



## FOUNDATION ORIENTATION PARENT RESOURCES

Dear Foundation Parents,

Thank you very much to all those who attended Monday's Foundation Orientation session. Please find attached some parent resource documents for your reference.

1. [10 Things Movement, Communication, Independence & Self Discipline](#)
2. [Children & Sleep](#)
3. [Creating the Perfect Arrival](#)
4. [On The Topic Of Toileting](#)

These documents provide helpful information about how you can support your child at home and how to help them have a great start as they join our Foundation Groups.

Best Regards,

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