct their misbehavior. If a child throws food onto the floor give him a broom and show him how to clean it up. If a child draws on the wall, give her a wet cloth to clean the wall. Even if the child cannot successfully clean up the entire mess alone, participating in clean-up teaches him that his actions have consequences. Over time, experiencing consequences helps children learn self-control.

Steps in Resolving Conflicts

Childcare providers can begin teaching children to negotiate and solve disagreements by guiding them through some simple steps. Remember that children need repeated practice to resolve conflicts.

Childcare providers will need to lead children through the steps at first. With repeated practice, preschoolers and school-age children can learn to work through these steps by themselves.

Find a quiet place to talk. Before helping children resolve the conflict, childcare providers need to remove children from the place where the conflict occurred. Find a quiet place in the room where everyone can sit and discuss the situation without interruptions.

Set ground rules. Conflicts raise strong emotions in most children. Ground rules will help ensure that children discuss the situation rationally and arrive at a solution that all children are willing to try.

Common ground rules for children resolving conflicts include:

- Everyone gets a Say.
- Everyone listens without interrupting.
- Everyone gets to propose a solution.
- All solutions must be discussed.
- The group must choose the best solution together.

Give each person a say. Go around the circle and ask each child to tell her side of the story. Use questions like "Amy, what happened?" and "Beth, what happened?" to allow each child to share. Remind children to listen without interruption. Be sure everyone has the chance to speak about the problem.

State the problem clearly. Based on the information that all children shared, summarize the / problem in a few words. You might say something like, "Amy and Beth, it sounds like you both want to be the mother in dramatic play. Is that right?"

Ask each person to suggest a solution. Go around the circle again and ask each person, "What do you think we should do to solve this problem?" Again, remind children to listen without interrupting. Encourage each child to suggest a solution, even if the suggestion is the same as the one proposed by another child.

Help the group choose a solution. Guide the children in discussing the pros and cons of each solution. Ask them to think about how they would feel about that solution and encourage them to consider how the solution would affect others as well as themselves. For example, you might say, "Amy has suggested that both of you get to be the mother and take care of your own babies. Beth, how would you feel about that solution? Are there any problems with this idea?"

Put the solution into effect. Congratulate the children on coming up with a solution together. Go with the children as they begin trying out their solution. Remind them of the agreement if children are not following the solution chosen.

Observe and check in if needed. Watch the children interact for a little while. Watch the ways that they are playing together and pay attention to any problems that still seem to be happening. If the solution is not working, or children are unhappy with the solution, bring the group back together to renegotiate a better solution.

With time and repeated practice, preschoolers can learn to use these steps to solve problems without the help of their childcare provider. Resolving conflicts helps children learn valuable communication skills and can encourage them to be more accepting of different points of view.

Strategies to Help Children Handle Anger

Children who are angry need to know how to express that anger appropriately. Young children who are feeling angry may need specific rules for handling angry feelings. Make sure they know that it's not appropriate to hit, bite, or hurt others when angry. Breaking or destroying things is also not appropriate. Instead, suggest that children try some of the following ways to handle their anger:

- Talk about their feelings by saying, "I'm really angry about that."
- Express anger by stamping their feet or shaking their fists.
- Draw a picture or write a story about their feelings.
- Go somewhere quiet to calm down.
- Reduce stress by listening to music.
- Express anger by pounding on clay or splashing water on the water table.
- Release anger through running, climbing, jumping, or other physical activity.

Above all, remember that learning to handle anger is a process. Childcare providers can help by identifying and labeling emotions, giving children words to express their feelings, gently guiding children to express anger in appropriate ways, and modeling healthy anger management.