



LA TANIA Tourist Crèche



Welcome to « la Tanière des Croés »

You are planning or have already booked at the Tourist Crèche in the Commune of Courchevel « *La Tanière des Croés* ». You will find it on the 2nd floor of the Granzeta building in La Tania.

It is open 9 am to 5 pm, from 17th December 2017 until Friday 13 April 2018 (closed on Saturdays) and welcomes children between 4 months and 5 years of age, conditional upon available places. Tariff and times for the different periods are detailed on the Enrolment form.

The Day care of children by qualified staff of the Crèche, respects the daily rhythm of each, so for babies up to 13 months, the Director recommends a short care period, half-day with or without a meal, depending on the number of babies in this age group. The noise, the change of air and the altitude tire a baby more rapidly than in his normal living environment.

Since the nursery accepts very young children it is important that the older ones (4-5 year olds) accept the need for behaviour compatible with a baby's routine.

What should you bring?

Children must arrive washed and having had breakfast. Parents will supply a bag, marked with the child's name, containing:

- 1 Dummy and 'teddy'
- 2 Sufficient nappies for the day (5 for full day, 2 for half-day)
- 3 A change of clothes, name-taped, (for all ages) + a plastic bag for dirty or wet clothes ;
- 4 a 'sleep sack' if the child needs one for sleeping
- 5 A feeding bottle if required
- 6 A tube of cream for nappy rash
- 7 Saline solution
- 8 Analgesic (Doliprane or Efferalgan or Calpol) eg paracetamol
- 9 Sun cream factor 50+
- 10 Slippers or indoor shoes

All items should be marked to prevent confusion.

The child's clothing should be appropriate for the weather conditions:
ski suits/boots/sunglasses/woollen hat/mittens on a cord.

No jewellery: earrings, chains, bracelets, teething rings, or hair slides are forbidden.

Meals

For babies, baby milk formula must be provided by the parent in individual packs + a bottle containing the correct amount of water necessary all marked with the baby's name.

If the baby is breast fed, the milk should be provided in a suitable bottle and carried in a cool-bag, all marked with the baby's name.

The midday meal and tea are provided on site by a qualified person.

For babies: puréed vegetables with protein, a milk product and fruit compote;

For the big ones: a balanced meal with a milk product and fruit.

To enable us to organise the meals, absences should be notified before 9.30am

If the child has food allergies, parents will provide appropriate food for lunch and tea in a marked cool-bag.

If required, the child may have a sleep in our furnished quiet rooms. Make sure you complete the Information form fully so we know about the child's routine.

Activities

Play being so essential for a child's development, free play is possible throughout the day: psychomotor toys, imitative play, construction toys. The layout of the area allows the child to adapt his playtime safely at his level.

For the bigger ones, activities are proposed during the day: games indoors, or outside in the snow, walks and so on... as well as group activities such as hands-on play, painting, drawing, building things... Quiet times with stories, singing and music provide a rest between activities or at the end of the session.

Daily Routine

The morning welcome is an important moment when the professional takes over care of your child and asks how the night has been, or the time before arrival. This is a moment of transition which the child may see as separation. The way in which this occurs can often set the tone for the whole day. It is important to say to the child (even to a baby) that he will stay in the nursery while you go skiing. That way, saying « goodbye » allows the child to recognise that you are leaving and not keep looking for you afterwards. The welcome in the evening enables exchange of information about the day and marks a clear end to the time spent at the nursery.

Welcoming and caring for a group of children, whilst remaining attentive to the needs of each one is the priority of the whole team, so that you can have peace of mind and enjoy an excellent holiday in La Tania.

