



Rijal Family Child Care

184 Scituate St, Arlington, MA 02476

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Tel: 857-334-7610

Welcome to Rijal Family Child Care

Welcome!

Thank you for choosing **Rijal Family Child Care**. We are honored to be part of your child's early learning journey. Our goal is to provide a safe, nurturing, and engaging environment where every child feels loved, respected, and encouraged to learn through play and exploration.

We look forward to building a strong partnership with your family.

Our Mission

At **Rijal Family Child Care**, we strive to provide high-quality care that supports each child's physical, social, emotional, cognitive, and language development in a warm, family-centered environment.

Our Philosophy

We believe children learn best through:

- Play-based learning
- Hands-on exploration
- Positive relationships
- Consistent routines
- Individualized care
- Respect for each child's unique development

Program Hours

- **Monday–Friday**
- **Hours:** 8:00 AM – 5:00 PM

Closed on major holidays and selected professional development days.

Daily Schedule

Time	Activity
Arrival	Welcome & Free Play
Morning	Breakfast, Circle Time & Learning Activities
Mid-Morning	Outdoor Play & Snack
Noon	Lunch
Afternoon	Nap/Rest
Late Afternoon	Snack, Centers, Reading & Play
Departure	Pick-up

Curriculum

Children participate daily in activities that promote:

- Language & Literacy
- Early Math
- Science & Nature
- Art & Creativity
- Music & Movement
- Fine & Gross Motor Skills
- Social-Emotional Development
- Outdoor Exploration

What to Bring

Each child should have:

- Extra clothes
- Diapers and wipes
- Blanket for nap
- Water bottle
- Weather-appropriate clothing
- Any required medications with authorization

Health & Safety

To help keep everyone healthy:

- Children should stay home if they have a fever, vomiting, diarrhea, or a contagious illness.
- We follow recommended cleaning and sanitation procedures.
- Emergency contact information must always be kept up to date.

Nutrition

Healthy meals and snacks are provided by parents.

Please inform us of any food allergies or dietary restrictions before your child's first day.

Communication

We believe communication is key to a successful partnership.

Parents will receive updates regarding:

- Daily activities
- Meals
- Naps
- Diapering/toileting
- Learning experiences
- Special events

Guidance & Behavior

We use positive guidance techniques that encourage children to:

- Develop self-control
- Solve problems
- Respect others
- Build confidence

Physical punishment is never used.

Outdoor Play

Children enjoy outdoor play every day, weather permitting. Please dress your child appropriately for the season.

Family Partnerships

Families are encouraged to:

- Share ideas and feedback
- Participate in special events
- Communicate concerns promptly
- Support their child's learning at home

Contact Information

Rijal Family Child Care

Provider: Anju Sharma Rijal.

Address: 184 Scituate St, Arlington, MA 02476

Phone: 857-334-7610

Email: sharmarijalanju@gmail.com

Hours: Monday–Friday, 8:00 AM – 5:00 PM

Thank You!

We appreciate the opportunity to care for your child. Together, we can create a safe, happy, and enriching environment where children learn, grow, and thrive every day.