

Little SPROUTS

Parent Information



First Presbyterian Church San Mateo is pleased to offer Little Sprouts, a playgroup for infants, toddlers, and preschoolers and their moms, dads or grandparents. We meet most Friday mornings from 9:30-11:30am. At Little Sprouts, children enjoy a variety of learning activities, crafts, circle time with music and a short Bible story, snacks and playground time. Adults enjoy community with other parents and have fun with their children.

Registration

Space is limited to 20 children and participants must pre-register for the program. Admission is based on space availability, with priority given to continuing families.

Little Sprouts is a free program, open to all children infants through 4 years of age accompanied by their parent or grandparent. We are sorry, but due to space constraints, we cannot accommodate older children. Please contact Gladys if you have a special circumstance regarding an older sibling.

Schedule

9:30-10:10: Free Choice Activities
10:10-10:25: Circle Time: Music & Story
10:25-10:40: Snack
10:40-11:10: Playground
11:10-11:30: Clean Up & Say Goodbye

Snacks

Snack is served to the children following our music and story time. Typically, we serve water, crackers or mini muffins, fruit and small bites of cheese or frozen yogurt tubes. A small donation (\$5 per child per month) is requested to cover snack expenses.

For adults we provide coffee, tea and a light snack.

Because some children have severe allergic reactions, we are a ***Peanut Free Zone*** – please do not bring snacks with peanuts or peanut butter.

Please do not allow your children in the dining room and refrain from serving the children snacks provided for the adults. (There is a basket of crackers on the counter if your child gets hungry before their snack is served.)

Supervision & Behavior

We expect parents to be responsible for their children's whereabouts and behavior during the Little Sprouts session. If you must leave your child unattended for a few

minutes to use the restroom or tend to another child, please ask another parent to watch your child until you return. Children should be accompanied by their parent at all times.

The social skill level and behavior of children in these age groups can be varied. Most children in this group are just beginning to learn to share and take turns. As adults we want to be close by for help when needed to ensure the safety of all children and guide appropriate behavior.

Circle Time

Some children have a difficult time sitting for music and story time. Encourage your child to participate by sitting with them or having them sit on your lap. If your child is not ready to participate, please take them to the playground or side patio for a brief walk and return for snack time. This allows those that are participating to stay focused.

You & Your Child's Health

We operate a well-person program and thank you in advance for helping us to keep Little Sprouts a healthy environment. For the protection of all the families in our program, we ask that you do not attend Little Sprouts if you or your child has any of the following symptoms:

- Cough
- Elevated temperature/fever
- Diarrhea or vomiting
- Contagious skin rash
- Runny nose*
- COVID symptoms

**Any discharge from the nose indicates there may be an infection. Allergies are the exception, and we may request that you provide a doctor's verification for our files.*

Please contact us for specific COVID safety protocols currently in place.

Prayer Requests

We believe God wants to be involved in our lives and listens to our prayers. If we can pray for you in some way, please let us know. There are index cards and pens near the coffee in the dining room and an envelope marked "Prayer Requests". Your prayer requests are kept strictly confidential.

Questions, Concerns, Suggestions...

Please Contact: Gladys Gardner, Children's Ministry
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Email: gladysg@fpcsm.org