

# Tina's Tots Baby Room Leaflet



***Welcome to Baby Room, this leaflet contains some of the information you may need to know about the baby room when first starting here with us.***

## Staff

In this room we highly have knowledge and motivated staff to ensure your baby is cared for in a nurturing happy environment. All our staff are first aid and safeguarding trained.

Alexandra Wood – Head of Baby Room, Level 3

Linzi Hunter – Assistant Room Leader, Level 2

Lauren Brown- Apprentice, Level 2

Ava Brown – Apprentice, Level 2

Chloe Dennison – Nursery Practitioner, Level 2

Abbie Hart – Apprentice Level 2



## Routine

In the baby room we have a full daily routine, this ensures we have stability for the children and keeps them stimulated throughout the day. Our routine is as follows:

**7:30-8:30** – Breakfast time, breakfast is served no later than 8:30. We serve a variety of cereals.

**8:30-9:00** – Nappy changing time. Nappies are changed if soiled or very wet throughout the day as well as set times.

**9:15-9:30** – Circle time, the children sit down together to sing a welcome song, getting to know their peers and reading their favourite books.

**9:30- 10** – Morning activity number 1. This is a planned activity based on the learning needs of the group.

**10:00-10:15** – Morning Snack. Children are provided with a healthy snack, this could be fruit, crackers, rice cakes, raisins, yoghurt etc. Children over 1 are also offered a cup of

cow's milk. Water is available to children throughout the day – they have their own cup with their name and image label for easy identification.

**10:30 -10:45** – Morning activity number 2. Again, a planned adult lead activity which promotes learning across the curriculum.

**10:45-11:45** – Outdoor play and free flow activities are set up for the children to begin to gain independence and build in self-confidence

**11:30- 12:00-** Nappy changing time. Children will come in individually with a member of staff while playing outside

for nappy change.

**11:50-12** – Hand washing time, children sit round the table, get on their bibs, wash their and identify their cups ready for lunch time. Sing songs or read before dinner



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**12-12:30** – Lunch time. All meals are cooked on-site by our cook. Meals are healthy, varied and promote a balanced diet. We only provide alternatives to the menu for allergy sufferers and do not allow food to be brought in from home.

**12:30** – Nap time. All children go down on soft mats for sleep. Each child has their own bed bag with their own bedding in. We allow children to sleep for as long as they wish (usually 45mins – 2 hours).

**2:00-2:30** – Wake up and nappy time. After coming around from their sleep children are changed so they have nice clean nappies for the afternoon.

**2:30- 2:45** – Afternoon snack. Children eat a healthy proportion of either, toast, cracker, apple, cucumber, carrot or breadstick e.t.c This gets them energised for the next set of activities and fun!

**2:45-3:15** – Afternoon activity number 1. Another adult lead activity which has been planned around the learning needs and the interests of the children.

**3:00-3:30** – Outdoor play and free flow independent go to activities.

**3:30** – Afternoon nappy change. All children are checked but if dry they will not have their nappy changed.

**3:30-4:00** – Afternoon activity number 2. The final adult lead activity of the day. Each member of staff within the room plans their own set of activities to be delivered within the week. Activities are based around a daily theme to help develop a more in depth understanding around the concept.



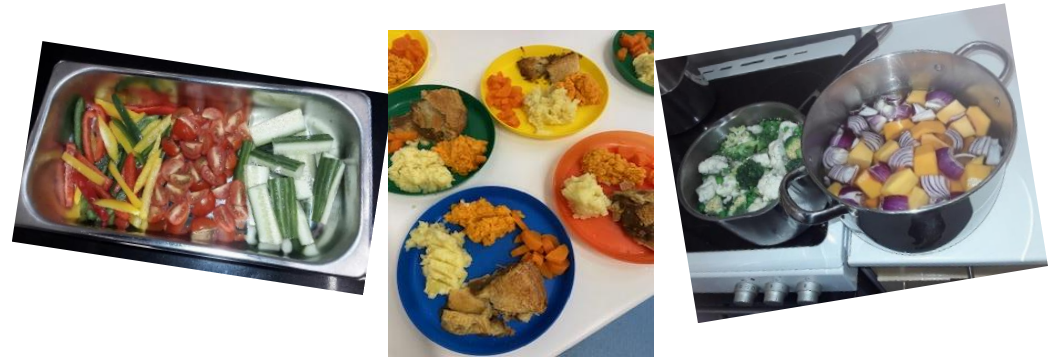
**4:00-4:30** – Dinner time. Both lunch and dinner consist of a hot cooked meal and a pudding. Parents can opt out of puddings, but alternatives will not be provided. Children are encouraged to eat most of the main meal before being allowed their pudding.

**4:30-5:30** – Circle time and free flow. Children prepare to go home after a very busy day.



## Meals

All meals are home cooked on site by our cook Julie, using locally sourced fresh produce. We change and update our menu regularly to incorporate meals from around the world. Meals are healthy and balanced with plenty of vegetables within each meal, so your child has the vitamins and nutrients they require. Meals include Beef/Chicken pies, Curry, Lasagne, Chilli con carne, Korma, Sweet and sour noodles, Cottage/Shepard's pies, Cheese and ham muffins, Stew, Casseroles, Soup etc. We promote independence by encouraging children to feed themselves and select certain elements of their meal.



## What to pack in your child's bag?

We ask you to pack only essentials in your child's bag for nursery, these things include:

- Nappies, wipes, and cream if needed
- A few changes of spare clothes (we like to be messy)
- Slippers
- Hats
- Appropriate outdoor clothing e.g., all in one wet suits, hats, wellies, sun cream, sun hats.
- Sun cream if needed.

We ask parents not to bring water bottles etc, we provide these at nursery. Can we please ask that you label and name all your child's belongings?

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## Settling in and what to expect in the first week

We provide settling in sessions which build up within the week or fortnight prior to your start date. We start with an hour on their first session and build it up based on your child's needs.

Depending on how well they have settled you may experience that within your first week or so your child may not want to eat or sleep much with us, but please do not panic. Your child is just settling and adjusting to nursery life, once they have become more familiar with the setting, the routine, and the staff this will improve.



Within your first week or two you will receive little messages with images via Tapestry. Once we have got to know your little one and where they are on their learning path, we will begin to send observations to you via Tapestry which will include links to the EYFS outcomes and of course those lovely images we parents love to see.

Please expect your child to come home a little messy after a day at nursery as we love to explore and investigate. Using our senses to understand is very much part of the baby room way so our clothes don't always stay very clean!

We provide daily slips at the end of each day for parents to take home, this has all information about their day; what they have eaten, how much sleep they've had and what their nappies have been. Any important information will also be written on the back. Parent communication books are currently being set up to allow for further communication and tasks to be set to help you support your children with their learning.

## Nursery hours:

Our sessions are as follows, but you can drop off and pick up anytime within your session times.

- Full day - 07:30 - 18:00
- Morning session - 07:30 - 12:30
- Afternoon session – 13:00 – 18:00

Please note that we close at 6pm, so we ask all parents to make sure they are here in plenty of time before 6pm so that we can provide feedback on their day.

## COVID information

We have a strict COVID risk assessment in place which will be emailed to you each time it is updated. We take COVID very seriously, so we ask all parents to make themselves aware of the procedures and expectations we have in place here at Tina's Tots by reading this document when provided.

## When not to send your child to nursery

Please do not send your child to nursery with the following:

- Head lice
- High or Low temperature
- Cough (Continuous – 3 or more episodes within a 24h period)
- Sickness or diarrhoea
- COVID symptoms
- Someone in the household has tested positive for COVID
- Any type of contagious illness, infection or disease
- Or if you know your child is unwell and needs 1:1 attention

**Brace yourselves for a very tired little one at the end of each day!** 😊

**We look forward to meeting you and your little one soon!**