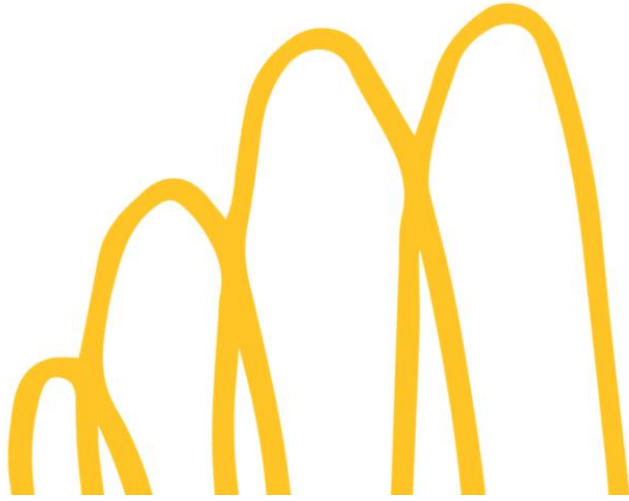


Help your child get the best start to life!





Healthy development

- Breastfeeding gives the best start to life.
- Move your child on to solids after 6 months
- Only give your child water or milk. Juice and fizzy drinks are not good for your child's health.
- Your child needs to be active: walking, crawling and playing.
 - Try and give up your child's pram/buggy before the age of 3. Unless your child has a health condition that affects this.
- Avoid giving your child a bottle or pacifier (dummy) at the age of 1+.
- Brush your child's teeth at least twice a day. Encourage your child to do this with some support. Giving your child the responsibility gives them a sense of self worth.

Sleep routines

Establishing a bed time routine from early on is crucial. Children need enough sleep in order to function to their fullest potential. Having a set routine helps give your child feel secure and they will begin to learn what will happen next if the routines are consistent.

Toilet training

To start potty training, your child needs to be physically ready and able to follow instructions. If you need support with toilet training, please let us know early on so we can support you.



Healthy Eating

“Children require regular meals and snacks to give them the energy and nutrients they need to grow and fight off illness. Eating family meals together will encourage them to enjoy a variety of foods. Snacking all day in place of meals, usually results in eating an unbalanced diet. To encourage good eating habits try to sit down and eat meals as a family without the distractions of the television or computer games.”

(NHS Healthy Eating for the under 5's, 2017)

Planning your meals can help you track what your child will eat for the week.

View our family meal planning template on the next page!





Weekly Meal Planner



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Lunch						
Dinner						
Snack						



Shopping List



Behaviour

Many children display challenging behaviour and it can be overwhelming at times.

However, it's a part of them growing up and becoming their own person. They are learning about boundaries and what socially acceptable behaviour is. Usually challenging behaviour can be resolved with simple strategies.

At our nursery, we present 3 steps to help resolve conflict.

1. Calm down

Setting a two minute timer (no more than two minutes) and presenting it to your child will help them understand the concept of what two minutes might look and feel like. Giving your child a cuddle or gentle pat on their back while they calm down will comfort them.

2. Talk about it

Talking to your child about why their behaviour was unacceptable and telling them what they can do next time will help your child begin to understand right from wrong.

3. Resolve the situation

Usually just apologising for their actions alone would help resolve the situation. Get them to come up with a resolution. ie your child threw their toys on the floor, go and pick it up together.

If you need further support with your child's behaviour please let us know, as we have many strategies that can support you at home.

Speech and Language

If you start noticing your child's speech is developing slower, or they are only communicating with one or two words. We can help! We have trained staff who help boost children's speech and language. All children develop at different rates. We can offer support from early on.



Behaviour Visuals

1. Calm down



2. Talk about it



3. Resolve the situation




Sorry

Print this off to use as a visual check list for your child. Visuals support children's understanding. Get your child to tick off each stage they complete.




Rewards chart




My Reward Chart

My name is _____



Monday										
Tuesday										
Wednesday										
Thursday										
Friday										



How to handle behaviour positively? Rewards charts help motivate children to make the right choices. If you would like a rewards chart speak to an adult in nursery and we can provide you with a few. We will also explain how it works.

You do not need to invest into large prizes. A sticker or even 5 minutes of TV time could be earned.