



May/June 2023 Newsletter

DATES TO REMEMBER

Tuesday May 9th, 2023 Spring Concert, starting at 4p.m.

Wednesday May 10th, 2023 at 6:15 p.m. Final PAC Meeting

Monday May 22nd, 2023 is Victoria's Day. Alpha is Closed

Tuesday May 23rd, 2023 Alpha is Re-opened

Monday May 29th, 2023 Alpha Summer Menu Begins

Tuesday June 13th, 2023 Alpha's Annual Summer BBQ, 4:30-6:30p.m.

June 27th, 2023 at 5p.m Preschool Graduation

June 28th, 2023 at 5p.m. Preschool/ Kindergarten Graduation

June 30th, 2023 COR's go home to Parents

Word From The Office

Hopefully our spring weather is just around the corner, and we can look forward to lots of sunshine and warm weather. As the nicer weather approaches, we once again see a change to the clothing that is needed on the playground. Please ensure that your child has splash pants, a spring jacket, mud boots and a hat to protect them from the sun. Please also include sunscreen with a minimum SPF 25 to protect them from the UV rays.

Over the next couple of weeks, I will be completing some long-term planning for the summer and for September registration. If you know of, or suspect a change to your child's schedule please inform Shivana or myself, as soon as possible. For those children entering Kindergarten in September 2023 your intended withdrawal date was due April 21st, 2023, and if I have not received one, I will be assigning one to you as to when you last day will be. On May 12th, 2023, you will receive a letter assigning you your withdrawal date. If too many children entering Kindergarten in September need care right up until the end of August, Alpha must give staggered withdrawal notice to you prior to the end of August to ensure a smooth transition into September. Your co-operation to this is greatly appreciated.

At the end of February everyone received a copy of their Child's Observation Record (COR) along with all the documentation and social stories that supported the skill development noted on your Child's Observation Record. Majority of the parents enjoyed the documentation and the social stories that outlined the children's learning journey, and especially enjoyed the comment section, painting a true picture of each unique individual child. Alpha appreciates the parent feedback and discuss with the management team if the documentation needs to be changed or left the same to meet Alpha's high expectations. The children will be scored on an 8-level scale from 0 (lowest) to 7 (highest). The eight levels of the COR provide an overlapping continuum so that the children can be scored at the developmental and ability level appropriate for them.

For example, infants and toddlers would primarily be scored at the lowest levels 0, 1, and 2, but older toddlers might begin to edge into the lower preschool levels 2,3, and 4. Likewise, older preschoolers might begin to be scored at the early kindergarten levels 4, 5, 6,



and 7. Based on the child's age and developmental level, the levels give the educators a starting point for scoring, but they can move up or down to the level appropriate for each child. This system accommodates children with special needs and developmental delays as well as those whose early learning may be more advanced in some content areas than others. The next COR documentation that parents will receive will be at the end of June and our goal is help the children master the previous goal set out in February's term. New photos will be attached to the document which reflect your child's development.

We have had to say goodbye to Sandeep from the Jr. Preschool program as she has moved out to BC and we welcome Ana Pavao RECE from the Jr. Toddler room to the team. Ana has many years' experience with Alpha and will work along side Kelly and Lynda effective April 27th, 2023. We would also like to send well wished to Simran from the Jr. Toddler classroom, who has gone on a short maternity leave at the end of April and will return at the end of July 2023. We would like to welcome SmiledEEP Brar back to the Alpha family

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Infants

Now that spring is finally here, we've been working on our Spring Concert Songs, planting and learning new ways to make yummy snacks/treats for the animals outside. A lot of birds and squirrels have been visiting the Infant playground, so the educators and children have been very interested and trying new things to see what we can attract. Wanting to invite new animals such as lady bugs, bumble bees, butterflies and rabbits as we do our research to see what will attract them to our playground during the summer time by planting or making feeders for them to access. We've been experimenting



on the foods and the whereabouts of placing the feeders for the animals. This allows the children to explore and experiment new ways on what were going to put into our feeders, placement and encouraging them to build their vocabulary.

Making feeders with children is a great way to teach children about caring for nature, how to properly feed wild

animals and how to identify local native

birds and animals we do get to experience the odd times. You can make a simple feeder out of all kinds of items. Feeders offer a fun and entertaining way to observe animals up close and connect with nature. For our feeders we use a lot of fruits, veggies and water to help us attract the animals and are so excited to do more research on what we can add to them and what kinds of plants to have new wildlife animals visit us on our playground!

The Infant Team,
Areanna RECE, Amrit RECE, Fowsio RECE, PJ RECE and the Infants

Junior Toddlers

Hello again everyone! We have been busy welcoming new children and families here in the Jr. Toddler room and we are so thrilled that our new children have settled really well into the classroom and into our routine. With some sadness, we said goodbye to Ana who moved to the Jr. Preschool room and Simran who went on maternity leave at the end of April. We welcomed Jennifer who is covering in the classroom temporarily and we are so happy to welcome back Smiledeep who will join the classroom in mid-May. Smiledeep was part of the Infant room team before she left for a trip back home and she is so excited to work with our families.

Spring is here and we in the Jr. Toddler room are so excited to welcome the



warmth. With warmer weather comes rain showers and we certainly enjoy going outdoors after a rain storm because it gives us an opportunity to explore what the storm has left behind, which often leaves your little ones with wet clothing. Please remember to leave plenty of extra clothes such as pants, sweaters, shirts, and socks in your child's cubby, just in case they need a change of clothes after playing outside. Rain boots, a rain coat and splash pants will also help keep your child dry as they splash in puddles and dig in the mud.

There is no reason that we cannot enjoy rainy days outdoors especially when children are bored and anxious and need to get outside. Here are some fun activities that will keep your child active and

engaged on those damp, wet days.

- Rain painting – sprinkle construction paper with food colouring and take it out in the rain to create fun art work.
- Dig in the mud for worms and observe them as they dig holes in the ground and slither around.
- Make coloured rivers by dripping food colouring in puddles.
- Fill a puddle with rocks and leaves and use twigs to go fishing.
- Paint with mud – use twigs and sticks to paint with mud on paper.

So, the next time you see a rain storm coming, we hope you can get outside and enjoy the rain as a family.

See you next time,
Komal RECE, Jennifer Support Educator and the Jr. Toddlers

Word From The Office cont'd

(Continued from page 1)

as she will be the new lead educator in the Jr. Toddler team working along side Komal and Jen who will be covering Simran's mat leave. We would also like to welcome Amritpal to the Infant team as she has been a great addition to the Alpha family with 5 years of experience in the childcare field.



Happy Mother's Day and Father's Day and to all those who play a special part in their child's lives. You deserve credit everyday not just today!

Until next time, my door is always open
Patricia Andrade RECE
Supervisor/Manager
patriciaa@alphachildcare.ca

Intermediate Toddlers

You've just finished your day at work, or perhaps making dinner or finished off with a class for those that are in school and now you're on your way to pick up your little one from daycare. You get to the daycare and your child is super happy to see you standing there at the door, but as soon as they leave the classroom, they throw themselves on the floor. They refuse to put on their jackets and change their shoes, they even want to be carried out rather than walk. Sounds familiar?

I kid you not, your child most likely had the best day ever, with the best behaviour; being a great helper, listened so well etc etc. But why are they such a "hot mess" after daycare? If any of this sounds familiar, its because it's a real phenomenon and it's call after-school restraint collapse. It occurs when your child holds it together all day and only release their true emotions when they get to a safe place. Some children start crying, while others throw tantrums, and become generally unreasonable.

What causes after school restraint collapse?



After school restraint collapse happens because at daycare/school, children usually do what they need to in order to "be good" or keep the peace. After doing this all day long and its coming to the end of their day it becomes harder for them to do it, just not having enough energy to keep the restraint, which than feels like a big bubbles which needs to be popped. In orther words, managing the challenges at daycare and for some children simply due to being tired or over-stimulated are causes for this phenomenon. It is also important to remember that these outbursts are not tantrums where your child is testing boundaries or trying to get their way. Its more of a meltdown because your child is emotionally overwhelmed that they can't keep it together. Like us at times.

How to handle it in the moment?

Once at home, or even at daycare in the cubby area, make lots of room for the blowout and validate your child's emotions. They should be releasing their energy however they want as long as they're not



hurting themselves or others around them. Also, its always important to remember that you shouldn't be triggered by it or take it personally.

You can also try strategies to help them calm down such as riding a bike, going for a walk, a tickle fight perhaps, or just simply doing nothing. It should be something your child is into and wants to do. Eventually these activities can become a ritual and help both you and your child make your way through the intense emotions.

As for screen time as a calm down method, it is an okay go to but as a last resort or if it seems to work for your child, as long as you fill them up with some human connections first.

We hope this explanation and as well as strategies will be helpful to out Alpha family. If you have any questions or concerns please feel free to come see us.

Until next time,
Niketta RECE, Harjeet RECE, Janice Support Educators and the Jr. Toddlers

Senior Toddlers

Hello Sr. Toddler parents. Welcome to the months of May and June. These past months we have been working to getting settled into routines with the children that moved up to our room.

In Senior Toddler Room, we are focusing on the development of several areas of learning and developments in the children. Children are being encouraged to participate in various activities to promote the learning. We will keep on working on these developments by various ways as below:

Recycling: We will be continuing with nature, we will be doing recycling and sharing, outer space. The children showed interest in recycling the paper when the teacher used shredded paper to make a bowl. Children were excited to see how it would turn out, we will be continuing to

explore natural planting and explaining the importance of taking care of our environment and how planting trees help us all.

We will be focusing on overall development.

Hygiene and Toileting: We will be focusing on potty training in the room. If children are doing well with potty training at home, please let us know, we will be encouraging them in the classroom as well. As some of our children are already potty trained, we will be working with other children who are a little hesitant about potty training. Also, please

provide an extra pair of clothes for your children as we will be needing more clothes for this process.

Self-help skills: During cloakroom, the toddlers will be encouraged to be independent by assisting them to find their cubby and to put their belongings away.

For example, the educators will continue to assist and encourage them to pull up/down their pants, putting their jackets on, pulling up/down the zipper, putting their hats on, and guiding them to put their shoes on. Parents can help their children to be

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Special Events

Hello to our wonderful Alpha Family! As the warmer weather sets in, we hope that everyone is enjoying spending time outdoors, and soaking up the sun.

After a few years of not being able to have our annual potluck due to Covid-19, this year was really refreshing to introduce it again. We were so happy to see so many smiling faces and we would like to thank the parents who participated. Dinner was incredible, but the atmosphere was even better, having everyone there!

On Tuesday May 9th, we will be hosting our Spring Concert! The children have been practicing hard to showcase their amazing talent and have been super excited to do so! Concert times are posted at the front of the newsletter, and the educators will do friendly reminders closer to the time. As for parking, patrol will be making an exception for this day.



Wednesday May 10th will be our final Parent Advisory Committee meeting. We will be starting up again in the fall. Thank-you to those parents who have participated throughout this year. Alpha values your insight!

Monday May 22nd is Victoria's Day. Alpha will be CLOSED for the statutory holiday.

We will re-open on Tuesday May 23rd. We hope that everyone has a wonderful long weekend!

Alpha's summer menu will begin on Monday May 29th. Menu's will be posted beside the kitchen, as well as included in the newsletter.

Going into June, on Tuesday June 13th, Alpha will be hosting their Summer BBQ. Times are posted at the front of the newsletter. We will be hosting the event by the back parking lot weather permitting, or the atrium. Alpha will be providing the food, so please come out to enjoy and relax. Parking patrol will be making an exception for this day.



June 27th and 28th will be our Preschool and Kindergarten graduating. Educators will keep you posted on which day your child will be graduating, as well as what time. It's a bittersweet day, as we know your children's journey at Alpha is coming to an end,



We're on the web visit
www.alphachildcare.ca

however watching their growth and knowledge blossom into who they are now is truly rewarding! Parking will also be an exception from patrol today.

Last but not least, on June 30th, Child Observation Records will be sent home. Please see your child's educator for the report.

I hope everyone has a wonderful start to the warmer weather.

Happy Mother's Day and Father's Day!

Shivana Seedeyal RECE
shivanas@alphachildcare.ca

Senior Toddlers cont'd

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independent by encouraging them to put their shoes on or picking their outfit when getting ready for school or asking them to bring their shoes from their cubby during drop off/pick up, as it will develop a sense of self-identity and boost their confidence to try other new things.

Indoor environment: we are encouraging children to keep their quiet voices while they are engaged in the play with their

friends. And, while playing children are motivated to keep their walking feet inside the room and in the foyer.

Note:

Medication: If any kind of medicine is needed to be brought into the classroom for the child, parents are requested to consult the supervisor staff to fill the medication forms.

Also, the medications need to be labelled by the pharmacist showing Name and dose to be

given.

Please feel free to come to us if have any other questions or concerns, we are always there to help.

Chau (RECE), Ankita, Rupinder (RECE) and the Sr. Toddlers

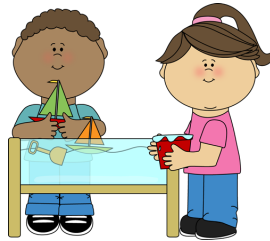
Like Us on Facebook

Junior Preschool

Hello from the Junior Preschool room, we are so excited that the weather is getting warmer and we are now bringing out the summer hats and summer shoes.

Just a reminder; that the sun is becoming very warm, when coming into school if you can have your child ready with sunscreen on, if there isn't any time we will apply it before going outside. Indoor-outdoor shoes are still welcomed, as we do not want to bring the sand into the classroom.

Our class has been enjoying lots of water play in the sensory bin, they love to fill up buckets and bowls of water and use the squeeze toys and plastic toy syringes to pull the water up and



squirt out.

We are working on Mother's day gifts and the Spring concert, as well as Fathers day gifts. We also are going to incorporate how to take care and nurture plants and how to grow potatoes. This will spark some interest in Science, observing, classifying and making a guestimate and conclusions.

The Junior Preschool children really love to be physically active and explore the natural playground. We will be practicing our feet skills with kicking a ball, catching and throwing, as well as running up and down the hill.

Here are some ideas:

- Go for a nature hike/walk with the family and look at all the different nature items you see. Make a list of the different items and then when you get back home draw pictures of the different items you saw.
- Help and assist Mom in the Garden, plant some flowers or vegetables.
- Go to a park and draw what is happening to the flowers and animals.
- Make a chart of what you see and how many new animals and wild life you can see in the new weather.

Until next time,
**Lynda RECE, Kelly Support Educator,
Sandeep RECE and the Junior
Preschoolers**

Senior Preschool

Hello again, everyone! Hooray for the warmer weather that is finally here! We are all excited to no longer having to wear our winter gear to go outside for outdoor discoveries.

As our Annual Spring Concert is fast approaching, the Senior Preschoolers are very busy practicing singing our songs for the big day! We hope you will all be able to attend to watch our performance on Tuesday May 9th, 2023. Our very creative Senior Preschoolers are also working on something special for Mother's Day, which can be picked up on the day of the concert!

Here is an update on the Senior Preschool Classroom

Over the past few months, the children have been working on developing their turn taking and sharing skills with their peers. They have been working hard at recognizing and expressing their emotions with others and trying to comfort them with a hug or bringing them a toy when they are feeling sad. This is amazing as it helps them develop



empathy for one and other, and builds their self confidence when they comfort others.

As of recent, the Senior Preschoolers have vastly improved on their self-help skills. They are now able to fully dress and undress themselves to go outdoors/home. The educators are continuing to encourage parents to continue allowing them all the opportunity in also helping themselves at home, as this will allow for consistency while at home and at daycare. We are super thrilled and very proud of you all! Keep up the good work, Preschoolers!

Finally, with Mother's/Father's Day approaching, we thought what better way to get into the spirit of the days, than with some easy, inexpensive craft ideas that you can do with your children at home. We hope all of you amazing Mommies and Daddies have the best day! Don't forget to take some time for yourself on your special day!

Handprint lilies:

Items you will need:

- Coloured Construction paper
- 6" Green and Yellow pipe

cleaners

- Pencil
- Tape
- Scissors

Instructions:

Trace your child's handprint on the paper with the pencil then cut out the handprint (if you have any visible pencil lines erase them.) Then curl the handprint until you make a cone at the one end. Leave a small enough hole for a pipe cleaner to fit through. Use a small piece of invisible tape to hold it together. Use a ROUND pencil to curl each one of the fingers of the handprint outwards. A pencil crayon, marker or round pen will also work well. Curl each one of the fingers outwards

Dads Rock Craft!

To make this Father's Day craft you will need:

- Pebbles
- Googly eyes
- Glue gun
- Frame
- Black Pen
- White card

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Senior Preschool cont'd

(Continued from page 5)

Instructions:

Step 1 - Take two pebbles, one larger than the other, and add two googly eyes to the top of each stone. Then use the black pen to draw a smile underneath the eyes to create the dad and child's faces.

Step 2 - Stick the rocks to the bottom half of a sheet of



white card using the glue gun, and hold in place until the glue dries. Then use the black pen to give the rocks some arms and legs.

Step 3 - Use the black pen to write "Dad you rock" above the stones on the white card. Then take the back and glass out of your frame and put your picture into the frame. Glue it into the frame if necessary as the stones can be quite heavy! Then attach the backing back onto

the frame and your cute Father's Day craft is ready to surprise your dad with!

We hope you enjoy your special days, Mom & Dad! You are so appreciated! Feel free to share your success' with us! We would love to hear how creative you all got!

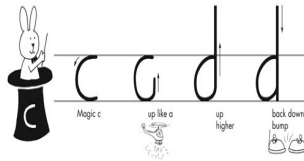
Until next time,
Harnoorpreet RECE, Theresa Support Educator & The Sr. Preschoolers

Preschool 3

Hi Alpha families! We hope you are doing well and enjoying the spring, as well as getting ready for the summer.

The Preschoolers are hard at work with the Jolly Phonics program. They are learning about the phonetic sounds while identifying the letters. The Preschoolers are also active participants in the Handwriting Without Tears Program, which focuses in letter recognition and using a proper tripod grip for printing. They have also had the opportunity to learn about the Indigenous culture with the help of Wanda (Indigenous Child and family outreach worker).

As the summer is approaching, we are excited for the summer holidays to begin and enjoy the outdoors. As the weather warms,



it's time to start prioritizing how to pack the most enjoyment into each day. With our handy summer bucket list for 2023 you'll never say "I'm bored" again!

Turn Your Backyard into a Pool

Whether you opt for a pool or go the stock tank route, a temporary backyard swimming spot is just the thing you need to cool off in hotter months.

Go for a Hike

Calling all early risers! Morning is often the best time to hit the trails, as your hiking path will be less crowded, and you won't be out for hours in direct sunlight.

Visit a Small Town

Often only a few hours drive from major metropolises, small towns make for the

best impromptu summer getaways. Pick one you've never visited before and spend a weekend exploring.

Hit Up a County Fair

Your local county fair is sure to provide fun for the whole family. Where else can you eat funnel cakes, ride a Ferris wheel, and win prizes while playing games?

Run Through a Sprinkler

Whether you're 5 or 50, running through a sprinkler is just plain fun! And the best part? All you need is a hose and patch of grass to make this classic summertime activity a reality.

Have fun, enjoy the summer!

Ipsita RECE, BA, Harnreet RECE, and Pre3 friends

Preschool/ Kindergarten

Welcome spring everyone! There were times we thought that it would never come this year. It is so nice to get a break from cold temperatures and putting on snowsuits. Just a reminder though that the weather can be very variable at this time of year so a variety of clothing options are a good idea. Sometimes it is cold enough in the morning to still need a winter hat but a summer hat will be ok for the afternoon. Also our playground has a tendency to get quite muddy when it rains so splash pants and rubber boots are

recommended as well. We really try to get out and enjoy the outdoors even in the wet weather.



For those of you who were following along the winner of our March Madness Book Bracket challenge was "The Very Hungry Caterpillar", this is an excellent book with beautiful illustrations by the author Eric Carle. This activity was really enjoyed by the children and we

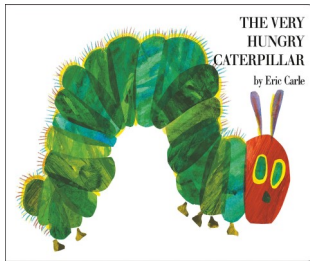
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Preschool/Kindergarten cont'd

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read a wide variety of excellent books. We had some excellent discussions with the children about what they liked about each book and why they preferred one book over another. It has really sparked an interest in reading with the children and they can quite often be seen in the book centre looking at books and asking their friends which books they like. They are taking a great interest in blending the Jolly Phonics sounds they are learning to try to sound out words as well.

The Very Hungry Caterpillar may be an older story but it has a number of elements that make it a classic and able to attract children throughout the years. First of all it is beautifully illustrated with water colour paintings by the author himself. It contains a lot of repetition which makes it



easier for the children to follow along. By the last reading the children were reciting the story along with me which is a step in learning to read. The story has a very gentle and soft pace which is very calming to the children and it is about a natural phenomenon, the change of a caterpillar into a butterfly. This is a topic that really resonates with children. The text contains simple familiar vocabulary such as the days of the week, numbers and fruits.

Here is a list of elements to look for when choosing books for you and your child to read together. You will see that "The Very Hungry Caterpillar" meets a lot of the criteria so your children made a wise choice!

1. Choose books your child can relate to. Either they share interests or experiences with the characters of the story.
2. Books that teach important lessons. The Ant and The Grasshopper for its lessons or Chicka Chicka Boom Boom with the alphabet.

3. Make sure the book is at their level both with vocabulary and content.
4. Has good illustrations that will catch and hold your child's interest. A well illustrated story can be read without following the text at all.
5. Books that are fun to read aloud such as The Wonky Donkey or any book by Robert Munsch
6. Any book that your child wants to read. The best books are books that children are interested in and want to read.

Hopefully these ideas will help you to encourage your child to become a lifelong reader. We strongly encourage you to make time each day to read with your child as it will be of great benefit to them.

Until next time enjoy the spring and if you ever have questions or concerns regarding your child's progress please feel free to approach us.

Jacqueline RECE, Anamika RECE and the Preschool/Kindergarten

Sheila's Kitchen

How to picnic like an event planner.

Pointer for you and your family.

1. 24 hrs. before the picnic you need to review food choices so that you can keep all things cool or frozen during the day of.
2. Park coolers under a tree this helps to stay cool.
3. Some drinks can be frozen before hand (drinking boxes) so they are part of the cooling system.
4. Have two coolers one for drinks and one for food this way the food cooler stays closed until you need it.
5. Premade salads in jars are your best bet. Layers for eye appeal just place dressing on the bottom and shake up to mix when ready to eat.
6. Paper plates, napkins and plastic forks and knives are the easiest.



7. Eat sooner than later and have wet naps on hand so the bugs won't follow you around all day.
8. Take temperature on BBQ food items
9. Internal temperature for; Chicken 74C Ground meat 71C. Fish 70C
10. Have fun toys to play with on the beach and in water.

Your children will be sleeping like baby's all the way home.

Strawberry and Avocado Salsa

- Stir 3 diced medium avocado
- 2 cups of chopped strawberries
- 2 tsp finely chopped cilantro seeded
- 1 seeded minced jalapeno pepper\1tbsp lime juice add to taste
- ½ tsp salt in medium bowl.
- Serve with tortilla chips. Serves 4

Summer Berry and Spinach Salad

Whisk 4tbsp lime juice. 3 tsp each maple syrup and Dijon mustard and ½ tsp salt in a small bowl. Slowly whisk in 1/2 cup olive oil until combined.

Layer Dressing on the bottom of the mason jar and load in order.

- Baby spinach, (142 g pack)
- 2 sliced avocados
- 2 cups berries
- 2 tbsp sunflower seeds
- 4 Diced hard-boiled eggs
- Green onions
- Shake and enjoy (Serves 4)

Wishing all our family's a safe and fun summer.

Sheila Jenkins, Chef

Word From The Manager

Alpha Child Care Ltd.
900 Peter Robertson Blvd.
Brampton, ON
L6R 1A2

Phone: 905-458-4884

**Email: patriciaa@alphachildcare.ca
shivanas@alphachildcare.ca**

Dear valued customers,

At Alpha Child Care, we take great pride in providing a friendly, family-like atmosphere for our children, parents, and educators. As part of our commitment to maintaining this positive environment, we have developed a Customer Code of Conduct that all parents must abide by. We believe that by working together, we can create a safe and supportive environment for all those who enter our doors. Our Code of Conduct outlines specific behaviours and expectations that help us achieve this goal. We want to ensure that every child feels welcome and loved, every parent feels heard and respected, and every educator feels safe and supported.

As part of our commitment to maintaining this positive atmosphere, we



take violations of our Code of Conduct very seriously. Any threats made to educators, either in person or in writing, will not be tolerated. This includes physical, verbal, or implied threats. Any violations will result in immediate termination

of childcare services and may involve appropriate authorities, depending on the severity of the circumstance.

We understand that disagreements and issues can arise from time to time. If parents have any concerns or issues, we encourage them to bring them to our attention. We are committed to working with parents to resolve any conflicts and ensure that everyone feels comfortable and respected in our centre.

Our Code of Conduct is designed to create a safe, positive, and supportive environment for everyone at Alpha Child Care Ltd. We appreciate your cooperation and commitment to upholding these standards. By working together, we can create a bright future for our children and families.

Thank you for your continued trust and support.

Sincerely,
The Alpha Child Care Team

