



Family Guide

A Regulation-First Readiness
Program

Bright Steps Academy

Ages 3–8

Tuesday–Friday

8:30 AM – 12:30 PM

*Helping Bright Minds and Capable
Children Thrive in Group
Environments*

BrightStepsCa.com

544 Bayfield St,
Unit #2
Barrie, Ont



Why Bright Steps Exists

Many bright, capable children struggle in traditional group environments. Busy classrooms, constant transitions, and large groups can overwhelm a child's nervous system before learning even begins.

When children feel overwhelmed, adults often assume the child is being difficult, distracted, or unmotivated. In reality, many of these children are simply not yet regulated enough to fully participate.

Bright Steps Academy was created to bridge this gap. Our program provides a calm, structured environment where children can strengthen the foundational skills that allow learning to happen:

- emotional regulation
- flexibility with change
- attention and task endurance
- communication and participation
- confidence in group settings

Rather than pushing academic expectations too early, Bright Steps focuses on building the developmental foundations that make learning possible. Through movement, structured routines, and small-group experiences, children gradually develop the confidence and regulation needed to thrive in larger learning environments.

Bright Steps is not designed to replace school or therapy. It is designed to help children become ready to succeed in both. When children feel safe, understood, and capable, their natural curiosity and intelligence begin to shine. That is the purpose of Bright Steps Academy.

Our Mission & Vision

Mission Statement

At Bright Steps Academy, our mission is to provide structured, short-day educational programs that help children build confidence, independence, and readiness for real learning environments.

We offer a small-group learning environment where children develop routines, regulation, and readiness skills through movement, repetition, and intentional daily experiences. During critical developmental windows, we provide predictable structure, calm guidance, and opportunities to practice independence—without labels, diagnoses, or the demands of long daycare hours.

Vision Statement

We envision a future where children are supported through thoughtful short-day programs that respect their developmental pace while preparing them for real classroom environments.

Bright Steps exists to bridge the gap between home, daycare, and school by offering a dignified educational alternative that prioritizes emotional regulation, participation, and capability—helping children step forward with confidence.

The Bright Steps Approach



Regulation First

Children learn best when their nervous system is calm, supported, and ready to engage.

Small Group Learning

A calm environment where children practice participation and confidence, with a maximum 1:4 educator-to-child ratio.

Executive Function Development

Movement, play, and structured challenges strengthen focus, flexibility, planning, and problem-solving.

Confidence Through Participation

Children experience success in group settings while building independence.



Philosophy

At Bright Steps, our philosophy is grounded in a simple truth: children learn best when they feel regulated, safe, and capable. Many children who struggle in traditional classrooms are not lacking intelligence or curiosity—they are struggling with regulation, transitions, sensory overload, or the demands of large group environments.

Our program focuses on building the foundational skills that make learning possible. Through structured play, movement, and predictable routines, children practice:

- emotional regulation
- executive function skills
- flexible thinking
- social participation
- independence and confidence

Rather than rushing children through academic expectations, we focus on strengthening the developmental foundations that support long-term success. Our small-group environment allows children to build confidence while gradually learning how to participate successfully in group settings.

At Bright Steps Academy, we believe that when children feel understood, regulated, and supported, their natural ability to learn begins to thrive.

Bright Steps is not designed to replace school or therapy. It is designed to help children become ready to succeed in both.

How the Bright Steps Curriculum Supports Development

At Bright Steps Academy, our curriculum focuses on the developmental foundations that allow children to succeed in real learning environments. Rather than emphasizing early academic memorization, we prioritize routines, healthy habits, and confidence in learning. Children learn best when their minds and bodies are engaged. Through movement, hands-on exploration, and structured play, children build early math, language, and problem-solving skills while strengthening coordination, focus, and independence.

Movement-Based Learning

Our program includes a dedicated indoor gym where children move every day regardless of weather. Movement is not “extra playtime”—it is an essential part of learning. Obstacle courses, movement games, stretching, and sports-based activities help children build:

- coordination and balance
- focus and attention
- body awareness
- confidence and endurance

Regular movement also helps reduce behavioural challenges that can arise from sitting too long or feeling physically under-stimulated.

Hands-On Learning Experiences

Children practice early academic skills through active play and exploration rather than long periods of seated instruction. Through music, sensory exploration, storytelling, and creative challenges, children naturally develop:

- language and communication
- early math understanding
- problem-solving skills
- curiosity and creativity

This approach keeps children engaged while strengthening cognitive development.

Our educators focus on warm relationships and predictable routines that support emotional regulation. Through respectful communication and positive guidance, children learn how to participate in group settings, manage emotions, and build social confidence. These skills form the foundation for long-term success in both school and daily life.



Program Schedule & Contact Information

Program Schedule

Morning Program

Tuesday – Friday | 8:30 AM – 12:30 PM

Afternoon Program

Tuesday – Friday | 1:00 PM – 5:00 PM

Saturday Class

Occasional workshops, drop in programs, or special events

Contact Information

 (905) 535-2824

 Hello@brightstepsca.com

 www.BrightStepsCa.com

 /BrightStepsAcademyBarrie

 /brightstepsacademy.ca/

Children must be picked up promptly at 12:30 PM so that the program schedule can remain predictable.

Late pickups may result in additional fees.



Admission & Intake Process

Before beginning the program, each child participates in a short observational intake session designed to help educators understand how they learn, regulate, and interact within a small-group environment.

This session typically lasts about 30 minutes and takes place through simple play-based activities. Children are invited to explore games, movement tasks, and small challenges while educators quietly observe engagement, communication style, regulation patterns, transitions, and flexibility.

The goal of this session is not testing or evaluation. Instead, it provides a snapshot of how each child approaches new experiences so the environment can be prepared to support their success.

Developmental Readiness Profile

Notes from the intake observation are used to create a Developmental Readiness Profile. This profile helps educators understand patterns related to:

- emotional regulation
- flexibility with change
- task endurance and attention
- sensory preferences
- social engagement

The profile is observational and developmental, not diagnostic.



Tuition and Fees

Fees & Payment Policies

Program Registration Options

Core Program (4-Day Enrollment)

(AM) 8:30 - 12:30 \$1,300
 (PM) 1:00 - 5:00 - \$1,300

Tuesday to Thursday

(AM) 8:30 - 12:30 \$1,080
 (PM) 1:00 - 5:00 - \$1,080

Wednesday or Thursday

(AM) 8:30 - 12:30 \$95.00 a session
 (PM) 1:00 - 5:00 - \$95.00 a session

Registration Fee

A one-time \$150 registration fee is required upon enrollment. This includes the child's observational intake session and the preparation of their individualized Developmental Readiness Profile used to support early curriculum planning.

Payment Schedule

Program fees are paid on a monthly basis through preauthorized payment. Payments are processed at the beginning of each month to secure your child's placement for that month.

Because program spaces are limited and staffing is scheduled based on enrollment, fees remain consistent regardless of absences due to illness, vacation, or statutory holidays.

Fee Adjustments

Program fees are reviewed periodically to reflect program development, operational costs, and staffing requirements. Families will always receive advance notice of any future fee adjustments.

Daily Program Rhythm

8:30 AM	Soft Arrival & Regulation Landing
8:45 AM	Movement Games
9:05 AM	Exploration Block
9:40 AM	Regulation Break
9:50 AM	Small Group Skills
10:25 AM	Snack & Social Time
10:45 AM	Body Lab Movement
11:25 AM	Flexibility Practice
11:45 AM	Project Work & Reflection
12:05 PM	Closing Circle
	Celebrating strengths and preparing for pickup.
12:30 PM	Departure

Children remain with the same small group and educators throughout the session, creating a consistent environment that supports trust, regulation, and confidence.

Pickup and Drop-off

For the safety of all children, only parents or authorized individuals listed on the emergency contact form may pick up a child. Parents will be given a code to access building, if you have someone else coming to pick your child up you are not to give this code to them but rather they will be greeted at the door with notice of their arrival. If someone other than an authorized person will be picking up, prior notification is required, and the individual must present identification for verification





Guidance and Emotional Regulation

Children develop social and emotional skills through supportive relationships, predictable routines, and opportunities to practice problem-solving. Our approach focuses on helping children understand their feelings, regulate their behaviour, and participate successfully in group experiences. Educators guide children with calm communication, clear expectations, and consistent routines. When challenges arise, staff focus on understanding what the child may need in order to re-engage with the group.

Clear Expectations

Children feel more secure when expectations are predictable and consistent. Educators model respectful communication and guide children in understanding how their actions affect others.

Supporting Regulation

Children sometimes need time and support to regain emotional balance. Educators may guide children toward quiet spaces, calming strategies, or supportive conversation to help them return to activities feeling ready.

Building Social Skills

Group activities provide opportunities for children to practice cooperation, sharing, and communication. Through daily experiences, children learn how to participate with others and build positive relationships.