



## What to Expect at Hernandez Family Child Care

We believe in making things easy, comforting, and clear for both parents and children. Here's a quick look at what you can expect when your child joins our care.

### **Meals & Snacks**

We provide:

- A morning snack
- A healthy, home-cooked lunch

A meal includes milk, a balance of fruits, vegetables, whole grains, and proteins. Water is provided throughout the day. We accommodate dietary restrictions as needed.

- An afternoon snack

### **Naptime**

We offer a restful nap or quiet time each afternoon. All napping materials are provided, including mats, sheets, and cozy blankets, which are washed regularly.

### **Hours of Operation**

We are open Monday through Friday from 8:30 AM to 4:30 PM.

Extended hours may be considered on a case-by-case basis.

### **Communication**

We believe in open, respectful communication between families and caregivers. We provide updates and reminders via text or phone and are always happy to discuss your child's progress, routines, or needs. You're welcome to reach out at any time during business hours.

## Frequently Asked Questions

**Q: Do you provide diapers or formula?**

A: Families must provide diapers, wipes, formula, and bottles. We'll always let you know when supplies are running low.

**Q: Do you go on field trips?**

A: Yes! We love taking short, safe trips to local events and parks. Parents will always be notified in advance and must sign a permission slip prior to participation.

**Q: Is there a rest period for older kids?**

A: Older children are not required to nap, but will have a quiet time with books or independent activities to help them recharge.

**Q: Do you accept part-time or drop-in care?**

A: We currently prioritize full-time care, but we may have space for part-time care.

**Q: What's your policy for sick children?**

A: Children with fever, vomiting, or contagious illnesses must stay home until symptom-free for 24 hours. We follow state health guidelines and will notify families if any issues arise.