

# Aspire Day Nursery Newsletter

Date - December 2016

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## December 2016

Welcome to our December newsletter. I hope you find it useful and enjoy reading it.



## Merry Christmas



Friday saw our Christmas party and show. The children did really well with their performance of their various Christmas songs from different countries. Their performance reminds me of the saying 'it will be alright on the night' haha!! If you have any videos or photos please can you share them with us, as we didn't manage to get any!

The party was great fun and enjoyed by all. The staff continued with their party afterwards, having lots of giggles with secret Santa's, lots of dancing and a very yummy takeaway.

Thank you so much for all your donations, we put some towards our takeaway and the rest will go towards a night out after Christmas as well.

I want to take this opportunity to thank you all for the support you have given us over the last year. As a team we love being part of the nursery and this is down to having great children and supportive families. We wish you a very merry Christmas and happy New Year.

### Allergies

I would like to remind parents that we request children do not enter the nursery eating any outside food. This is due to having a child with a serious allergy. Please respect that we are doing it for the best interests of the children.



**No food  
or drink**

### Christmas opening hours

We will be closing on Friday 23rd December at the normal time and reopening on Tuesday 3rd January fully rested 😊.

### Website updates

We have been busy updating our website, this will be going live in January, we will keep you updated, but so far I am really pleased with how it is going.

### Books

If you have any unwanted story books at home we are more than happy to take them off your hands, we seem to get through books quickly, plus we love a new story. Unwanted items - if you have any unwanted items at home, such as things with buttons, flashing lights, keys to be honest anything you think is random, let us know, we might be able to take it off your hands, just ask us before you throw it away, that includes small world, toys and resources to. Thank you.

## Explorers News

In explorers we have been busy exploring Christmas sensory crafts by doing painting and sticking. We have been busy making our Christmas tree and winter window. The children enjoyed going to the shops to look at the lights and decorations while we brought Christmas goodies.

## Discoverers News

Our main focus has been using our words and feeding ourselves.

We have been encouraging the children to voice when they don't like certain behaviors.

The children have been making Christmas crafts, playing with sensory boxes and dancing to Christmas music.

## Creators News

We are busy going on a bear hunt this month; we are doing this for sensory exploration, literacy - learning to fill in the missing words and encouraging language. If any parents have any old brown clothes then can you please bring these in. We will be using these to help enhance our craft activities.

## Adventurers News

In adventurers we have been learning to say merry Christmas in different languages, we went to see Father Christmas in Kingston and reading the nut cracker story. We have even been attempting to do a little ballet and copying actions from the nutcracker ballet. We have been busy singing Christmas songs and doing Christmas artwork.



## Inventors News

In preschool this month we were busy rehearsing for our Christmas show! The children really enjoyed getting involved with this process, never quite goes to plan on the night 😊

We have been doing lots of winter crafts and playing in our Santa grotto and workshop.

## Staffing

This month we say goodbye to Becca, she is moving on to new things.

We welcome Shannon and Alexis to adventurers, and Amy to explorers. Welcome to the team!

I'm sure you have noticed Cassie has not been around for a couple of weeks. She is currently suffering with illness, and will hopefully be back to health after Christmas. We wish you a speedy recovery, we miss you 😊



Congratulations to Gineece, she gave birth to Chase on Sunday 18<sup>th</sup> December, Chase weighed 8 pounds. We can't wait to meet the little man.

## **Eating Habits**

### **From 6 months**

Your baby's first solid foods should be smooth, simple foods they can easily digest, such as vegetables, fruit or rice. You could try:

- mashed or puréed cooked parsnip, potato, yam, sweet potato, apple or pear
- mashed or puréed rice or baby rice (mix the rice with a bit of your baby's usual milk)
- pieces of soft fruit or vegetables that are small enough for your baby to pick up

### **From 7 - 9 months**

This is often known as the 'honeymoon' period of weaning, when babies are more willing to try lots of new tastes and textures, so make the most of it!

There are still some tips worth keeping in mind:

- Introduce foods with more texture to encourage chewing. You can continue to give pureed foods, but try your baby on some foods containing soft lumps and mashed foods too.
- They should be eating 3 small bowls a day.
- Offer as much variety of foods as possible. This helps to establish good eating habits and gives your baby lots of different vitamins and minerals
- Sometimes you need to offer a food more than 10 times before your baby will accept it, so don't give up!
- Lumps are essential for developing the muscles he needs to utter his first few words.
- Breastmilk or formula is still your baby's main source of nutrition, but you might find they drop a milk feed once they're putting away three small meals a day. They'll still need to have at least 500-600ml (20oz) of breastmilk or formula each day.

### **From 9 - 11 months**

**By 9-11 months your baby will be on the move and needing some serious solids!**

Your baby can enjoy what everyone else is having now - just chopped into baby-sized bites. And now your baby is getting more active - crawling and cruising around furniture - they'll need to keep their energy levels up. And to ensure they're eating a brilliantly well balanced diet, try and feed them these foods every day:

- Starchy foods, like potatoes, pasta rice, bread/toast or breakfast cereal - include them at all meals for that all important energy boost
- Fruit and vegetables - including tinned, frozen and dried as well as fresh include them in all your baby's meals
- Meat, tofu, fish, eggs, pulses (lentils, beans or peas) or nut butters - include these at two meals each day to give you baby plenty of iron
- Full-fat dairy foods - foods like cheese, yoghurt, fromage frais and milk puddings are packed with calcium, which is ideal for strong bones and teeth

### **What finger foods can I offer now?**

You can now offer hard finger foods such as:

- Breadsticks
- Rice cakes
- Crackers
- Toast with cheese spread
- Pieces of raw fruit and vegetables such as apples, carrots, cucumber
- Cubes of cheese
- Pieces of boiled egg

## **From 12 months**

### **So why is calcium so important?**

Calcium is a vital mineral for building strong bones and teeth. Ideally children between the ages of one and three need to pack away about 350mg of calcium a day - that's three portions of milk, cheese or yogurt each day where one portion is about 120mls (3-4ozs) milk or yogurt.

### **Why is iron so important?**

Toddlers who don't eat well and carry on drinking large bottles of cow's milk are the most likely to get iron deficiency anaemia. Keep milk, cheese and yogurt to just three portions a day and encourage lots of iron rich foods such as: red meat, dark meat of chicken and turkey, eggs, iron fortified cereals, ground and crushed nuts, nut butters and pulses -dahl, lentils and chickpeas. Dried fruit such as raisins and apricots are good too but keep these to mealtimes, not snacks.

For further information please see the Bounty website, as this was used as our source.

## **Fussy Eaters** - taken form the NHS fussy eaters page

**It's natural for parents to worry about whether their child is getting enough food, especially if they refuse to eat sometimes.**

The trick is not to worry about what your child eats in a day, or if they don't eat everything at mealtimes. It's more important to think about what they eat over a week.

As long as your child is active and gaining weight, and it's obvious they're not ill, then they're getting enough to eat, even if it may not seem like it to you.

It's perfectly normal for toddlers to refuse to eat or even taste new foods. Providing your child eats some food from the four main food groups (milk and dairy products, starchy foods, fruit and vegetables, protein), even if it's always the same favourites, you don't need to worry. Gradually introduce other foods or go back to the foods your child didn't like.

Try to eat with them as often as you can so that you can set a good example.

Tips for parents of fussy eaters

- Give your child the same food as the rest of the family,
- Eat your meals together if possible.
- Give small portions and praise your child for eating, even if they only manage a little.
- If your child rejects the food, don't force them to eat it. Just take the food away without comment. Try to stay calm even if it's very frustrating.
- Don't leave meals until your child is too hungry or tired to eat.
- Your child may be a slow eater so be patient.
- Don't give too many snacks between meals. Limit them to a milk drink and some fruit slices or a small cracker with a slice of cheese, for example.
- It's best not to use food as a reward. Your child may start to think of sweets as nice and vegetables as nasty.
- Children sometimes get thirst and hunger mixed up. They might say they're thirsty when really they're hungry.
- Make mealtimes enjoyable and not just about eating. Sit down and chat about other things.
- If you know any other children of the same age who are good eaters, ask them round for tea.
- Ask an adult that your child likes and looks up to, to eat with you.

- Children's tastes change. One day they'll hate something, but a month later they may love it.
- Changing the form a food comes in may make it more acceptable. For example, a child might refuse cooked carrots but enjoy raw, grated carrot.

For further information on fussy eaters please see <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/fussy-eaters.aspx>

Under 2's: Make some simple baby friendly play dough out of corn flour and hair conditioner and encourage your baby to grasp, squeeze, poke and generally explore it. Another fun mixture is cornflour silk (cornflour and water) which is not quite liquid or solid. Allow them to press it and dribble it using their fingers or whole hand.

2-3 years: Get some hard spaghetti and practice threading cheerios or simpler on to the ends, why not cook the spaghetti and see the change of texture, and let them explore the difference

3-5 years: Find a simple recipe and let your child practice their motor skills by pouring out ingredients, kneading, stirring mixtures and scooping them into trays etc. For example biscuits, sponge cakes and bread.

## Reminders

### Fees

Just a brief reminder that fees are due in the 25th of each month and the fee increase takes place on the 25th January. We will send out a reminder in time for standing orders to change.

### Sickness

If your child has had pain relief medication within 8 hours of nursery it is our policy that they do not come into nursery that day.

### Collecting you child

When collecting your children from nursery please ensure you are here by 6.10pm if you would like to receive a detailed handover, after this time, basic information will be given. Please bear in mind we close at 6.30pm and this is when staff shifts end, they are keen to go home after a long day.

### Pushchairs

I would like to take this opportunity to remind all parents that from January we request that you use strollers to bring your children to the nursery. We ask this because they are narrow in width when collapsed which allows more buggies in the shed and easier access for parents to be able to get their pushchair out at the end of the day. I realise that this new request may not necessarily be popular by all, however it really is in the best interest for all. We do not want to put added pressure on parents, however feel this is necessary. We would not ask if we did not believe this would help make a difference.

### 2 Year old progress check

If your child is turning two, make sure you contact us about the 2 year old progress check.

### Security

If you greet a parent at the door when entering or exiting, instead of closing the door you ask 'what's the password?' the answer will be the last two numbers in the gate code. Please do not let anyone in that you do not know.

