



# Caldecote Day Nursery



## Newsletter May 2024

This month's Learning Focus: **Children's interests, Oral Health**


This month's Value: **Friendship**

### Safeguarding

This month we will be focussing on good oral hygiene as part of our learning. Here is some information to support you at home...


**Top 3 interventions for preventing tooth decay**

**1**




**Reduce the consumption of foods and drinks that contain sugars**

**2**




**Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least on one other occasion. After brushing, spit don't rinse**

**3**




**Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis**

**Under 3s** should use a smear of toothpaste



**3 to 6 year olds** should use a pea sized amount



Parents/carers should brush or supervise tooth brushing until their child is at least 7

Dental decay is a serious problem in young people - and it is largely preventable. In 2017 in England, almost a quarter of five year olds had experienced tooth decay, having an average of 3 or 4 decayed teeth. Figures suggest that more than 105 children a day have their teeth removed in hospital due to tooth decay.

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/take-care-of-your-teeth-and-gums>

## CONCEPT PHOTOGRAPHY



We have invited Concept Photography back to take individual and sibling photographs on **Thursday 16<sup>th</sup> May, from 9am - 2pm**. Pre-School children who are leaving to start school this summer will also be photographed in their Graduation cap and gown.

If your child does not usually attend nursery on this day but you would like them to have their photo taken, please contact the office to make an appointment. Siblings who do not attend nursery are also able to come and have their photograph taken. Please book early to avoid disappointment.

Concept Photography will return in October to take photos in preparation for Christmas!



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### Family Focus: Toilet Training

At nursery, we aim to work with parents and carers, supporting children in all aspects of their development and well-being. Each month we will highlight an area that parents and carers may be struggling with. **This month our focus is: Toilet Training.**

#### When to start toilet training:

- Children can control their bladder and bowels when they are ready.
- Like all aspects of learning, each child will go at their own pace. This can be frustrating for parents who want to get children into pants quickly, but being patient will help.
- By the age of one, most children have stopped doing poos at night. By the age of two, some children will be dry during the day. By the age of three, most children are dry most days, although they may still be prone to the odd accident if distracted, excited or upset. By the age of four, most children are reliably dry during the day. Remember being dry at night often happens once dry in the day and not usually at the same time.
- Most children show signs they are ready to be toilet trained between the ages of **18 and 24 months**. They cannot be forced to do this, so try and follow the lead of your child, if they begin to take an interest in using the toilet.

#### How to toilet train:

- Using language related to wee, poo, toilet etc while changing nappies is a useful place to start. If you change a nappy in a bathroom, it will help a child to understand what the toilet is for. Allowing your child to help flush and wash their hands also helps the understanding.
- If using a potty, always have this in the room where the child is. It needs to be accessible so your child can get to it and sitting on it must become part of everyday life.
- Encouraging your child to sit on the potty or toilet (with a training seat) after a meal is useful as the urge to go after a meal can be stronger.
- Looking at books about using the potty is also a helpful strategy and using books and toys in general can be a good distraction to help keep your child on the potty or toilet for longer.

#### What are the signs that a child is ready to start toilet training?

- As every child develops at a different rate, recognising the signs your child is ready can be more useful than the age indicator. Here are some key indicators: your child stops what they are doing as they recognise they need a wee or poo; they hold their nappy when they feel the urge; they follow instructions; show interest in wearing pants or pull ups; connect a potty or toilet to a wee / poo; go to the potty or toilet and sit on it a while; talk about their potty; keep their nappy dry for a couple of hours or more; pull down their own pull ups.

#### How to get started:

- If your child has a poo at a certain time, encourage them to sit on the toilet or potty.
- Don't make a fuss about accidents, you do not want your child to become anxious.
- Make sure your child is wearing clothes that are easily removed for toileting and that you have lots of spare clothes, including socks, as they may have many accidents in the early days.
- Use a reward scheme like stickers or stars to a chart as a visual representation that your child is doing well.
- If your child becomes upset at the thought of sitting on the toilet / potty, leave it a few weeks, then try again. It can take time to understand.
- Choosing to use disposable pull ups, washable training pants or going straight to pants is your choice. Do what you feel your child will cope with the best, based on the signs they are showing.

#### Overcoming problems:

- **Your child does not want to use the potty:** Don't create a battle or worry; just try again in a month or so.
- **Your child won't stay on the toilet / potty:** Build up the time slowly and use distraction techniques, like toys or books.
- **Your child keeps wetting themselves:** Put them in nappies and try again in a month or keep nappy off and wash the clothes.
- **Your child uses the potty but has accidents too:** Don't show your frustrations, remain calm and praise when dry.
- **Your child is dry for a while, then starts wetting again:** Is there an emotional reason? Do they have a bladder infection? They need sympathy, understanding and patience. They are not doing this on purpose.

Please remember that toilet training requires a child to feel happy, safe and secure. For some children it can take longer than others to master, but every child learns and develops at their own pace, so follow the lead of your child. As a setting, we will replicate what you do at home to have a consistent approach. Please contact the office if you have any questions.



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### Home Learning Ideas

Here are some ideas you could try with your child this month...

Talk about the importance of looking after your teeth. Demonstrate on a soft toy or teddy.

Practise brushing your teeth together and create a reward system to ensure that children brush in the morning and at bedtime.

Take part in some gardening activities. Plant seeds from fruit on your windowsill.

Try making our seasonal recipe of the month! Send us a photo of your efforts via ParentZone!

Don't forget to send us a photo of your home learning via ParentZone.



ParentZone

### Spring / Summer Term 2024 Dates for your diary...

**Bank Holiday Closure – Monday 6<sup>th</sup> May**

**Concept Photography – Thursday 16<sup>th</sup> May; 9am – 2pm**

**Term Time Only Children - Term ends Friday 24<sup>th</sup> May**

**Bank Holiday Closure – Monday 27<sup>th</sup> May**

**Term Time Only children return on Monday 3<sup>rd</sup> June**

**Father's Day Brunch / Afternoon Tea – Friday 14<sup>th</sup> June**

**Be Proud of who you are week – 17<sup>th</sup> – 21<sup>st</sup> June**

**Stay & Play – Saturday 29<sup>th</sup> June; 10am-12pm**

**Pre-School Graduation – Tuesday 2<sup>nd</sup> July (timings tbc)**

**Sports Day – Thursday 11<sup>th</sup> July; 10am & 2pm in Caldecott Park**

**Pre-School Farewell Party – Wednesday 17<sup>th</sup> July; 1:30-3:00pm**

**Term Time Only Children - Term ends Friday 19<sup>th</sup> July**

(Further details of the event above will follow...)

This month's seasonal recipe to try at home...

### Vegan Orange Lollies



Try these easy recipes with your child to get them involved and interested in food! Cooking together is a good way to connect.

#### Ingredients:

- 5 large carrots
- juice of 3 large oranges, zest of 1
- 1 satsuma, peeled then chopped (optional)

#### Method:

1. Finely grate the carrots and place in the middle of a clean tea towel.
2. Gather up the towel, and squeeze the carrot juice into a jug, discarding the pulp.
3. Add the orange juice and top up with a little cold water if needed to make up 360ml liquid.
4. Stir in the orange zest and satsuma pieces, if using.
5. Pour into lolly moulds and freeze overnight.



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### Leadership Focus

At nursery, we have several staff who take a leadership role. To raise their profile with parents and celebrate the good work that they do, each month we are going to highlight a different role and provide you with some information.

**This month it is our SENDCo Team: Alice & Poonam**

At Caldecote, Alice & Poonam are our SENDCos' (Special Educational Needs & Disabilities Coordinators). They oversee the provision for children who have a special educational or developmental need and coordinate information between home, the nursery and outside professionals to ensure each child is cared and provided for in a way that is right for them.

They have knowledge of processes, procedures and paperwork, who to contact with queries and referrals, and access to different resources and tools to help measure a child's progress and to help in their continued development.

Alice & Poonam work alongside staff in identifying children who may have Special Educational Needs and Disabilities (SEND), especially the child's key person, and our families who know the child best.

Having received recent updates and training linked to Autism, they would like to share some key information with you:

**Autism or autism spectrum disorder (ASD) is a developmental disorder that can vary greatly in severity. Because ASD can impact the way a child learns, communicates and interacts with others, it is important that parents get help for a child with autism as soon as possible.**

| Signs in young children   | Autism in Girls and Boys  | Diagnosis & Assessment   | Pre & Post Diagnosis Support  |
|---|---|--|---|
| <ul style="list-style-type: none"> <li>- Not responding to their name</li> <li>- avoiding eye contact and interaction</li> <li>- not smiling when you smile at them</li> <li>- getting very upset if they do not like a certain taste, smell or sound (sensory issues)</li> <li>- repetitive words or movements, such as flapping their hands, flicking their fingers or rocking their body</li> <li>- not talking as much as other children</li> <li>- repeating the same phrases</li> <li>- Resists or does not express physical affection</li> <li>- Has trouble adapting to new routines</li> <li>- Has obsessive interests</li> <li>- Has delayed speech and language skills.</li> </ul> | <p>Autism can sometimes be different in girls and boys.</p> <p>For example, autistic girls may be quieter, may hide their feelings and may appear to cope better with social situations.</p> <p>This means autism can be harder to spot in girls.</p> | <p>If you or your child have signs of autism, the next step is to talk to someone about it. You could speak to any health professional (GP / HV), your child's Key Person or the SENDCO staff at nursery.</p> <p>If they also have concerns, they will consider an autism assessment. This is where a team of autism specialists, supported with evidence from you as parents and us at nursery, check if your child is autistic.</p> <p>During the process, if we suspect that your child has ASD, we will support and put in place strategies that can help all of you.</p> <p>At the end of the assessment, you will receive a report about the findings.</p> | <p>We are here to help and support you with the many challenges that children with ASD may face. These include:</p> <ul style="list-style-type: none"> <li>- Anxiety</li> <li>- Behaviour issues</li> <li>- Eating difficulties</li> <li>- Problems sleeping</li> <li>- Staying healthy</li> <li>- Friendships and socialising.</li> </ul> <p>We can also signpost you to groups and forums which can offer further advice and support for the whole family</p> |



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# Father's Day Celebrations!

Friday 14<sup>th</sup> June 2024

You are invited to celebrate your day with us at either one of our two events:

10:00-11:00am - Father's Day Brunch

2:00-3:00pm - Father's Day Afternoon Tea

As well as having some refreshments, you will be able to take part in arts and crafts activities with your child, finished off with some singing and stories.

If you wish to join us for the celebrations, please book your space via the office. If your child does not usually attend on a Friday and you wish to come along and celebrate, then you are welcome to do so by contacting the office. Details shown below...

(01788 542337 or [info@caldecotedaynursery.co.uk](mailto:info@caldecotedaynursery.co.uk))

Booking is essential as spaces are limited!



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### Our April Learning...



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