



Limited Hours Care

How our program will benefit your child's development and why it is a great alternative to Long Day Care.

Do you want your children to be able to interact happily at school?

YMCA's Limited Hours Care is a program designed to care for, gently support and encourage your child's development in their early years.

The program caters for children between 2-5 years of age. It runs for 2 or 4 hours per day 4 days a week.

Below are five great reasons to enroll your little one in our Limited Hours Care.

1 *We are a gentle introduction into a group setting that is small and intimate in a caring environment which enhances & helps to develop trust & separation skills.*

Children at 2 and 3 years old are still building a trusting relationship with their parents and guardians. Limited Hours Care is a great way to introduce your child into a caring environment which will help to build their trust in you and with other people. This is important for children's development as they will have many years where other people will be caring for them in an educational and social manner.

2 *We enhance social and emotional wellbeing*

Much of a child's wellbeing is determined by learning about social boundaries and how to manage their emotions not only within a group setting but as individuals. Children are constantly learning about the world and by being exposed to a range of social interactions they will start to develop independent thoughts and views about their friends, careers and environment. We introduce effective problem solving strategies and encourage the children to use them when they encounter a problem. These skills are imperative for a child's social and emotional wellbeing.

3 *We develop readiness for pre prep*

Pre prep is a "trial" year before children go into a school system. We offer children an introductory year encouraging independent play. We concentrate on the little things that the children will need to know before moving on to the next stage. For example, sharing, toilet training, turn taking, use of manners, playing with and alongside other children, following instructions and meal times with other children.



4 *We encourage self help skills and independence*

Children's independence starts to flourish at 2 years old and it is important to provide and create a safe environment for them to explore and develop this independence. Limited Hours Care have Qualified staff with all the essential skills and resources at hand to build children's self confidence and steer this positive behaviour into self help skills. Developing self help skills will allow your child to feel confident in larger group settings. This will prepare them for pre-prep, prep and ultimately school.



5

In line with the National Quality Framework

When choosing a Child Care Centre that is right for your child, it is important to choose one that everyone is happy with. Limited Hours Care is a structured, play based learning program aligned with the Early Years Learning Framework offered from within a community organisation. It is a unique 4 hour program. We operate under the same legislation and regulations a long hour day care centre without the long hours or the large number of children. We are able to offer a smaller group setting which allows our staff to get to know the children and families we are working with.

YMCA Jamboree Heights Limited Hours Care has been providing a fun filled children's program for over 20 years and is an excellent choice for parents looking for care for their children. We offer the perfect alternative to long hour day care. We look forward to working with you and your child.

Limited vacancies are available.

To enrol now, call reception on 3376 4266.

