



Linking to our learning theme of Food, Glorious Food and following advice from Public Health England and Warwickshire County Council, here are the top three interventions for preventing tooth decay.




Invoices


Please note that your invoice this month covers the period 26th January to 28th February.


Please also remember that invoices should be settled no later than the 10th of the month.

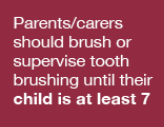
Please see Mariana or Pamela as soon as possible if you are having difficulty settling your account.

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 

Home Learning Ideas

Here are some ideas you could try with your child this month, linked to our learning theme...

Try some new foods – something you have never eaten before!

Go to a café or restaurant. Look at a menu and see if you can use your manners when ordering.

Collect some tinned food. Hold them and talk about which is light or heavy, big or small.

Try using a spoon, knife and fork or even chopsticks to eat. Is it easy?

Do a cooking activity! What can you make?

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



Please remember that fees are paid in advance and should be received by us no later than the 10th of each month.

Sort Code: 20-73-48
Account Number: 80076252

Yours faithfully

Mariana Dixon (Proprietor)

We kindly request that parents do not park in the spaces allocated to the flats across the road from nursery.



The Claremont Children's Centre - We are very lucky that our friends at The Claremont Centre will be visiting us once a week for the next few weeks to deliver some Sensory Play Sessions to our two-year olds. They will have the opportunity to use all their senses when investigating new textures as well as learning some new rhymes and songs.

Toys at Nursery

We kindly request that children do not bring toys from home into nursery. In some cases, toys are getting lost or damaged and in some other cases, the toys are too large for us to store. If you need to bring something to help your child come into nursery then that is fine, we just ask that you please take it away as you leave.



Spare Clothes

Please ensure your child always has a bag of spare clothes at nursery. Children sometimes need changing due to messy play or meals, not just from nappy or toilet changes. If you have borrowed clothes from us, please return them as soon as possible. We are running particularly low on Pre-School size trousers for boys and girls – aged 3 – 5 years. Any donations of clothes gratefully received.



Dates for your diary...

Singalong / Story time:
Wednesday 7th February
11.30am & 3.30pm

Half Term
No funded sessions this week. If you wish for your child to be in nursery, standard charges will apply.

Nursery Expansion - We are delighted that the work to our expansion has started ahead of schedule. Builders and electricians have started work on transforming the empty space and as the work progresses and develops we will be able to share more information with you. We also hope to take our Pre-School children to visit the site at a suitable point. Watch this space!

