



## Welcome to our Baby Room!

### A bit about us!

Our baby room is located in a bright and airy room, benefitting from a large window which allows endless opportunities for observation and conversation as birds, cars, tractors, people and their dogs pass by the nursery. The room is full of resources to support our babies and toddlers growing curiosity and independence, and we have access to a large outside play area too.

Our experienced, qualified, and long serving staff are passionate about the care and development of our youngest children and have been chosen to work with this age group because of their knowledge, experience and expertise. In their role as key person, the staff ensure that routines such as nappy changing, feeding and settling to sleep are opportunities for "one to one" time, and are consistent with your routines at home. We have space for a maximum of 9 babies and operate a ratio of 1 staff member to every 3 babies.

### Our team

#### **Kathryn is the Room Leader.**

Kathryn first started working in the baby room at The Pink House in 1999 and has maintained close links with the nursery over the years, having taken a break to raise her daughter, and then training as a midwife, before returning to the baby room in 2016.

She trained at Norland Nursery Training College and holds the Norland Diploma and NNEB childcare qualifications alongside her Bsc in Midwifery.

#### **Laura is the deputy room leader.**

Laura holds a level 3 NVQ in children's care, education and development and has worked with us for several years, with a short break to have her own children. She has recently obtained her BA (hons) in early childhood and education.

**Shannon** joined the team in 2024. She holds a Level 2 in Early Years and is currently doing her Level 3 Early Years Educator Apprenticeship

**Carly** rejoined the team in 2024 and has a level 3 Diploma in Children and Young People Workforce and BA (hons) in Early and Primary Education Studies.

**Georgi** our Nursery manager worked in the Baby Room 2000 - 2004 after gaining her BTEC Level 3 Diploma in Childcare and Education. She left to gain experience in child health and then took a side step into property management before returning as our manager in 2023. She is on hand to answer any of your questions about funding, fees etc, but looks for any excuse to spend time with the children, and is therefore a familiar face in baby room.

Your child will get to know all the staff in the nursery as we all spend lots of time playing together.

### **Our Key Person system**

Your child will be allocated a member of the team as their key person. The role of the key person is to provide their individual key children with a relationship that is reliable and dependable as well as being there to support you at every stage.

Having a special relationship with one person helps babies to feel good, encourages them to communicate, talk, think, have ideas, and learn and develop.

Your key person will keep you up to date with your child's progress with pictures and observations on Footsteps and are always available for a chat if you have any questions or concerns.

### **Resources and activities.**

Our babies and toddlers are introduced to new experiences and are given time to explore their surroundings safely using all their senses. We have a large range of resources including open ended and wooden resources, we also use treasure baskets and loose parts play to introduce babies to sensory and tactile exploration. We engage in numerous fun, entertaining and developmental activities these include, construction, imaginative play, small world play with vehicles, animals etc, puzzles, ride on toys and a ball pool.

We have a LOT of fun singing and encouraging participation during action songs and rhymes, we have quiet time looking at books together several times a day, and we can often be found dancing with the disco lights or chasing bubbles.

We believe it is vital that we base your child's day around their individual needs and therefore our room routines are not rigid, but instead flexible and reactive, ensuring each child receives the same opportunities for play and exploration working at their individual levels of development from tummy time to rolling, crawling, sitting, pulling up, cruising and walking.

We also have access to our large outdoor play area and weather permitting we spend as much time as possible outdoors in the fresh air. The outdoor area provides lots of additional opportunities for our children to explore the world, develop their physical

skills and use their developing senses. This is also an opportunity for the babies and toddlers to spend time with the older children as we are often outdoors together. We also take the babies and toddlers for walks around the village in our double buggies. Visiting the library, shops, looking at flowers and wildlife and greeting people we pass.

### **Messy play**

There are so many advantages to messy play and our children benefit from these sensory experiences which help them develop their senses. Messy play encourages hand eye coordination and fine motor skills, and what looks like a mess to us grown ups is a true learning experience for a baby.

Our messy play in baby room includes painting, cornflour, jelly, water and many other exciting sensory experiences.

### **Drop off and collection**

We are open from 07.30 -18.00, with morning sessions ending and afternoon sessions starting at 13.00.

We have found that the babies and toddlers settle much better if we collect them from you at the main entrance and bring them back out to you at the end of their session.

### **Mealtimes**

07.45 - 08.45 Breakfast - Cereal and toast.

10.00 - 10.15 Morning snack - Fresh fruit and a savoury snack ie rice cake.

11.45 - 12.15 Lunch - fresh home cooked meal and pudding (see our menu)

14.30ish Afternoon snack - savoury crackers with cheese spread

16.00 - 16.30 Tea - lighter meal (see our menu) with yoghurt and fruit or a treat cooked by the children for pudding

Water is available throughout the day.

All of our meals are freshly prepared in the nursery kitchen by our lovely cook Christine.

### **Expressed breast milk and formula**

Please bring in your own bottles, pre sterilised if required and either ready to drink formula or labelled formula powder for staff to make up bottles as required.

Expressed breast milk should be brought in clearly labelled with your child's names and the date and time it was expressed. We will store this in our refrigerator until required.

If your child drinks cows milk we will provide this.

### **Allergies and dietary requirements**

We can cater to all dietary requirements and offer suitable alternatives for our babies and toddlers with allergies, intolerances, or specific diets.

Please discuss all dietary needs with Kathryn and the team at your first taster session and keep us up to date with any changes.

If your child is under the care of a dietician or is being seen at the hospital for allergies, please ensure that you provide us with all the relevant information when attending your first taster session and if there are any amendments once your child has started with us.

### **Weaning**

Our experienced staff will ensure that we provide appropriate meals for your baby as they begin their weaning journey.

By 6 months our aim is that they will be eating from the general nursery menu as they begin to experience a wide variety of tastes and textures. Initially we will offer smooth pureed food but when appropriate we will progress to roughly blended and then mashed meals. We also introduce finger food alongside these meals to promote chewing. It is important to develop this action as chewing helps develop the jaw muscles. This is vital as these muscles are used to help develop pronunciation and the formation of sounds and words. Once babies can manage finger foods we will reduce the amount of pureed food offered at mealtimes.

We encourage parents to follow their desired method of weaning and are happy to facilitate baby led weaning which involves no pureed food and babies explore finger foods at their own pace if this is your preferred method.

During your baby's weaning journey Kathryn and the team will work closely with you and answer any questions or queries you have as they arise.

### **Supervision at mealtimes**

Our babies and toddlers sit in low chairs at our small tables or with trays and are always closely supervised by staff as they eat and drink.

We encourage independent feeding and provide age-appropriate cutlery and drinking cups for our children at mealtimes. By the time our children turn 2 we aim to have taught them to drink from a cup without a lid and to be able to feed themselves with a spoon and fork.

Mealtimes are a social occasion and staff are encouraged to sit and eat with the children encouraging conversation, good table manners and the use of please and thankyou during our meals.

### **Sleeping**

It is vital that children get the sleep they need to function, and grow their cognitive, physical, and emotional development. It is crucial for a child's health and wellbeing that they get enough sleep and with this in mind we encourage restful quiet times and provide a calming environment for our children to rest.

There are no set sleep times in babyroom and we aim to follow your baby's home routine as closely as possible.

We settle the babies to sleep on sleep mats in the room and they are never left unsupervised. We check all sleeping children regularly.

Please remember to send in any comforters, special toys, blankets or dummies from home to help your child feel settled with us.

Babies and toddlers who are settling in are sometime rocked to sleep strapped into our lie flat pushchairs, however we will transition them to our sleep mats once they have settled into nursery.

On occasions some of our children sleep strapped into our lie flat pushchairs if they have nodded off during a walk or while we are playing outside.

### **Nappy changing**

We change nappies 3 - 4 hourly or sooner if required, in our changing area adjacent to the main babyroom. Pampers nappies and baby wipes are provided and we use sudocrem or metanium cream if your child has any soreness.

Nappy changes are a fun time and a great opportunity for some great one to one interaction, our nappy changing area has bright decorations and engaging mobiles. We also have a potty to help children

### **Parenta**

You'll be sent a link to the Parents Portal to set up your account before your little one starts with us. This is where you can view upcoming sessions, all the details we hold for you, invoices, dayshare and footsteps. You can also send us messages but as we don't look at all the time it is always best to call or email Georgi for anything we need to know or that requires a response

### **Dayshare**

We complete online Dayshare diaries for your child every day recording their daily activities, meals, sleep times and nappy changes. Any accident forms or details of medication given are also attached. At the end of each day we email you a copy to keep.

### **Footsteps**

We love recording moments from your child's day to share with you and try to take a few photos each month to illustrate our observations and support these by linking them to The Early Years Foundation Stages (EYFS) so you can keep track of their development with us.

Although we are constantly observing, the process of writing up observations is time consuming and has to be completed away from inquisitive babies who are fascinated by screens!

Please be patient with us and don't be surprised if you receive several observations at once every couple of weeks rather than daily or weekly.

There is also an option for you to share pictures with us on Footsteps and we really do love seeing what our children have been up to whether it be days at home or out and about, celebrations or holidays.

### Communication

Although we are always available to chat with you at drop off / collection we are aware that this is not always the most convenient time.

We are happy to talk with you on the phone throughout the day, or if you prefer you can email our manager Georgi ([Georgi@blofieldnursery.com](mailto:Georgi@blofieldnursery.com)) and she will pass on any messages to us.

We will always call you if we have any questions or concerns about your baby or toddler during the day and if you ever want to pop in for a chat, let us know

Please remember there are no stupid questions and we don't mind how many times you call to check how your little one is getting on, we are always happy to talk.

### Taster Sessions

You will be offered the first taster session around a month before your little one starts Nursery. We invite you to stay for this session, usually around half an hour, to give you and the team chance to get to know each other and for them to answer any questions you have. It is also important to tell the team as much as you can about your baby's routine.

The team will then book in further taster sessions where you can leave your baby with us for an hour or so at a time. You will be offered as many taster sessions as you, and they, think your baby may need.

### Birthdays

Birthdays are a big deal at Nursery whatever your age.

We are a healthy bunch though so ask that you don't send in cake or treats for the children.

We do however welcome books, fact or fiction, to read together and share at story time and then become part of our library. If you do choose to send a book in just pop your child's first name and the year (not full date) in the front so we have a lasting memory of your little one long after they leave us.

### What to pack in your Nursery Bag

- At least 2 changes of clothes, more while your child is potty training
- A comfortor/ dummy if your child uses one at home
- **In the summer**
- A wide brimmed sunhat that covers your child's ears and neck
- Light clothing that covers the shoulders and top of arms
- Wellies (it is England after all)
- **In the winter**
- Winter hat
- Warm waterproof coat. (All in ones are great for little ones learning to walk)
- Wellies

Just remember to write your child's name in anything you send to Nursery, we do our best to remember what belongs to who but things do sometimes get misplaced, particularly socks!

Please also be mindful of the size and type of bag you use, we don't have a lot of space on each peg and plastic bags and bags with drawstrings are not suitable for Nursery.

**Please do not send water bottles, snacks or any type of medicine in your child's bag.**

Medication should be handed to staff on drop-off to be stored correctly and a medication form completed.

Drinks and snacks are provided by the nursery and ensure children get all the nutrients and energy they need for their busy day. If your child requires something specific please let the team know.

## PREPARING FOR NURSERY

The first day you bring your little one to Nursery can be a very daunting experience for you as a parent and for your baby. Entrusting your child to others is a big thing!

As the big day approaches, you might be wondering; what if he doesn't want to leave me? What if they can't understand what she wants? What if he cries? What if they do not eat anything? The questions can go on and on.

You can feel more confident and ensure the smoothest transition for both you and your child with a bit of preparation for that first day of childcare, and how you do so will depend upon the child's age, temperament, and level of understanding.

Between 6 and 12 months is the age most babies go into daycare but this is the age that they are typically at the peak of separation and stranger anxiety. If you're anxious, then your baby may also pick up on it. If you're open to the caregiver, the baby senses you like this person, and they will feel more secure. The signal you send to your baby is vital.

Babies do not understand when you say you are coming back, they learn this from experience. Babies do however know when you are "faking it", so if you are overly exuberant or do a prolonged goodbye, this can be more distressful than reassuring. It's very normal to be stressed or anxious, and you might cry after you have left your baby. In fact, you will probably cry more than they will.

Most important, do not sneak out, even though it is tempting. Babies need a proper goodbye to build trust. If their caregiver suddenly disappears, the child may become more unsettled because "mummy disappeared." Tell them, 'I am going, then I will be back, then give them a kiss and leave quickly. Make sure the member of staff is there to support, comfort or distract your baby. They may cry, but it should stop in few minutes.

**Here are few tips to prepare you and your child for the big day:**

- If you are breast feeding your baby, and your baby falls to sleep while feeding, think about how your baby will go to sleep at the setting. Maybe try expressing your milk and giving your baby a bottle of milk before sleep during the day. This way your child will not become anxious when they are tired, because this would be their normal routine.
- If you rock your child to sleep, please be aware that we may not be able to do this all the time due to the other children. We do sit with the children and rub their back, tummy or stroke their hair to help them go to sleep. Maybe try laying your child down in their cot during the day and rubbing their back or tummy to ease their transition.
- Bring something familiar. A reminder of home will make those first few days a little easier and will provide comfort on difficult days. Ie: maybe a comforter or a scarf with your scent on.
- Having photos of familiar things/ people from home helps some children settle into Nursery. The link below is to a photo book that some parents have found useful to make and send into Nursery for their child to look at with the staff and their new friends:  
<https://www.photobox.co.uk/shop/photo-book>
- Make sure you give yourself plenty of time in the morning so you're not rushed.
- Create a goodbye routine. Hand over your child to a member of staff then a quick kiss and cuddle and say your goodbye or whatever feels natural to you. Make sure you stick to the same routine so that your child knows what to expect. Don't linger by the door as your child may get upset.
- Expect some tears - it can take anywhere from one day to four weeks for a child to adapt to a new routine. Until then, you might see a few tears upon arrival and pick up.



If you do see a few tears when you pick up your child. It is possible they have been saving it up all day. Everyone needs to decompress after facing a new social situation and your baby can't do it any other way but crying. It shouldn't make you question your decision unless it continues or doesn't show signs of getting easier after 4 weeks.

These tears are also an important milestone for growing children as they learn to adapt to different social situations where there might be different rules than at home.

Remember you can call the Nursery any time on 01603 715791. The staff are here to put your mind at ease, and be assured we will call you if we are unsure of anything or if there is anything at all to be concerned about.