



A newsletter to share with parents about the fun times the children have at nursery. To impart our Child Care knowledge and offer to parents, advice, and information.

Also, to keep you updated on events.

## **BITING**

Most children will go through a biting phase, most commonly in their second year and they settle for 'one off' biting and is often exploratory; they are simply finding out what it feels like to bite. They will also be very interested in your reaction.

It is important to handle biting in a low-key fashion. Avoid laughing, otherwise your child will learn that this is something that adults seem to like. In the same way, you should also avoid getting cross because, again, children can learn that biting gives them adult attention.

A good strategy is to say 'No' in a firm voice and even move the child away from you slightly. This helps the child to realise that this behaviour is not acceptable.

### **Our Nursery approach to Biting**

The commonest approach is to avoid punishment of the biter, but to implement extra supervision and use distraction. Staff are also likely to focus their attention on the victim rather than the aggressor. If your child is on the receiving end of a bite, this can seem like staff are taking a soft option, but big reactions can backfire. Do, however, talk to staff if you feel that your child is beginning to worry about going to nursery. Sometimes children can be discreetly kept apart for a few days.

If your child is going through a biting phase, you can help everyone by letting your child's nursery know. Biting is a natural part of child development and something that many children will grow out of. If staff know that a biting phase is happening, they can keep an extra eye on your child and together we can be consistent in your approach.

## **Pancake Day**

The children will be celebrating Pancake Day. They will take part in various activities and choosing their toppings for their pancake afternoon tea.

## **Welcome to our new staff member.**

We would like to welcome Julie to our team. Julie will be taking the role as Room Leader within our Red Robins (toddler room) Julie is a highly experienced practitioner and has spent the last 9 years within her previous nursery.

## **Paediatric first aid training for our Parents/Carers**

We are aiming to offer some Paediatric First Aid courses to our Parents/Carers. We have offered this in the past and it was a huge success. Parents commented that after the course they felt more confident to deal with an emergency involving their child after the training. I am sure you will all agree that this is a worthwhile course to attend. The course will be held in March. If you are interested, please let Chloe or Shaney know. As the practical side of the course will be on a Saturday, unfortunately, we cannot provide childcare.

## TOILET TRAINING

We have numerous requests and questions about when to start potty training. The perfect age to begin potty training is different for every child. Your child's best starting age could be anywhere from eighteen to thirty-two months. It takes three to twelve months from the start of training to daytime toilet independence. The more readiness skills that a child possesses, the quicker the process will be.

There isn't only one right way to potty train – any approach you use can work – if you are positive, and patient. Working in Partnership, practitioners will support, advise, and assist parents to help their child meet this milestone. Please speak with one of the team members if you need some support and guidance.



Here at Smithfield House, we work in partnership with many outside agencies. Henry is a great initiative supporting families with young children in a healthier start within their early years. From breast feeding to bedtimes and mealtimes to oral health. Please take a look at their website, there may be something useful to you that you find:

<https://www.henry.org.uk/>



### London and South East England Nursery of the Year

We are proud to announce that for the fourth year running, we have been awarded the above award.



Another successful Environmental Health inspection. Well done to Kate our resident cook!