



BilingualKid

LANGUAGE IMMERSION SCHOOL

BILINGUALKID LANGUAGE IMMERSION SCHOOL 2026-2027

10401 Staples Mill Rd, Glen Allen VA 23060 - 1900 E Parham Rd Henrico VA 23238

804-933-9373

www.bilingualkidschool.com

#BilingualKidSchool

#BilingualBright

#KindWorldCitizens



@bilingualkidschool

Spanish Immersion Preschool

We are a family-owned and operated language immersion school proudly serving families since 2017. Our Spanish immersion program is led by native Spanish-speaking educators: Ms. Claudia, Ms. Bris, Ms. Vilma, and Ms. Camila. We intentionally create a warm, nurturing classroom environment where children feel welcomed, valued, and loved.

We are a non-religious program and admit students of any race, color, ancestry, national or ethnic origin, and religious background. No prior Spanish experience is required for enrollment.

We are licensed by the Virginia Department of Education (VDOE). All staff members meet state licensing requirements, including criminal background checks, fingerprinting, tuberculosis screenings, Virginia Department of Social Services clearances, sworn statements, and home inspections.

We participate in the USDA food program, follow regulated meal patterns, and are subject to unannounced monitoring visits. We maintain a no-screen policy during school hours to promote active, hands-on learning experiences.

Our program participates in **VQB5 (Virginia Quality Birth to Five)**, reflecting our commitment to continuous quality improvement and excellence in early childhood education. We also promote healthy eating habits and are recognized as a breastfeeding-friendly program, providing a private space for nursing mothers during drop-off or pick-up times.

Kind World Citizens

We are committed to nurturing kind, respectful world citizens by fostering tolerance and appreciation for our multilingual and multicultural society. Through play-based learning and meaningful experiences, we make natural cultural connections that support development aligned with Virginia's Early Learning and Development Standards (ELDS).

Our program establishes a strong foundation of skills and knowledge essential for kindergarten readiness while maintaining a high-quality preschool learning environment. Our program integrates **STEAM (Science, Technology, Engineering, Arts, and Mathematics)** into daily learning experiences, while also supporting Personal and Social Development, Literacy, Health and Physical Development, and History and Social Science. Geography and the arts receive special emphasis as tools for global exploration and creative expression.

We use guided learning through STREAMin³, a Virginia Department of Education (VDOE) approved curriculum. It is thoughtfully adapted to provide a rich multilingual and multicultural environment. Throughout the school year, children explore different countries of the world, learning about their history, geography, language, music, food, flags, and traditional clothing in engaging, hands-on ways. This approach builds academic readiness while developing global awareness in a fun and meaningful manner.

Parent involvement is encouraged through at-home extensions, show and tell, and participation in school-wide cultural events.

As a language immersion school, we believe children develop at higher levels when learning engages all developmental domains. Children learn best by doing, interacting, and expressing themselves. Through consistent exposure and meaningful experiences, students naturally acquire and strengthen proficiency in the target language over time.

Instructional Enrichment

ASL. American Sign Language

We incorporate American Sign Language (ASL) into our daily curriculum as a bridge between English and Spanish. Signing supports early communication before verbal language is fully developed and strengthens vocabulary, letter recognition, and early literacy skills.

Children find signing engaging and enjoyable, while it simultaneously fosters inclusion, empathy, and communication skills from a young age.

All teachers are Infant and Adult First Aid and CPR certified and participate in ongoing professional development, including ASL training and early childhood best practices such as phonemic awareness and early literacy instruction.

Nature Based Education

We honor children's ideas through a child-led, emergent curriculum. Research supports the many benefits of structured and unstructured outdoor experiences. We believe education should prepare children for a joyful, balanced life, and an active connection with nature plays an essential role.

Outdoor learning occurs daily and includes Nature walks, Loose parts exploration, Caring for class pets, insects, and ecosystems, Planting, harvesting, and hands-on year-round organic gardening. In today's screen-focused world, meaningful outdoor experiences are an essential part of healthy development.

Farm to School Education

Our farm-to-school approach promotes healthy eating habits, fine and gross motor development, executive functioning skills, and environmental responsibility. Children actively participate in planting, caring for, harvesting, and tasting the food we grow.

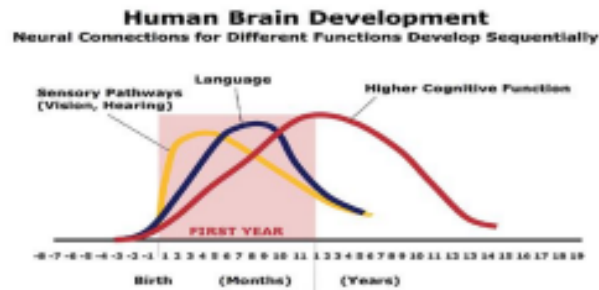
Our year-round organic garden includes tomatoes, cucumbers, green, banana and sweet peppers, radishes, broccoli, eggplant, zucchini, squash, beans, watermelon, cantaloupe, pumpkins, and a variety of herbs. We also care for peach, apple, and pear trees, as well as blueberry, blackberry, and raspberry bushes.

Children are encouraged to harvest and taste the fruits and vegetables they help grow, fostering independence, curiosity, and lifelong healthy habits.

Bilingual Acquisition Window of Opportunity

Language acquisition is one of the most remarkable achievements of early childhood. Between the ages of three and five, most children become fully competent in at least one language. Even more impressive are children who develop proficiency in two or more languages during the preschool years.

Within the same general time frame it takes monolingual children to learn one language, bilingual children are able to develop two, becoming skilled at using each language appropriately depending on context and exposure. The level of proficiency in each language reflects the amount and consistency of meaningful interaction children experience.



Source: C.A. Nelson (2000). Credit: Center on the Developing Child, Harvard University

Is it OK to learn two languages?

A common concern—especially among bilingual families—is whether learning two languages may slow development. Research shows this is not the case.

Studies indicate that bilingual infants demonstrate brain responses to language that are just as strong as those of monolingual infants. While bilingual children divide their time between two languages and may hear fewer words in each individually, research consistently shows that when vocabulary across both languages is combined, bilingual children meet or exceed the vocabulary levels of monolingual peers.

Another frequent concern is confusion due to “code-switching,” when speakers alternate between languages in conversation. Research shows that code-switching follows linguistic patterns and social rules. It is a natural and sophisticated communication skill modeled by bilingual adults and learned by children in structured and meaningful ways.

Bilingual Kids are at an advantage

Across much of the world, bilingualism is the norm rather than the exception. Research increasingly shows that managing two languages strengthens the brain.

Because bilingual individuals continuously shift attention between languages, studies have found improvements in executive functioning skills such as Task switching, Problem solving, Cognitive flexibility and Focused attention.

Bilingual children also develop strong metalinguistic awareness — the ability to think about language, understand how it works, and apply that understanding to learning additional languages more easily.

Research further suggests that lifelong bilingualism may contribute to cognitive resilience in adulthood.

Children absorb language naturally from the environment around them. Early childhood is a powerful window of opportunity for language learning. Exposure to more than one language does not cause confusion; rather, it supports cognitive growth and expands a child’s ability to communicate, connect, and thrive in a global society.

Source: World Economic Forum. Written by Ferjan Ramirez, Research Scientist, University of Washington.

Ms Claudia is responsible for the day-to-day operations and partners with Ms. Vilma, Ms Bris and Ms Camila to ensure a safe environment, and a loving and secure atmosphere during the most formative years of a child's life.

Please refer to this handbook if questions should arise concerning our policies and procedures. Supplements will be distributed if any changes occur, to keep your records current. If you have any questions that are not answered, please feel free to contact us. Thank you for the opportunity to take part in your family's life.

School Hours 8:00 am – 4:30 pm.

Student-Teacher ratio is 12 Students : 2 Teachers.

Preschool - Monday-Friday \$325/week - \$1,400/month. 3 days a week \$231/week - \$1,000/month. 1 day \$80.

STEAM Club (School age) - 2 Saturdays a month - \$150/month. \$50 Registration fee per semester.

Admission Requirements

Students are admitted after a family visit and invitation to enroll. Application requires completion of:

1. BilingualKid enrollment forms.
2. Virginia School entrance form signed by your child's physician.
3. Immunization record signed by your child's physician.
4. Proof of identity viewed by Ms. Claudia.
5. Payment of \$500 registration fee. A new enrollment spot is held after receipt of the fee.
6. 1 time Payment of 1 week tuition towards the first week of June.
7. Payment of \$250 supply fee will be charged every March, for the upcoming school year.

We offer parent-teacher conference weeks during the school year to provide parents information regarding their child's progress. This is also an opportunity for parents to communicate with teachers about any events in the child's life so we can work together to foster the child as a whole. We encourage parent participation throughout the school year, we emphasize in the awareness of a bigger multicultural world, and we may reach out to you to volunteer to share an experience, your talent or read a book to support our learning unit.

Parent Responsibility

Please label all items and provide the following:

1. A family picture.
2. An extra set of labeled clothes provided in a gallon bag with the child's name and refills as needed.
3. A daily water bottle and a packed lunch. We provide 1% milk, breakfast, morning and an afternoon snack.
4. Wipes and Diapers as needed.
5. Provide updated immunization records, **signed** by a licensed physician, upon the child's 4th and 6th birthday.
6. Read school emails to maintain appropriate communication.

Payment Schedule/Tuition

Monthly tuition is due on the 1st of each month and processed through **automatic payments in the Wonderschool app**. Processing fees apply (**Credit/Debit: 2.85% + \$0.30; ACH: 0.4% capped at \$2**). Families using ACH may request a 0.4% tuition credit to offset the fee.

Tuition will not be refunded due to absence.

Registration fee of \$500 is non-refundable and secures your child's spot for the school year, August-May.

Payment of 1 week tuition to cover Summer Break is non-refundable.

Continued enrollment is necessary to secure a spot for the upcoming school year.

\$150 registration Summer fee charged, for students only attending summer camps.

Late Fees

A daily \$10 late fee will be assessed after 5:00 pm the 1st of the month. It is imperative that tuition is paid on time to avoid late fees and dismissal of your child from the program. If payment is not received by the 3rd of the month, your child will not be permitted to return until full payment is received.

Late Pick up Fee

Please call Ms. Claudia if you are unable to pick up your child by 4:30 pm. If we are not notified, parents will be called at every available number, if parents can't be reached, emergency contacts will be called. If no one can be reached, someone will stay with your child and by 5:00 pm, the police will be notified. A \$1 per minute late fee will be charged after 4:30 pm.

Emergency Information

BilingualKid should be able to contact the parent at any given time during the day. The necessary information is given at the time of enrollment and **must be kept up to date**. Any changes should be reported promptly. Also, please provide specific actions to be taken by staff in case of an allergy related emergency involving your child.

Major and Minor Incident Policy

- **Minor:** If a child receives any type of mark due to a minor fall or accident, it'll be recorded on an accident report form.
- **Major:** If a child gets hurt more severely and the teacher has any doubt of the severity, a teacher will call the guardian and 911 while the child is being made as comfortable as possible, using our first aid knowledge.

Injury Prevention Plan

We assess our environment daily. Upon review of reports, all injuries will be noted as to how, when and where the accident occurred to consider preventative measures to try to lower the number of injuries that seem to recur and a decision will be made to remove specific or rearrange equipment as necessary.

Medication Administration Policy

The teachers will administer both prescription and non-prescription medication.

Non-prescription topical skin products include **sunscreen**.

Prescription medications must be approved and a form will be provided that must be signed by the guardians and child's pediatrician, for us to be able to accept the medication.

We will not administer fever reducing medications, as children need to be picked up if they are sick, to prevent the spread of illnesses.

Over the Counter Products and Medication

DO NOT SEND UNAPPROVED PRODUCTS IN STUDENT'S BACKPACKS. We kindly ask that families **do not attach sanitizers, lip balm, creams or similar products to backpacks**, as many of these items include warning labels that indicate adult supervision is required for safe use. Additionally, **hand sanitizer must be kept in areas inaccessible to children** and will only be used with teacher supervision. **Under no circumstances should any type of medication or pills be sent in a student's backpack**. All medications must be approved in advance and handled directly by school staff according to licensing and health regulations.

Safety

We do not allow toys to be brought from home except for "homework" items. These items must be soft, without sharp edges. Shoes and clothing should be comfortable and easy for the child to manage. We do not allow jewelry, accessories, large keychains or valuables as they get easily lost and are choking hazards. Please keep all "wants" home.

Naptime articles

We will provide a nap time blanket that will be laundered on Fridays. Please do not bring large blankets or pillows as they don't fit between the nappers. Students are allowed to bring one small nap time item that is soft and quiet, not larger than 6 inches. The item must remain in the student's backpack before and after nap time and may only be used during rest time.

Policy for Reporting suspected child abuse

Under Virginia Law, teachers providing care on a regular basis are required to report suspected child abuse. Reports are made to Hanover Sheriff's Office, the local department at 804-730-6140 or Hanover County Social Services at 804-365-4100 or to the Child Abuse and Neglect Hotline 1-800-552-7096. Failure to report could be charged with a misdemeanor.

Child Custody

If a custody agreement applies to your family situation stating sole or joint custody of your child, a copy of the legal agreement must be on file at the school. Without a copy of the agreement, neither parent nor the custodian can be denied access to the child.

Organizational Chain of Command

The chain of command begins with Ms. Claudia Robles, Ms Bris, Ms Vilma Arias and Ms Camila.

Arrival of Children

Parents are required to walk their child into the building and place him/her in the care of a teacher. Sign in sheets will be provided for parents to sign in your child. We ask that you notify us by email, text or call and let us know if your child will not attend on a day he/she is expected to attend or if he/she will arrive late.

Departure of Children

Initial with time the appropriate sign-in/sign-out sheet. Please notify us if someone other than the parent or guardian is picking up the child, the person's name **must** be listed on the registration forms as an alternate person. Parents may add new names. If we don't recognize the person picking up a child, we will ask to see identification and will call the parent to verify.

Food

We provide breakfast and healthy AM/PM snacks following USDA guidelines. Parents must provide a **labeled, glass-free lunch and a bottle of water** each day for their child. Please send a **healthy, balanced lunch** that includes a **protein, grain, vegetable, and fruit**. We provide **1% milk and water** with meals to fulfill the dairy component. For safety, **grapes and cherry tomatoes must be sliced lengthwise** to reduce choking risk.

To support healthy eating habits at school, please **do not send juice, candy, cookies, or other sweets** in your child's lunch. Our school maintains a **dye-free food environment** during the school day. Artificial food dyes are not served or permitted in foods provided at school.

If a child with a food allergy is enrolled, you will be notified and we will follow the necessary allergy-safe policy. In that case, please **do not bring foods or drinks containing the allergen, or foods processed on equipment that also processes the allergen.** We must adhere strictly to this policy, as it can be a life-threatening matter for some children.

Parents may bring special treats for birthdays or holiday celebrations with prior approval. **Healthier options such as fruit trays, mini muffins, or simple cupcakes are encouraged.** All treats must follow our **dye-free guideline.** Treats with brightly colored frosting, sprinkles, or decorations containing artificial dyes may have those decorations removed before being served.

Toileting

Bathroom accidents are common, especially during the first months of school. Families are asked to keep a seasonal change of clothes at school so we can respond to accidents quickly, that includes short and long sleeve shirts, shorts and pants, underwear and socks. In compliance with licensing regulations, soiled underwear and clothing will be returned in a sealed plastic bag with minimal handling. Children do not have to be completely potty-trained to attend BilingualKid. The teacher must be notified if a child is not completely potty-trained and wears a diaper or pull-ups to school. Families must provide diapers/pull-ups and wipes. These need to be labeled with the child's name.

Field Trips

Because first-hand experiences are vital to learning, many field trips are scheduled during the school year. One is a walking trip to the Glen Allen Library and others involve travel to sites that are farther from school. We rely on teacher transportation for all non-walking trips. The Field Trip Permission statement must be signed by a parent or guardian of every child. Field trips are considered an extension of our classroom with specific learning objectives and expectations for appropriate behavior. Parent chaperones support the teachers' goals for the trip and help to assure the children's safety. Care is taken to avoid an excessive number of adults on a field trip, so the children have the opportunity for group experiences that support their learning.

Individualized Education Programs

It is the parents' responsibility to inform us if their child has an IEP or is receiving specialized services. The Director will meet with the family and school division officials prior to the child's attendance to confirm the appropriateness of the placement and specific expectations for the child's progress. BilingualKid teachers will support IEP goals.

Discipline and Guidance

BilingualKid uses **Positive Behavioral Interventions and Supports (PBIS)** to guide children's behavior. PBIS is a proactive approach that teaches and reinforces appropriate behavior through modeling, practice, and positive reinforcement. Children are guided with respectful, developmentally appropriate strategies to support self-regulation, social skills, and responsibility.

Classroom expectations we teach and practice include: using Spanish to communicate, using kind and gentle hands, keeping bodies safe and trying one's best.

We use **green and red choices** language to coach behavior, and children earn bucket drops for green choices leading to our **treasure chest.** When challenging behavior occurs, staff may use redirection, calm coaching, proximity or support near a teacher, and when appropriate, brief loss of privileges.

If a child needs additional support, teachers may increase check-ins and structure, and a **weekly behavior communication chart** may be used. If concerns continue, families may be invited to meet with staff, and a **daily**

behavior tracking tool may be implemented. Outside supports (e.g., pediatrician, occupational therapy, speech services) may be recommended as appropriate; BilingualKid does not diagnose, and outside services are recommended, not required.

Safety: If a child's behavior poses an immediate safety risk to the child or others and cannot be safely managed despite supportive strategies, families may be contacted for early pick-up.

Termination Policy

We reserve the right to dismiss children or refuse admission at the discretion of the school for reasons of non-cooperation, delinquency in payment of fees, or the inability of the children or guardians to adjust to the program. We limit the use of suspension, expulsion and other exclusionary measures. Prior to dismissal, every effort will be made to facilitate adjustment to the program.

Illnesses

Please keep your child home if they show any symptoms of illness, like bad colds, coughs and fevers. If your child is ill, please notify us. A child may not be allowed to attend if he/she has a temperature over 100.4°F, recurrent vomiting or diarrhea or a communicable disease. Temperature will be taken with a touchless forehead thermometer and/or under the arm and 1° will be added. Following an illness, we will try to work with you in the interest of your child. If your child develops a fever, diarrhea or vomiting while at school, you will be notified to pick up your child as soon as possible and we'll make him/her as comfortable as possible. The child should remain at home until 24 hours after a fever subsides. The parent must inform BilingualKid within 24 hours or the next business day after a child or any member of the immediate household has developed any reportable communicable disease, as defined by the State Board of Health, except for life-threatening diseases, which must be reported immediately.

Outdoor Temperature

Students will be expected to go outside during outside time and arrive at school dressed appropriately for the weather, except when the outside temperature feels below freezing, above 95° or air quality is dangerous.

Closing information

A calendar with holiday closing dates is provided upon enrollment. For inclement weather days we will assess driving conditions and may close at our discretion to protect students and teachers.

Emergency Preparedness and Response Plan

We have developed an emergency preparedness plan with consultation of VDOE, that addresses teacher's responsibility and facility readiness with respect to emergency evacuation, relocation, shelter-in-place or lockdown. Procedures will be specific to the action required in response to the emergency.

Our emergency evacuation route is posted in our parent board, head count will be confirmed with a sign in sheet, and we will gather by emergency exit door on the fence, farthest from the house.

In case of an emergency that requires relocation, we will take shelter at Glen Allen Henrico Public Library located at 10501 Staples Mill Rd, Glen Allen VA 23060 and parents will be notified immediately by call, text and/or email.

In case of lockdown or shelter in place, front and back doors will be blocked completely, we will gather in the bathroom and laundry area where our emergency radio and emergency kit supplies are located.

Our landline phone number 804-664-6317 is always available as a backup in case of a power outage or emergency. Additional information about our licensed family day home may be obtained at:

https://www.dss.virginia.gov/facility/child_care/licensed/fdh/index.cgi.

Community Events

We have a summer time yearly reunion aimed at fostering connections and will provide an excellent opportunity for everyone to meet, share experiences, and build a stronger BilingualKid community.

Withdrawal Notice

We require a 4-week withdrawal notice. If a 4-week withdrawal notice is not given, parents or guardians will be responsible for payment of the following 4 weeks. Please fill out the 4-week withdrawal notice form provided.

Pandemic or Public Health Emergency

We are very proud that we still have not had a single Covid case transmission in our classroom. We have been able to succeed in preventing Covid transmission thanks to the collaboration and commitment of our BilingualKid community in following the guidance as the pandemic kept evolving.

In case of a declared public health emergency, families are still expected to continue paying tuition to hold a child's spot. If this is not possible due to the guardian's financial hardship as a result of the health emergency, we will review case by case.

As a school community, we will continue to take every precaution to prevent the spreading of Covid and other diseases, including having vaccinated staff.

If we are not mandated to close, new protocols will be in place following CDC and Health Department guidelines. They have been changing throughout the entire pandemic, we follow best practices and any changes will be communicated via email.

The following procedures proved to be successful and we have adopted them as part of our daily routines:

1- Drop off and pick up: **Students will be dropped off outside** and will carry their backpack, and hands will be washed. Parents are still able to come inside if needed, but please continue to do a quick drop off routine to keep separation anxiety at a minimum. We will have the child ready at the scheduled pick-up time and we will meet you outside.

2- Illness: Children must stay home at the first sign of sickness, if anyone in the household becomes ill, we must be notified. If a child develops sickness while in our care, the child will be isolated from other children and made comfortable to the best of our abilities, parents will be contacted, and the child must be picked up as soon as possible, within 30 minutes. In case of a confirmed Covid case, we are required to notify the Health Department and we will follow their guidance. Administering cold/fever reducing medicine before arrival will result in termination of care.

3- We will follow CDC guidance and continue disinfecting, washing hands at arrival, before every meal, after toileting, after playing outside and as needed, this is at least every 1.5-2 hours. No outside toys allowed, and mouthed toys will be removed from the classroom until disinfected.

4- As of 2/2027 Virginia Health Department no longer recommends mask wearing. Masks are optional but we may go back to indoor masking as we see fit. We will help children wear their masks if parents prefer masking. No masks are required outdoors when 6 feet of social distancing can be maintained.

5- If your child is recovering from a cold, with a negative Covid test on day 5 after first symptoms, but still has a mild lingering runny nose or sneezing, your child can attend wearing a mask while indoors to help prevent the spread of viruses.

SIGNATURES

I have received and understand BilingualKid's Parent handbook and choose to enroll: (Name of child):

And will drop off and pick up between the hours of 8:00 am - 4:30 pm and will notify if running late for pick up.

1- Parent or Guardian _____ Date _____

2-Parent or Guardian _____ Date _____

If there is an objection to seeking emergency medical care, a statement should be obtained from the parent or guardian that states the objection and the reason for the objection.

Please provide the guardians email addresses to be included for communication purposes.

PHOTOS

I authorize BilingualKid to take photographs of my child for purposes to include, but not limited to, daily updates through the Wonderschool 2.0 app, class displays, text messages, publicity, social media posts, etc.

Parent(s) or Guardian(s) _____

- Yes, I authorize. Date _____
- No, I do not authorize. Date _____

Comments _____

Classroom Parent Communication Consent

As part of fostering a strong community, we may share parents' email addresses and phone numbers with other classroom families for the purpose of classroom-related communications, such as event invitations, group chats, and coordination of activities.

Please indicate below if you consent to sharing your contact information:

- Yes, I consent to sharing my email address and phone number for classroom parent communications.
- No, I do not consent to sharing my contact information.

By signing below, I confirm my choice regarding the sharing of my contact information.

Parent/Guardian Signature: _____

Parent/Guardian Name (Print): _____

Date: _____

BilingualKid 4-Week Notice of Withdrawal Form

Date of Notice Submission: _____

Dear Parent/Guardian,

Please complete this form to formally notify **BilingualKid** of your intent to unenroll your child. As per our policy, a 4-week notice is required. Your child's last day of attendance must be at least four weeks from the date of submission of this form.

Child Information:

- **Student's Full Name:** _____
- **Classroom/Teacher's Name:** _____

Withdrawal Information:

- **Date of Last Day of Attendance:** _____
- **Reason for Withdrawal (Optional):**

Acknowledgment:

I/We, the undersigned, understand that by submitting this notice, I/we are providing the required 4-week notice to unenroll from BilingualKid. I/We understand that tuition will be charged through the final day of the 4 week notice, and any outstanding fees must be paid in full.

- **Parent/Guardian Name(s):** _____
- **Parent/Guardian Signature(s):** _____
- **Date:** _____

Please be advised that all personal belongings (e.g., clothing, artwork, and supplies) must be picked up within 4 weeks of your child's last day of attendance. Any items left beyond this period will be donated.

For Office Use Only:

- **Date Notice Received:** _____
- **Received by (Staff Name):** _____
- **Signature:** _____

Please return this form to the office as soon as possible. Thank you for being part of the **BilingualKid** community.

RESOURCES

1- **CDC's Milestones Tracker App.** For ages younger than 3.

Milestones matter! As a way to work together with our families to make sure all our children are developing well; we will use this application as a tool throughout the school year and communicate results via email.

From birth to age 5, your child should reach milestones in how he or she plays, learns, speaks, acts, and moves. Photos and videos in this app illustrate each milestone and make tracking them for your child easy and fun!

This app was developed by the Centers for Disease Control and Prevention's "[Learn the Signs. Act Early.](#)" program with contribution from Dr. Rosa Arriaga and students from the *Computing for Good* program at the Georgia Institute of Technology, Atlanta, GA.

2- **Virginia Kindergarten Readiness Program.** For ages 3-5

VKRP is an initiative focused on building a more comprehensive understanding of school readiness and success. VKRP helps to support our understanding of school readiness in four key areas: literacy, mathematics, social skills, and self-regulation. These assessments are given to children individually and administered twice a year (Fall and Spring).

3- **Dolly Parton's Imagination Library**, it's a FREE book gifting program that mails free books to children from birth to age five in participating communities. Henrico: Zip Codes 23075, 23150 and 23230 All of Richmond city and Hanover are eligible: <https://www.imaginationlibrary.com/check-availability/>

4- **We Support Breastfeeding and have a recognition for being breastfeeding friendly.**

Breastfeeding is good for infants: It provides the right nutrients for healthy growth and development; is easy to digest and can prevent diarrhea; it protects from infections and delays allergies; lowers the risk for several childhood and adult diseases ; helps baby and mom bond .

Breastfeeding is good for moms: Helps improve mood; helps burn calories; is less expensive than formula feeding; lowers the risk for certain cancers and chronic conditions; takes less time and preparation than using infant formula.

Our Program enrolls children from ages 1-5 years old but infant siblings that are breastfed by their mothers are welcome to breastfeed at drop off or pick up. We have a diverse variety of resources to normalize breastfeeding, from posters, breastfeeding stuffed animals and books. We will:

Make arrangements for mothers to breastfeed and pump; properly store and feed infants expressed breastmilk in bottles; communicate with families about infants' daily eating patterns and work together to ensure the best schedule of feedings for mom and baby; keep learning about breastfeeding by reading and attending trainings. We will get specific instructions from the parents regarding the age-appropriate introduction of solids and liquids.

Local Breastfeeding Resources & Supplies

A Woman's Place Innsbrook, 4121 Cox Rd, Suite 110, Glen Allen, VA 23060 Phone: 804.545.1665

Best Beginnings – The Lactation Center Phone: 804.323.2229

Virginia WIC (Women, Infants and Children Program) Local social services

Pediatric Associates of Richmond – Three Chopt Location, 7113 Three Chopt Rd., Suite 101 Phone: 804.282.4205 – Hanover Location, 8485 Bell Creek Rd. Suite B3 Phone: 804.282.4205

Local Breast Pump Rentals and Sales:

§ A Women's Place 804.545.1665 § Best Beginnings 804.323.2229

§ Bremo Pharmacy at Henrico Doctors 804.285.7730 § Westbury/Colonial Pharmacy, Mechanicsville 804.746.7997 § Kirkpatrick Pharmacy, Colonial Heights 804.733.5888 § Pediatric Associates of Richmond 804.282.4205

Online: International Lactation Consultant Association www.Breastfeeding.com LaLeche League of VA and West VA 1.800.LA.LECHE Milk Nursing Wear Motherwear International.

II. Professional Development

Education & Support

We provide/participate in professional development on breastfeeding and other infant feeding and nutrition topics. Information about the importance of breastfeeding, and what we do to support breastfeeding, is provided to all families enrolling infants. Additional resources regarding breastfeeding, infant nutritional needs, and feeding are made available as infant's age. We ask that families complete an infant "feeding plan" upon enrollment that provides us with needed information and guidance.

IV. Policy

Giving infants a healthy start helps them develop healthy habits for life. Our program is committed to breastfeeding and other developmentally appropriate infant feeding practices.

- Teachers and staff are expected to support breastfeeding families by sharing our program's practices and policies, showing a positive attitude toward breastfeeding, and providing information and educational materials.
- We strive to use "best practices" when feeding infants to help them build healthy eating habits right from the start. These best practices include feeding infants when they begin to show signs of hunger and ending feedings when they show that they are full. Teachers should always follow infant feeding plans, which may mean flexibility to families' preferences. Teachers and staff are expected to never prop feeding bottles.
- Teachers will provide families with a verbal report of what, when, and how much their infants eat each day. To support our families and teachers, our program will:
 - Informational and educational materials about breastfeeding, infant nutrition and other infant feeding topics that can be easily shared with families
 - Provide opportunities for professional development related to breastfeeding and infant feeding.
 - Offer a quiet and comfortable space where mothers can breastfeed their infants or pump, and flexibility with scheduling to accommodate this.
 - Ask parents to write down an approximate feeding schedule. Also, ask them what to do in cases of emergency, such as when pickup is delayed.
 - Ask the families of exclusively breastfed babies to provide you with enough frozen breastmilk for 1-2 additional feedings.