



Caldecote Day Nursery



Newsletter June 2024

This month's Learning Focus: **Children's interests, Safety, Father's Day, Pride**

This month's Value: **Safety**

Safeguarding

This month we will be focussing on safety as we support the CAPT (Child Accident Prevention Trust) campaign to promote the importance of safety and accident prevention in the home.

Child Safety Week is an annual community education campaign run by the Child Accident Prevention Trust (CAPT), acting as a catalyst for thousands of safety conversations and activities UK-wide.

CAPT helps families build confidence and skills in managing the real risks to children's safety. They want all children to have the freedom to grow and learn, safe from serious harm.

This year, **Child Safety Week runs from Monday 3rd to Sunday 9th June** with the theme **Safety. Sorted!**

Their website has a wealth of information about what you can do to minimise risk at home as your child grows and has factsheets translated into different languages to support families. They are encouraging families to share their experiences in the home to hopefully try and save the lives of others.

Further information can be found at: <https://capt.org.uk/child-safety-week/>



Why does child safety matter?



"All paediatricians dread breaking bad news: telling parents that their child requires emergency surgery or intensive care, or that resuscitation has been unsuccessful. When illness or death is the result of a preventable accident, the emotional toll is compounded by the avoidable nature of the tragedy."

Consultant paediatrician

For the poorest families

Children from the poorest families are **40% more likely** to have a serious accident.

Public Health England

At home

80% of accidents to **under 5s** happen at home. **1 child dies each week** from an accident at home.

Public Health England

On roads

2,400 children are **badly injured** on roads every year.

Department for Transport

In Scotland

1 Scottish child **dies a month** from accidents. **1 in 7** emergency admissions were due to an accident.

Public Health Scotland

In England & Wales

Accidents **kill more children** than anything else apart from cancer.

ONS mortality statistics

There are families behind each of these statistics. With your help, we can make children safer.



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Family Focus: Self-Regulation

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: Self-Regulation**

What is self-regulation?:

- In children, this refers to the management of their own behaviour, feelings and emotions.
- Self-regulation grows out of co-regulation, where adults and children work together toward a common purpose, including finding ways to resolve upsets from stress in any domain and return to balance.
- Over time and with consistent practice, the process shifts from co-regulation between adult and child to the child's self-regulation.
- With good self-regulation comes a wealth of positive outcomes: children may cope better with their feelings, be resilient to challenges, relate to other children, share and collaborate with others.

What might self-regulation look like at different ages?:

- **Birth – 2 Years:** Children may suck a dummy, suck a thumb or have another comforter. They may focus for only a short time and look away when feeling agitated or need a change of scenery.
- **2 – 4 Years:** Children may ask for help when they begin to feel dysregulated. They may change their own actions to produce a different outcome to a situation. They are beginning to recognise their own feelings and those of others, so will cope with waiting a short period of time. Children at this age are using their communication skills to try and make themselves feel understood.
- **4 – 5 Years:** Children at this age may cope better with emotionally charged situations. They may have their own strategies for calming themselves such as breathing deeply or counting.

Difficulties in self-regulation:

- **Internalising:** If a child has difficulty in self-regulating, they may have internalising (inward) negative behaviours, such as feeling upset, withdrawn, worried, anxious or panicking. These feelings can sometimes go unnoticed for longer periods.
- **Externalising:** They may also demonstrate externalising (outward) negative behaviours, such as hitting, kicking, screaming, spitting or having a tantrum. These are more obvious to notice, but can sometimes be more tricky to manage.

How can we support self-regulation?:

- Create an environment where children feel safe and valued while still having clear boundaries. Leading by example is really important too. A stressed adult will find it more difficult to be calm in front of a child. Equally, children can be very aware of the mood of an adult and react accordingly.
- **Birth – 2 Years:** Be patient, soothing and understanding. Communicating sensitively with your baby, providing them with all they need to be safe and thrive will help support their confidence and self-esteem. Having that bond of trust will be important as they rely on you to support self-regulation as they grow. Each experience of co-regulation helps to build the neural pathways that regulate emotion
- **2 – 4 Years:** Offer support, reassurance and patience by getting down to the level of the child and communicating face to face with a calm tone of voice. As your toddler begins to make decisions and choices as well as communicate requests, they need to feel heard with clear responses but also with clear boundaries. Using words and actions to demonstrate and shape behaviour expectations is also key. Reassure when your child is upset, offering comfort and a cuddle so they are calm enough to communicate with you. It also includes the adult modelling calming strategies and naming and talking about feelings and ways to manage.
- **4 – 5 Years:** By now children should have great language skills; this will allow them to express themselves and manage their own thoughts, ideas and feelings. If a child is angry, name that feeling so they understand it. Empathise with them so they know that it is okay to feel this way. Talk about what is happening in their body so they can recognise the feeling again. "Goodness, you are feeling angry today. That must be a uncomfortable feeling. I wonder what happened to make you feel angry? How does that feel in your body? What can we do to make you feel a bit calmer?" Now support with strategies to calm, like having a cuddle,

Please remember self-regulation is a life-long learning pathway that even adults sometimes struggle with. Children can fluctuate in their capacity to self-regulate just as adults can. It is not a fixed state, so be patient and calm – model the behaviour you wish to see in your child. Some children will find it easy to self-regulate, for others, they will need the support of co-regulation for longer. Every child learns and develops at their own pace, so follow the lead of your child. 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 road safety when out and about. Encourage your child to use crossings and look out for the 'green man' who tells us it is safe to walk.

Take part in 30 Days Wild and connect with nature in your garden or local park. Use your senses to look at trees, listen to birds, smell flowers, taste fruits or touch natural textures.

Talk about what makes your child unique. Why are you proud of them? Why are they proud of themselves?

Try making our seasonal recipe of the month and let us know how it tastes!

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



ParentZone

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

Rainbow Veggie Wraps – serves 8



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

Ingredients:

- 1 tub of roasted red pepper hummus
- 8 whole-wheat tortillas
- 1 red pepper, cut in sticks
- 1 orange pepper, cut in sticks
- 45g spinach, chopped
- 1 cucumber, cut in sticks
- ¼ red cabbage, shredded.

Method:

1. Spread the hummus on one side of the tortillas.
2. Add a thin layer of the vegetables across two thirds of each tortilla and roll.
3. Slice into about 5 individual rolls per tortilla, eat and enjoy!



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

Term Time Only children return on Monday 3rd June

Concept Photography Returns – Monday 3rd June

Father's Day Brunch / Afternoon Tea – Friday 14th June

(10:00-11:00am Brunch / 2:00-3:00pm Afternoon Tea)

Be Proud of who you are week – 17th – 21st June

Stay & Play – Saturday 29th June; 10am-12pm

Pre-School Graduation – Tuesday 2nd July (timings tbc)

Sports Day – Thursday 11th July; 10am & 2pm in Caldecott Park

Pre-School Farewell Party – Wednesday 17th July; 1:30-3:00pm

Term Time Only Children - Term ends Friday 19th July

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

Leaving to start school? If you are leaving to start school in September, please remember you need to give one month's notice. Children who only access funded hours, this ends on Friday 19th July. Please inform us if you wish your child to attend during the holidays, as spaces are limited. This will then be charged at our standard rate.



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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 Mental Health Champions: Megan & Rachael

Their main role is to be a point of contact for an employee who is experiencing a mental health issue or emotional distress. They also support children in learning about the importance of good mental health and provide ways to do this. 10th – 16th June is Men's Health Week, so here are some ways for men to support their mental health.

Signs of depression in men:

- Irritability and anger
- Becoming more reserved and talking less
- Avoiding social activities and hobbies they once enjoyed
- Changes in eating habits
- Decreased sex drive
- Changes in sleep patterns

Signs of anxiety in men:

- Racing heartbeat
- Shortness of breath
- Difficulty sleeping
- Social anxiety

Factors that worsen mental health:

- Social isolation
- Lack of physical activity
- Overeating junk food, particularly processed, high-sugar foods
- Major life stressors, such as job loss, divorce, financial issues, illness, the death of a loved one, a move or a new job.

Ways to improve mental health:

Build social connections.

We are all social beings. It is important to have a good social support group, whether that's your family or your friends. Look for people who are positive, have an open mind and are supportive.

Engage in a hobby.

Having a hobby you enjoy can also support your mental well-being. So, whether you love walking, woodworking, cooking, sports, working out, swimming, gardening, traveling, reading or watching movies, make time for the activities you enjoy.

Get regular exercise.

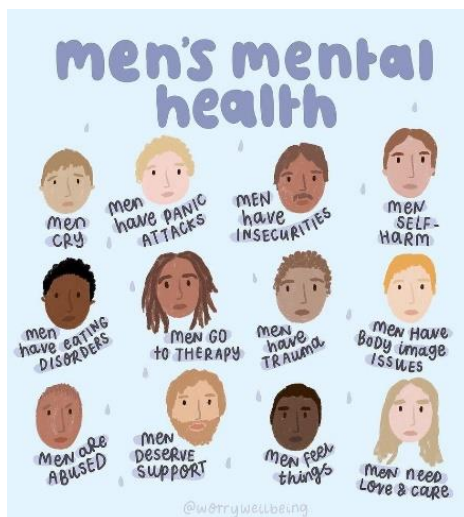
Multiple research studies show that getting 20 minutes of physical activity three times per week reduces the risk of depression and anxiety. This includes any form of exercise that increases your heart rate, such as walking, running, hiking, swimming, cycling or high-intensity interval training (HIIT).

Nourish your body.

Eat fresh, whole foods as much as possible. This includes lean protein, healthy fats, vegetables, fruit and whole grains. Limit alcohol, sugar, processed food and refined carbohydrates.

Consider counselling.

Counselling is a great place to talk about your feelings. A counsellor can give you tips for managing stress and different situations in your life.



MEN'S HEALTH WEEK

MEN'S HEALTH FORUM

The CAN DO Challenge...

#ConnectMonday
 #ActiveTuesday
 #NoticeWednesday
 #DiscoverThursday
 #OfferFriday

Try a different way to wellbeing each day of the week.
Better mental health? We CAN DO it.



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Father's Day Celebrations!

Friday 14th 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)

Booking is essential as spaces are limited!

'Be Proud Of Who You Are' Week!

17th – 21st June 2024

Now in its fifth year; this is a chance for us all to celebrate the diversity within our nursery, to teach our children the importance of acceptance of others and to celebrate the things that make us, and our families, unique and special.

Our week will focus on feeling proud of who we are, celebrating differences and similarities with each other and feeling confident about ourselves. These are all messages that we share regularly at nursery through our values, but we are bringing them together (with some rainbows along the way!) to celebrate the occasion.

Monday

We are proud of our friends – We will take part in collaborative rainbow artwork with friends.

Tuesday

We are proud of our community – We will show our community we care, through acts of kindness.

Wednesday

We are proud of ourselves – We will come dressed in our most colourful clothes and take part in a Pride parade!

Thursday

We are proud of our families – We will talk about what makes our family special. Feel free to bring in something to represent this.

Friday

We are proud of our culture – We will enjoy snacks from around the world. We welcome ideas from parents of what to serve.



Can you do something wild every day for 30 Days?

Join us for **#30DaysWild in June**

 **#30DaysWild**

[Sign up now!](#)

Each June the Wildlife Trust encourages us to do something 'wild' every day and to connect with nature. Attached to this newsletter are ideas for you to try at home so you and your child can take part in #30dayswild.

Send us some pictures via ParentZone of what you get up to!



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Our May Learning...



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