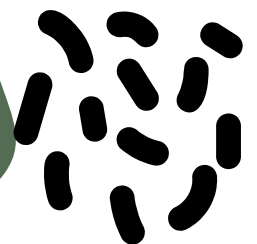



Little Lotus Buds

# DAY CAMP HANDBOOK




2025/2026





LOTUS BUDDIES DAY CAMPS ARE A YEAR ROUND PLAY-BASED MINDFULNESS EXPANDING PROGRAM FOR DAYS WHERE THERE MAY BE NO SCHOOL OR CHILDCARE OPTIONS.



AT LOTUS BUDDIES CAMP, CHILDREN AGES 4-12 ARE INVITED TO EXPLORE, PLAY, AND GROW IN A JOYFUL, NATURE-CENTERED ENVIRONMENT. OUR DAYS ARE FILLED WITH OUTDOOR ADVENTURES, SENSORY ACTIVITIES, CREATIVE SELF-CARE PRACTICES, AND MINDFUL MOMENTS DESIGNED TO HELP KIDS CONNECT WITH THEMSELVES AND THE WORLD AROUND THEM. THROUGH HANDS-ON EXPLORATION, STORYTELLING, GAMES, AND GUIDED RELAXATION, CAMPERS WILL BUILD CONFIDENCE, SPARK THEIR IMAGINATION, AND CREATE LASTING FRIENDSHIPS — ALL WHILE HAVING SO MUCH FUN!

WE STRIVE TO BUILD SELF CONFIDENCE, INDEPENDENCE, SELF REGULATION, FINE AND GROSS MOTOR, COMMUNICATION AND LEADERSHIP SKILLS.



LITTLE LOTUS BUDS BELIEVES.....

LEARNING IS CHILD-LED. BY FOLLOWING THE CHILD'S  
NEEDS AND THE NEEDS OF THE GROUP WE GUIDE  
CHILDREN THROUGH PROVOCATIONS.

LITTLE LOTUS BUDS OPERATES WITH A 1:10  
ADULT/CHILD RATIO. AT LEAST ONE LEADER IS CERTIFIED IN FIRST AID.  
IT IS INCLUSIVE.

WE EXPLORE THE DAILY STRUCTURE WITH A DIFFERENT THEME EACH PROGRAM TO  
MAINTAIN A ROUTINE CHILDREN THRIVE WITH. THE CHILDREN ARE PROVIDED THE  
TIME TO EXPLORE, WONDER AND BE CREATIVE IN THE  
SPACE.

WE CAPTURE THE CHILDREN'S EXPERIENCES BY TAKING DAILY PICTURES AND  
DOCUMENTING THEIR STORIES.

THESE ARE SHARED WITH THE FAMILIES, SO THAT THE CHILDREN CAN RETELL THEIR  
STORIES AND ADVENTURES  
AND CREATE NEW POSSIBILITIES EACH DAY. THESE CONTINUED CONVERSATIONS AND  
WONDERS ABOUT  
THEIR EXPLORATIONS LEAD INTO NEW IDEAS.

## about us...

We are moms who believe children should have an inclusive learning environment that lets them lead us through their passions, exploring, and having fun! We can't wait to meet you and see where the next adventure takes us.





Program Leaders:

### **Joslyn Black**

Joslyn is a dedicated mom of two energetic boys, a passionate kids' yoga instructor, and a committed community volunteer. With a background in business and a heart for holistic well-being, she brings both compassion and strategy to everything she does. As the founder of her own wellness-focused brand, Joslyn combines her love for children, movement, and mindful living to create inclusive spaces where young minds can grow and thrive.

### **Courtney Gibson**

Courtney is a passionate educator, curriculum designer, and proud mom of two. With over a decade of experience in education, she leads with creativity, innovation, and heart. As a lead educator and curriculum designer, Courtney is dedicated to reimagining learning through engaging, out-of-the-box approaches that inspire curiosity and confidence in every child.



## Inclusion

Little Lotus Buds is an inclusive program, we welcome children with all abilities. Staff are skilled in helping children navigate social skills and cues. Our goal is to make our program accessible to all children in a respectful, safe, positive and fun environment.

If your child needs any specific supports we will work with you to be creative in finding ways for this program to work with your child.

Our lead educator is also certified to work with children with unique abilities. Staff are knowledgeable on many strategies for communication, regulation and learning development



## **What to pack?**

We ask that parents ensure their child has all of the following items packed in a sturdy backpack that fits your child. We recommend a backpack that has a closure that goes across the chest to secure the backpack comfortably.

Please refrain from packing extra items. Your child will be carrying their own pack while hiking and extra items will add extra weight.

All tools and equipment that are needed will be provided by Little Lotus Buds. Please do not send any tools or toys from home.

## **Backpack Checklist:**

please label all items

- Small backpack

(we recommend one with a small clip that goes across the chest)

- Water bottle

- Lunch & Snacks (Nut Free)

- Change of clothes, including socks

- A plastic bag (for dirty clothes etc.)

Please apply bug spray and sunscreen before coming to camp. See the appendix for brand of sunscreen, bug spray, and hand sanitizer we will use. If you do not want these used on your child please let us know and pack an alternative.



## What To Wear

It is the responsibility of the parent/guardian to ensure that your child is properly dressed. Dressing appropriately for play outdoors is necessary in order to be comfortable and safe. For the health and safety of your child, we reserve the right to refuse a child's participation based on improper clothing and footwear.

Closed-toed shoes are required every day, long pants and long sleeves are encouraged, to prevent scratches and scrapes, and to limit skin exposure to sun, insect bites, ticks and poisonous plants.

During rainy, wet and damp days, keeping the body dry and warm is important. A sturdy breathable waterproof jacket and waterproof rain pants will be required. Keep in mind that water resistant is not the same as waterproof and waterproof breathable materials are preferable.

During sunny, hot days, please make sure that your child comes with a hat that they are comfortable wearing the whole time and sunscreen is applied before they arrive.





When helping your child to dress for outdoor play in winter it is important to consider the number of layers and types of fabrics that you are choosing. Fabrics that wick away moisture from the skin like; wool, polyester, rayon, silk. Try to stay away from cotton fabrics for the base layer, as they do not wick moisture away from the skin but instead, trap it and then make you feel cold. When layering try not to be bulky as bulkiness will make it harder to move your body in the colder temperatures and moving your body is important in keeping your body warm. 3 layers is usually enough on even the coldest of days as long as you are using the right fabrics for each layer.

**Base layer**– is made of a fabric that wicks moisture away from the skin. Fabrics such as merino wool, polyester, rayon, fleece or silk work best.

**Warmth layer**– layer that is not tight so that it leaves space to trap the warm air and keep the heat next to the body. Fleece, merino wool, sherpa, or a heavier sweater or sweat pants work great as a warmth layer.

**Outer Layer**– is waterproof and windproof.

**Cold weather dressing tips:**

A lot of pajamas and leggings are made from polyester and will work as a great base layer.

Long sleeved swim shirts are also made from polyester and make a great base-layer.

Pack extra warm socks in case they get wet. 1–2 extra pairs.

Pack an extra pair of waterproof mittens in case they get wet during the session. We also like to layer our hands with a pair of “magic mittens” in the event that we need to investigate something and the waterproof mittens are not offering the movement to hold or pick up the object.

When purchasing boots please consider buying boots that are half a size bigger when wearing their warm socks this creates space for the warmth from the body to circulate around the feet.

# DRESSING FOR WINTER PLAY

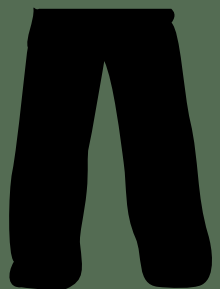
Base Layer



Outer Layer



Warmth Layer



## Child Safety

Our first priority is to provide a respectful, safe and fun environment for all the children and families during our programs. Little Lotus Buds is committed to protecting your child from any kind of abuse, exploitation and negligence.

Our program explicitly prohibits any kind of corporal punishment, sexual, emotional, and physical abuse and harassment. It is a zero-tolerance policy. Little Lotus Buds staff and volunteers are expected to ensure that no harm comes to any child. All staff and volunteers are required to have a child welfare check & criminal record check.

## Behavior Management

Little Lotus Buds defines inappropriate behavior as using actions or words that make peers or staff members feel uncomfortable or unsafe. Unsafe behavior is defined as any behavior that puts a child or educator at risk. Staff are trained in Non-Violent Crisis Intervention and are aware of the differences between dysregulation and an unwillingness to cooperate.

In order for your child to participate we need:

1. A completed and signed registration form through google forms, which includes:

- Waiver and Consent Forms
- Payment, Refund and Cancellation Policies
- Health, First Aid and Emergency Policies

2. Fees paid

3. In some cases, a meet & greet video or phone call.



## Policies and Procedures

### 1.) Privacy Policy

When you register with Little Lotus Buds you are providing important sensitive info about you and your family. This information falls under the protection of the Personal Information Protection and Electronic Documents Act (PIPEDA).

We are committed to keeping all your personal data protected and private, unless consent is given or where we are legally obligated to do so. Certain pieces of information (allergies, medications, emergency contacts) will be printed and kept with a Little Lotus Buds team leader, in order to make it easily accessible in the event of an emergency.

### 2.) Parent/Guardian Pick up Policy

Little Lotus Budd will not release children to anyone who is not specified as a Primary Contact, Secondary Contact, Emergency Contact or Additional Designated Release, as provided on the Registration form through google forms. Parents must provide staff with first person consent for anyone who will be picking up their child. If consent cannot be obtained, the child will not be released. Everyone, including parents, who are authorized to pick up a child must be prepared to present photo ID if asked to do so by staff.

### 3.) Health/Illness Policy

In order to keep everyone safe and healthy and to follow health guidelines, we ask that your child not attend if they exhibit any of the following symptoms: fever, diarrhea, vomiting, consistent cough, rash, discharge from eyes and ears, lice or communicable diseases.

We will not be able to administer any medications. Unless it is an emergency (for example administering an inhaler or epipen) and proper medical forms have been signed. If a child is under the weather and they are showing that they are unable to join in the daily activities, we will call to have the child picked up.

### 4.) Emergency Procedure and First Aid Policies

Little Lotus Buds staff have written emergency and first aid procedures. These procedures are carried with staff along with all child emergency contacts and medical information.

The most common injuries we have seen at Little Lotus Buds programs are bumps, bruises and scrapes from falling on uneven ground, and debris to be removed from eyes.

If for any reason you need to reach us while we are out exploring, all staff members will carry a cell phone with them. If it is an emergency, please make a direct phone call. If it is a non-emergency please send a text so as not to disrupt our play and learning.

## 5.) Food & Allergies

Snacks and water bottles will be provided by parents and required every day. Please provide enough snacks based on what your child needs to keep their energy up!

We are a Nut Free Program. If we are aware of any other food allergies we will inform you. Please consider the weight of containers and water bottles when packing.

We will stop our play and exploration during our session for children to rest and have a snack and drink water. Hand sanitizing will be required before and after eating food.

## 6.) Tick Safety

When the weather is warm, ticks are more active. We recommend doing a tick check after each session at Little Lotus Buds.

## 7.) Plant Hazards Policy

Many native plant species can cause allergic or adverse reactions to children, mainly caused by skin-to-plant contact. Some of these plants include stinging nettle, poison ivy and sword grass. If a child is exposed to these plants, staff are trained to react accordingly in order to limit any allergic or painful reactions. Staff are also aware of these plants in play areas, and know how to warn participants and direct them away from the area. We have regular discussions and visuals to teach children about these plants.



## 8.) Weather Policy

Our program runs in rain, wind, snow or shine! We follow Alberta Health recommendations regarding safety outside. If the weather is not safe for children to be outside; for example extreme cold at -24 or colder, thunderstorms, bad air quality etc., then we will choose to continue sessions in an indoor space close by or cancel our session for the day. If a day must be canceled due to inclement weather, we will do our best to offer a make-up day in another session. Please note, that these circumstances can be short notice. Refunds will not be provided if sessions are cancelled due to inclement weather.

## 9.) Refund/Withdraw Procedure

We want to be as accommodating and understanding to everyone as possible, so if you have any questions or concerns please don't hesitate to contact us. Refunds are not given unless there are extreme circumstances that prevent a child from participating in Little Lotus Buds programs.

We reserve the right to determine and assess these circumstances on a case by case basis. All withdraws are subject to a 15% administration fee. Please refer to your registration form for specific program withdraw procedures.

A refund will not be issued if your child misses a day because they are feeling under the weather, and not well enough to join us.

**WE CAN'T WAIT  
TO HEAR FROM YOU!**



**780-238-0933**



**Hello@littlelotusbudsyoga.com**



**littlelotusbuds.com**



## Appendix 1

### Little Lotus Buds

#### Our Purpose

To provide children with a safe, engaging, and enriching environment on non-school days where they can explore nature, build essential life skills, and create lasting memories—through hands-on experiences that blend play, personal growth, and connection to the world around them.

#### Our Goals

##### Life Skills Development

Equip children with practical life skills such as teamwork, communication, problem-solving, responsibility, and emotional regulation through games, group challenges, and daily camp tasks.

##### Connection to Nature

Foster a deeper appreciation and understanding of the natural world through outdoor exploration, nature-based crafts, eco-learning, and unstructured time in natural settings.

##### Creative Expression & Play

Inspire imagination and creativity through storytelling, art, music, and playful challenges that allow kids to express themselves freely.

##### Safe, Structured Fun

Offer a consistent and reliable option for families on non-school days, balancing structure with freedom so kids feel both secure and excited.

##### Social & Emotional Growth

Create a supportive environment that encourages self-confidence, empathy, and positive peer relationships through collaborative activities and mindful moments.



## Appendix 2

### More about Risky Play

After a few days with the children, we can see a strong increase in confidence, resilience, competence and perseverance.

Here are a few examples of prompts that we use at

Little Lotus Buds programs:

"What is your next move?"

"I've noticed that this is a really busy area. What are some of the things we need to watch out for with so many kids around?" (and give some examples). Or, "Let's move this to a lower-traffic zone."

"Check in with each other. Make sure everyone is still having a good time."

These prompts will allow the child to be confident in risky and adventurous play while still being aware of safety for themselves and others.

Risky and/or adventurous play is encouraged and the words that we choose to use will support the children's initiative during play. Some of the risks that children may face while participating include:

Inclement weather: Chill or hypothermia from improper gear

Falling or stirred debris from wind Thunderstorms Injuries from physical activity:

Head Injury/concussion (slips/falls on uneven or slippery ground)

Eye Injury (unsafe handling of sticks)

Severe/deep cuts or nose bleeds Bone fracture

Physical injury from plant/tree parts (sharp branches, loose tree limbs..)

Interactions with other animals:

Bug bites

Insect stings

Tick attachment and tick-borne diseases

Scratches or bites from domestic dogs

Scratches or bites from wildlife

Reactions to plant Hazards:

Plant contact reactions (poison Ivy, stinging nettle, Sword Grass)

Scratches from thorns

Ingestion of improperly identified plant material

### Appendix 3

#### Behavior Management Strategies

In the case of unsafe behavior the following steps will be taken:

1. Educators using positive language and visuals will remove the child from proximity of the group and the two will work together to define the unsafe behavior, brainstorm solutions and create a plan to modify it.
2. Parents/guardians will be informed (by phone or at the end of the day face-to-face) of the behavior and consulted to discover the cause.
3. Educators and parents/guardians will, together, develop strategies to adjust and eliminate the unsafe behavior. These strategies will be implemented with the child at home and at Little Lotus Buds to offer a consistent approach. Educators and guardians will stay in contact to keep each other informed of the child's progress with regard to the behavior in question.
4. Educators will follow up with the child to be consistent with expectations and approach as well as to offer feedback and positive reinforcement.

In the case of unsafe behavior I understand that my child will follow all reasonable instructions from the staff and/or volunteers of Discovery Nature Play while participating in the program, to the best of their ability. I am aware that my child's actions, if deemed unsafe to the staff, volunteers or other participants may result in conversations about how we can best support your child. This may include respite support, or family involvement.

#### **Appendix 4.**

##### Health/Illness Policy

- Fever (37.8 C or higher): child needs to be fever free for 24 hours the aid of medication
- Diarrhea: child must be symptom free for 24 hours without the aid of medication
- Vomiting: child must be symptom free for 24 hours without the aid of medication
- Cough: consistent coughing that limits walking and/or running.
- Rash: check with doctor before bringing child.
- Lice: child needs to be treated and nits removed before returning
- Communicable Diseases: Chicken pox, measles, mumps, conjunctivitis (pink eye), influenza ect. The child may return when the incubation and contagious period is passed and the child is well enough to resume activities.

Medication-- If your child is on antibiotics he/she continues to be contagious for 24 hours after the initial dose of medication and can not return until this time period is over.

\*With all illnesses we will monitor the child and if they are not able to participate and enjoy the session we may call for them to be sent home, as this could indicate an upcoming illness.

#### **Appendix 5.**

##### Emergency Procedure and First Aid Policies

First aid kits are carried in our backpacks during each session. Our first aid kits are well equipped with all necessary items needed to treat minor injuries, such as scrapes and small cuts, slivers and blisters, etc. Our kits include band- aids and bandages, antiseptic wipes, bug bite gel among other items.

A Little Lotus Buds staff trained in First Aid and CPR will be present at every session. All incidents and injuries will be documented.

If urgent care is needed for a child, parents/guardians will be notified immediately, and a staff member will stay with the child until a parent/guardian arrives. If a serious injury requires immediate medical attention, the child will be transported via ambulance with a staff member, who will stay with them until a parent/guardian, emergency contact, or designated release arrives.

If an emergency arises that affects the entire group, we will safely remove the group from the situation, and gather together at a safe location where children can be picked up. We will then contact parents/guardians by phone for an emergency pick-up and send a pinned location of where we are



## Appendix 6

### Tick Safety

To do a thorough tick check, take off and inspect the inside and outside of clothing, inspect the child's whole body and carefully look through your child's hair. Ticks do not bite or sting instantly like other insects but spend a significant amount of time finding a spot where they can hang on for a while. Ticks can be very small and easily removed if they are still roaming the body, looking for the best spot to hide and feed.

If a tick is embedded, use tweezers to pinch the head of the tick close to the skin, pull firmly and away from the skin. A nurse at the other end of 811 will gladly walk you through this. Discard live ticks by placing them in alcohol or oil, wrapping them in a sealed bag or in tape.

If you find a tick after a session, please let staff know, so that other parents in the group can be properly informed.



# Appendix 7

## Bugspray



## Sunscreen



## Hand sanitizer

