

# BEST DAY EVER! LEARNING CENTER

## Transition Handbook

Owlets (6 weeks - 12 months)  
Owls in Training (1 & 2 years old)  
Outrageous Owls (3 years old)  
Owls of Wisdom (4 & 5 years old)  
School Owls (6 years & up)



## Table of Contents

	Owlets (6 weeks - 12 months)	
6 weeks - 6 months		Page 3
6 months - 9 months		Page 4
9 months - 11 months		Page 5
11 months - 1 year		Page 6
	Owls in Training (1 & 2 years old)	
1 - 2 years		Page 7
2 years		Page 8
Potty Training Information		Page 9
2 1/2 - 3 years		Page 10
	Outrageous Owls (Preschool)	
3 years		Pages 11-12
	Owls of Wisdom (Preschool)	
4 and 5 years		Page 13
	School Owls	
6-12 years		Pages 14-15

Owlets  
Infant Transition Goals for Parents  
**6 weeks - 6 months**



\*Here are some helpful tips for you to help your baby Owlet learn to fly in our program here at Best Day Ever! We encourage you to use the following tips as a guidance tool. Our tips are developmentally appropriate and match state standards. As your infant gets closer to our Toddler Room, there will be milestones that **MUST** be met in order to graduate to the next room. These milestones are for child's safety and growth & developmental support.

Below are our recommendations:

- **Introducing baby food:** We encourage you to start introducing food/cereal to your little one by 4 months. We want him/her to have enough nutrients to interact and play with us throughout the day.
- **Practice sitting/rolling over:** How exciting is it when your baby can hold themselves up? We will practice this in our baby gym center and encourage you to support your child in independent sitting.
- **Tummy time:** We love babies on the move! Practice tummy time to help your baby's strength and to get on track for crawling.
- **Story time:** Promoting literature at a young age will teach your baby many skills. We always talk to our infants in order to increase babbling and responses. Point to pictures and make sound effects - your baby will love it.

## Owlets

### Infant Transition Goals for Parents

### 6 months - 9 months



\*Here are some helpful tips for you to help your baby Owlet learn to fly in our program here at Best Day Ever! We encourage you to use the following tips as a guidance tool. Our tips are developmentally appropriate and match state standards. As your infant gets closer to our Toddler Room, there will be milestones that **MUST** be met in order to graduate to the next room. These milestones are for child's safety and growth & developmental support.

Below are our recommendations:

- **Tummy time:** We love babies on the move! Practice tummy time to help your baby's strength and to get on track for crawling.
- **Baby muscles:** Promote having babies pull themselves up. You can use your hands or put them in front of safe objects. Get those baby muscles moving!
- **Baby food:** Movin' on up to stage 2 or 3 foods. It's a great thing to keep introducing more foods to get your baby closer to solid foods. Take caution to food sensitivities! (nuts, honey, egg whites, tuna)
- **Story time:** Promoting literature at a young age will teach your baby many skills. We always talk to our infants in order to increase babbling and responses. Point to pictures and make sound effects - your baby will love it.

Owlets  
Infant Transition Goals for Parents  
**9 month - 11 months**



\*Here are some helpful tips for you to help your baby Owlet learn to fly in our program here at Best Day Ever! We encourage you to use the following tips as a guidance tool. Our tips are developmentally appropriate and match state standards. As your infant gets closer to our Toddler Room, there will be milestones that **MUST** be met in order to graduate to the next room. These milestones are for child's safety and growth & developmental support.

Below are our recommendations:

- **Crawling/walking:** This is the time when most little ones start movin' and groovin'. We'll help them along when you give us the go!
- **Baby food:** Stage 3, here we come! We are getting closer to solid foods in the Toddler Room. Now is a good time to start providing less formula throughout the day and providing more food for meals. Formula < Food = Almost Toddler Territory!
- **Precious playtime:** Infants have best buddies, too! We find that now is an important time to have infants play together. They will begin to be more independent and interact with other babies more on their own. Play dates outside of daycare are encouraged!

Owlets  
Infant Transition Goals for Parents  
**11months - 12 months**



\*Your Owlet is almost ready for the Toddler Room! Where did the time go!? 1<sup>st</sup> birthdays are an important milestone, and we've loved watching your little one grow! As your child gets closer to this transition in our program, we have established developmental requirements that match state standards in order to successfully graduate to the next room.

**Here is a list of what is required before your little one can move on to the Toddler Room. (If your infant has not reached these goals yet, no worries! They will move on up to the Toddler Room once these milestones have been met.)**

- **Walking feet:** We require that our toddler friends are walking when they graduate to our Toddler Room. This is to address safety and developmental concerns. The Toddler Room is full of little ones on the move, and we need to ensure that staff is hands-free during day-to-day tasks and for emergency situations. Owl ratios go up with age!
- **Bottle free:** At this point, it is important for our toddlers to be using sippy cups instead of bottles. It is a state regulation that a child must be held when given a bottle. Due to classroom ratios, we are unable to hold your child's bottle in the Toddler Room. At Best Day Ever!, our toddlers are using sippy cups and are formula free when they are here. Also, learning self-feeding skills will help prepare your child now for success in future years.
- **Finger foods:** Tots must be eating solid foods when they graduate to the Toddler Room. It is crucial for our Owlets to have proper nutrients to participate in our activities throughout the day. If participating in our food program, we provide meals that are age appropriate and cover the food groups.. If you are packing for your toddler, it is a requirement to send only foods that your child can eat independently. Independence is so cool!
- **Nap time:** Although your little one is itsy bitsy and may still need a pack n play, at Best Day Ever!, we find that it is important for a toddler to learn to sleep on a mat, develop individual space awareness and practice self soothing skills. We require our toddlers to sleep on mats. We encourage you to try nap time on a mat or on the floor at home.

Welcome to Toddler Territory!  
Owls in Training  
Toddler Transition Goals for Parents  
**1-2 years**



\*Your Owl in Training is growing at home with you and in our program! When he/she reaches our Toddler Room, we begin working on several different developmental skills. We encourage you to practice at home, too! Here is a list of what we will be working on.

- **Walking/stability:** We love cruisin' toddlers. We work to help develop strong gross motor skills. At Best Day Ever!, these tots are always on the move so we work to increase stability and toddler muscles.
- **Chatter boxes:** We want to hear your little one talking away! This is such a fun time to listen to your toddler. We will promote use of new words in everyday situations. At home, we encourage you to use words that your toddler can understand and repeat to label objects, wants, and needs. Sing to them and put motions with words. They love it!
- **Food fun:** At this point, we are encouraging self feeding skills. Continue to give your little one finger foods that they can eat on their own! Soon we will begin to use child-safe utensils to practice fine motor skills.

Owls in Training  
Toddler Transition Goals for Parents  
**2 years**



\* Your Owl in Training is growing at home with you and in our program! When he/she reaches our Toddler Room, we begin working on several different developmental skills. We encourage you to practice at home, too! Here is a list of what we will be working on. Outrageous Owls Preschool is just in sight!

- **Potty training:** We would like to see your toddler begin using pull-ups and attempting to go on the potty! This is an important stepping-stone in our program. Toddlers **must** be potty trained before they can move on to the Outrageous Owls Preschool Room. We will begin pull-ups here at Best Day Ever!, and we REALLY encourage you to begin using them at home as well. (See attached sheet for what to bring when potty training!)  
*Note:* We understand that all kiddos develop differently. However, at age 3, ratio's increase from 1:6 to 1:10, making it unsafe to change children with such large groups.
- **Super silverware:** During meal times, we will begin encouraging proper use of child-safe utensils. Plastic spoons and forks will be used appropriately for certain foods at school. We hope to have you use them at home as well.
- **Chatty toddlers:** Talking toddlers are so much fun! We continue to promote use of vocabulary, and we are actively working on using manners. "Please" and "thank you" are a must! ☺
- **Playtime:** Our toddlers should begin engaging more with peers, and they will begin seeking friends to play with. At this age, we want to see them using materials and play centers more appropriately. You can do pretend play at home to help encourage this type of learning.



## Potty Training Information

### What you need to bring ☺

\*We provide pull-ups & wipes until the age of 3. Here are some things to bring/send your Owls in Training when they come to Best Day Ever! Let the potty training begin!

- **Easy pants:** Please send your Owl in Training to the center in pants that are easy to pull up and down. We will be taking many potty breaks, and we want to promote self-help skills as well.
- **Extra clothes:** Make sure your Owl in Training has several pairs of extra pants just in case we have a few accidents!
- **Simple shoes:** Your child's shoes should be easy to take off and put back on to help when changing pull-ups.
- **No onesies:** It is very hard to unbutton and button a onesie when trying to get your toddler to use the potty. We want to be able to put them on the potty quickly to increase potty training success!

Owls in Training  
Preschool Transition Goals for Parents  
**2 ½- 3 years**



\*Your toddler is getting closer to the Outrageous Owls Preschool Room! When your child turns 3 in our program; they are eligible to move on up to the Preschool Room. **However, we do require for safety, that certain milestones are met before they can move on. Don't worry; if your toddler has not met these goals yet, they will move up once these milestones have been met! Let's work together!**

- **Potty training:** Our preschooler's **MUST** be in underwear and **potty trained**. This is a must because of ratios in the preschool groups. So, at 2 ½, we encourage you to put your toddler in underwear ,and give it a go! If you could send in underwear for the week, we will help to potty train your child here at school. (Send in extra pants too!) Potty breaks will increase to every ½ hour to prevent accidents. Have your child in underwear at home to practice then too.
- **Straw cups:** We will begin transitioning your child to using cups with plastic straws instead of their sippy cups. Help them at home by letting them drink from a straw as well.
- **Communication:** At a minimum, we would like to observe our 3 year olds being able to verbally communicate their wants and needs. This is important in the preschool room with mixed age groups!

# Outrageous Owls

## Transition Goals for Parents

### 3 years



\*We are so excited to have your child in our Outrageous Owls 3 year old class! We are going to be working on many developmental milestones in this room. Here is a list of skills that we'll be working on so that you can practice at home, too!

- **Use of a pencil:** Help your little one hold their pencil the proper way. Practice writing names, letters, and numbers together
- **Recognizing uppercase & lowercase letters:** This is important to participate in activities.
- **Recognizing numbers 0-10:** Same as letters; this skill is important for participating in games, activities, and building foundations for your child's learning.
- **Cutting skills:** Practice, practice, practice! They will begin practicing cutting skills and will be able to cut out simple lines and basic shapes.
- **Colors & shapes:** Children will be able to consistently recognize and identify colors and basic shapes.
- **Follow 3 step directions/commands:** Preschooler's will be able to follow directions and commands without a lot of prompting. This is important for the next group because there are several steps in activities and throughout the day in the schedule. The goal is to increase your child's independence!
- **Communication/making choices:** When they reach the 4 year-old groups, we want our kiddos to be able to communicate wants and needs by using words and sentences. They should be able to make simple choices independently at this point. So empowering!
- **Schedule:** When they are close to moving up to the next classroom, our children will be able to follow a schedule and anticipate what is coming up next.

- **Self-soothing skills:** SO IMPORTANT! We want to teach our little ones self-soothing skills that will help them be able to calm down independently. This will also help out at nap time. Getting proper sleep time will go hand-in-hand with everything else we've been working on!

Owls of Wisdom  
Transition Goals for Parents  
**4 - 5 years**



\*We are so excited to have your child in our Owls of Wisdom Pre-K 4 & 5-year old class! We are going to be working on an incredible amount of kindergarten readiness skill building in this room. Here is a list of the skills that will be worked on to help your Owl of Wisdom transition to Kindergarten!

- **Self-help skills:** Now is the perfect time to start practicing self-care independence skills! Help your Owl of Wisdom learn to get dressed. They will practice zippering or buttoning coats as well as tying shoes. Set out your child's outfits the night before, and start making a fun morning routine.
- **Germ buster:** Remind your child to always wash their hands. Moving up to a bigger school and new environment means more yucky germs. Practice germ knowledge and how to properly wash hands to keep your kiddo germ free. Just say NO to germs!
- **Tests/screening skills:** We want to make sure that your child is ready for Kindergarten. You can help, too. Practice recognizing and writing capital and lowercase letters, numbers, shapes, and colors to get them ready for Kindergarten material.
- **Fine motor skills:** To increase fine motor skills, work on writing names and good hand-eye coordination.
- **Schedule/structure:** It is important to begin adapting your Owl of Wisdom's schedule when they get close to graduating. Include a shorter nap and earlier bed time to get them ready for school. It is great to start establishing this routine **months** in advance so that they are ready to go when the big day arrives!
- **Register for Kindergarten:** This is an exciting time. The early owl catches the worm! Call your child's intended elementary school in January to learn about details.
- **Exams:** Testing, testing...1 2 3. As your child transitions to Kindergarten, he/she will need a current health exam with immunizations, eye exam, and a hearing test so that they start school ready to learn.

## School Age 6-12 years to home!



### **If your child is not ready to be home alone -**

\*Sometimes when daycare ends, it can be a little scary. Your child may not yet be ready to be home alone, and that is okay. It's alright to look for another safe place for him or her to stay when you go out, until your child is ready to take this next big step.

Here are some places you can look for help:

- Family, friends, or neighbors
- After-school care at your child's school
- After-school programs at your YWCA or YMCA

### **If your child is ready to be home alone -**

*\*Many experts suggest never leaving a child younger than 12 home alone, but age is only one factor to consider!*

Here are some things to consider when leaving a child at home:

- Is your child physically and mentally able to care for him or herself?
- Does your child obey rules and make good decisions?
- How does your child respond to unfamiliar or stressful situations?
- Does your child feel comfortable or fearful about being home alone?

Prepare your child before leaving them alone:

- Make a few simple rules about what you expect
- Write important numbers on a list
- Talk about what is an emergency and what to do
- Practice when to call 911 and what to say
- Outline what to do in case of a fire
- Make sure your child feels safe when home alone

Be clear about the DO NOT rules:

- Do NOT open the door to anyone

- Do NOT tell anyone that you are home alone
- Do NOT touch matches or a lighter- for any reason
- Do NOT use the stove or toaster oven

Your child is growing. This is a big step! It's always a good idea to talk to other parents so you don't feel alone. Making the decision to leave your child at home can be difficult. Try and follow some of these guidelines to help you along the way.

Here are some suggested guidelines to help transition your child for staying at home:

- First, practice leaving for a short time, 15-30 minutes, to let your child get used to being alone
- Always let your child know when you will be home
- Put phone numbers and rules where your child can easily find them- and review them beforehand
- Talk to your child and see if there is anything you can do to help them feel comfortable and safe
- When you come home, spend some time with your child and praise him/her for following the rules

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