

# Out of the Pot!

Paint Pots Nursery Newsletter **Autumn 2023**

Hello and welcome back for the autumn term. We hope you have had a wonderful and peaceful summer. If you are new to us and just joining our Paint Pots family, thank you for choosing us. We hope you will love your time here and enjoy sharing in the experiences and hearing about all the new things your child will learn in the months and years ahead as we prepare them for the next steps in their lives.

As we see some new and familiar faces in all the nurseries, it reminds us what a privilege it is for us to share in your children's lives, to watch them grow and develop and to celebrate their achievements with you. We are looking forward to the term ahead.

## Starting Nursery/Preschool for the first time

Starting nursery or preschool can be a very stressful time, for you as the parent but also for your child. Change and doing new things can feel a little scary but if you have these feelings, please talk to any of us. Most of us will have a lot of experience of helping children at the beginning of a new year and some of us have our own children and so we know that these transitions can be challenging. Building trust and strong relationships from the very start is key to a successful partnership for some of the most important years of your child's development and so we will do all that we can to answer your questions and help you to feel comfortable.

Here are a few things you can do to make starting nursery and preschool- or even moving to a new room or returning after some time away- something to look forward to rather than something to be anxious or scared about:

- Try to use positive language and tell your child about the friends they are going to make, the new toys they will be able to play with and the fun experiences they are going to have.
  - We understand that leaving your child at nursery can be an emotional time, but in our experience, it is helpful to try not to be too visibly upset when you drop your children at nursery as this may upset them too. Be as cheerful as you can even if you're not feeling particularly cheerful and be very purposeful when you drop your child off, don't hang around for too long. They will be fine once you have gone, and we will contact you if there are any issues.
  - When your child first starts nursery/preschool, there probably will be tears, because it's a new environment that they aren't used to and it's a big change. It can be upsetting to see your child unhappy, but it is worth persevering and normally within a few days they will have made friends and settled in. Even a young baby will settle when they realise it is an exciting place to be and that you will always be coming back!
  - Make sure that you keep a good line of communication open with your manager and your child's key person, especially in the first few days. The routine at nursery will be different to home and your child is likely to eat and sleep at different times, so this might affect what you do when they get home. We want to work in partnership with you and there are no silly questions!
- 
- The image shows a baby sitting in a playpen. The playpen has colorful blocks with numbers and shapes. There are also some toys hanging from the top of the playpen. The baby is looking down at something in their hands. The playpen is on a carpeted floor. In the bottom right corner of the image, there is a logo for 'Paint Pots'.
- We don't always allow favourite toys or blankets into the setting, as losing them or them getting broken can be upsetting, but if your child cannot be without it, then speak to the staff first and make sure that they know that it is very important to your child and that it's not a general plaything for the other children and they will know to keep it safe and bring it out only when your child needs comforting.
  - Take a photo of the family, a pet, something they love and is familiar to them and that you are happy to share with us. This can sometimes help settle your child when the staff can talk about the special things and people in their lives when they're not there.

## Safeguarding – Why it's important to understand.

Safeguarding is one of the most important parts of our role in Early Years, it is essential that you as a parent understand this role, your responsibilities and ours, what it means and why we carry out the procedures we do. We are committed to safeguarding and promoting the welfare of all children and we expect all our parents and other visitors to share this commitment to keep our children safe at all times.

### What does safeguarding and child protection mean?

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm.

Safeguarding means:

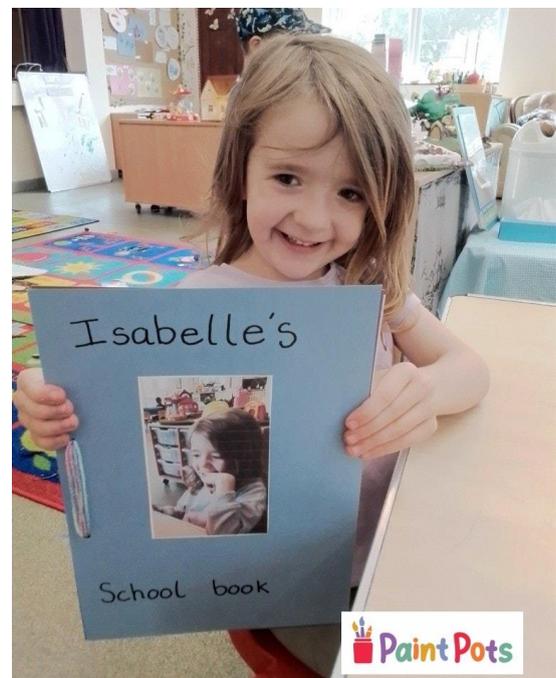
- Protecting children from abuse and maltreatment
- Preventing harm to children's health and development
- Ensuring children grown up with the provision of safe and effective care
- Taking action to enable all children and young people to have the best outcomes.

Children learn best when they are healthy, safe and secure, when their individual needs are met, and when they have positive relationships with the adults caring for them. The statutory safeguarding and welfare requirements which we are governed by, are designed to help us, Paint Pots, create an environment that is welcoming, safe and stimulating, and where children are able to enjoy learning and grow in confidence.

The manager in each setting is designated to take the lead responsibility for safeguarding the children and staff and the first person you should go to should you have any questions or concerns about any safeguarding or child protection issues. We also have a group safeguarding lead, Liz McCarthy, ([opsmanager@paintpotsnursery.co.uk](mailto:opsmanager@paintpotsnursery.co.uk)) should you want to take any concerns further.

It is important to us, that your child gets the most out of their time with us and communicating and working together with you will help us achieve this. Please let us know if there is anything that may affect you or your child so together, we can help provide the right support.

**Please read the safeguarding parent advice sheet and our policies (Section 35) available on our password protected Parent Login, to better understand yours and our responsibilities when it comes to protecting our children when they are in our care.**



## Useful information, guidance, and links:

Please find below some useful links to websites that offer advice, support, activities:

**BBC Tiny Happy People** - Tiny Happy People is a BBC service to help parents develop their child's language skills and offer advice. Explore simple activities and play ideas and find out about babies and toddlers' amazing early development.

[Children's language development and parenting advice - BBC Tiny Happy People](#)

All of the content on **Words for Life** has been designed to provide parents, children and young people with activities and support to improve their language, literacy and communication skills from home. Check the link for advice and ideas to improve your child's literacy skills while having fun chatting, playing and reading together.

[Words for Life | National Literacy Trust | Words for Life](#)

For over thirty years, **ERIC** (Education and Resources for Improving Childhood Continence) have been providing information and emotional support to families about common but often misunderstood conditions and to offer advice and help. Please click on the link to read more.

[Potty training: how to start & best age to potty train - ERIC](#)

## Help Paying for Childcare – Are you eligible?

**The current offer:**

In England, all parents and carers of 3 and 4-year-olds are entitled to 15 hours a week childcare support with registered childcare providers.

Eligible working parents and carers of children aged 3-4 can also get an additional 15 hours childcare support, bringing their total up to 30 hours a week.

Some parents of 2-year-old children may also be entitled to 15 hours support.

**Check the links below to read more about the upcoming changes and to see if you are eligible to claim.**

[Upcoming changes to childcare support | Childcare choices](#)  
[Childcare Choices | 30 Hours Free Childcare, Tax-Free Childcare and More | Help with Costs | GOV.UK](#)  
[30 hours free childcare - GOV.UK \(www.gov.uk\)](#)

## Online Safety -

You don't need to be an expert on the internet to help keep your child stay safe online. The links below offer advice and resources to support you as you support your child to use the internet safely, responsibly and positively.

[Parents Protect - Internet Safety](#)  
[Parents and Carers - UK Safer Internet Centre](#)

---

## Dates For Your Diary

- Half term for preschool and term time only:

Closed Monday 23<sup>rd</sup> – Friday 27<sup>th</sup> October.

Closed Monday 18<sup>th</sup> December – Open Tuesday 02<sup>nd</sup> January 2024

- Day Nurseries –

Closed on Friday 22<sup>nd</sup> December – Open Tuesday 02<sup>nd</sup> January 2024

- Harvest Festival September/October
- Remembrance Day 11<sup>th</sup> November
- Diwali – Sunday 12<sup>th</sup> November
- Autumn activities
- Christmas activities
- Christmas Nativity dates will be released for each Paint Pots setting nearer the time.

- There will also be one more inset day planned for the spring term for each setting. This will be set in addition to the one in July next year and advised by each individual setting manager in due course.
- **Nursery and Preschool Inset Day Group closure Monday 01<sup>st</sup> July 2024**

