

The Adventurers Room

Welcome to the Adventurers room, in here we follow the 'Hygge' approach where we welcome you into a homely and cosy environment. We believe in living in the moment and feeling the joy and excitement in everyday routines and activities. We also recognise the importance of a child-led approach where key workers work closely with your little ones to give them the freedom to explore, discover and be independent, whilst still being there to offer sensitive guidance and support. Through this we see your little ones grow, flourish and become independent learners.



Settling your little one into the Adventurers room...

Your journey with us starts with the settling in process, where we have a play session and chat about your little one to get to know their individual routines and needs. Then we have short settling sessions, building up longer each time as they experience more routines and get to know us a little better. A great thing you can do is bring along your little one's comforters or any of their favourite toys to help them feel at home. When your little one is settled and attending Nursery, he/she will have an 'all about me' book where you can fill in what you get up to at home, your little one can look at this when at nursery to share all these exciting times with us. Alongside this, we also have a family board where we have family photographs in which they can explore, they extremely like looking at the pets. At the end of the day, you will get a handover about what your child has been exploring that day and a daily diary sheet with information about what they have eaten, when they have slept and their nappy changes. Every term we have a parents evening chat and look at their learning journey folder together.

Our key person system ...

In the Adventurers room your child will create a special bond with their key person, who will care and play with your child day to day and communicate with you throughout your time with us. We strive to be good role models by being calm, happy and engaging. You will always find us on the floor down at their level as this helps the little ones to feel relaxed, secure and shows that we are ready to play. We are on hand to guide your little ones through their emotions by being attentive to their needs and giving support and encouragement where needed. We have a cosy chair to cuddle up on or even be rocked to sleep. We always want your child to feel like they are at home with us, once a bond has been made this helps the children to feel happy, safe and loved.

Helen works Monday-Tuesday then Thursday-Friday
Maria works Tuesday, Wednesday & Thursday
Jodie works Monday & Wednesday
Milly works Monday, Wednesday, Thursday & Friday





Experiences in the Adventurers room ...

In our room, your little one will become the leaders of their play. We follow this approach from one of the famous pioneers in education 'Friedrich Froebel' where he believed that it is important for adults not to lead activities but instead support children to carry out their play by observing and listening to them, and making resources available and by encouraging children to have a go. We love to provide open ended sensory/messy play as young children learn through their senses. This allows them to explore using their whole bodies and provides them with resources to not only engage but to soothe as well.

We have a lovely decked area outside for the little ones to experience all weathers, where we promote physical activities, such as walking, climbing and other ways of using their bodies to move around.

At quieter times we have stories and music and rhyme time, this is a valuable time for building relationships with adults and other children, and a great opportunity for choice and turn taking too.

One area of our room is devoted to role-play, where your little one can use their imagination to dress up and act out every day experiences such as pretending to cook, make tea or going shopping. Through this there will be endless time to develop their communication & language skills and start to learn boundaries and routines.

We also have lots of opportunities for your little one to make their own choices such as role-playing, snack times and music time. This will ensure they feel their voice is being heard and that we respect them and value them as a person. This approach has been taken from 'Te Whariki' approach where the framework states that children will be empowered to learn and grow in a holistic way and how their holistic learning is interwoven across all of their experiences. It also recognises the importance of family and community, because children learn through positive relationships with people, places and things.

Outside experiences in the Adventurers room...

At Little Squirrels we love being outside in all weathers on our decking and going on walks to the farm and into Shrawley woods. These experiences have many benefits for the children such as physical development, sensory experiences and exploring weather changes. Being outdoors also helps with sleep, reduces stress levels and allows to children to meet new animals. We love to explore the seasons and nature first hand and always discover new bugs/plants. We understand that children need space and light in order to learn effectively and that children develop their understanding of the world through direct experiences. Playing and making discoveries outdoors allows children to learn through their senses whilst experiencing new colours, smells and shapes.



Schemas...

Our Adventurers team keep a close eye on your little one's interests, daily needs and development. Through observations we identify your child's interests which allow us to provide resources and activities to enhance their learning. Children learn through schematic play; schemas are repeated patterns of behaviours demonstrated by children that are seen as they develop and is how they explore the world and find out how things work. Understanding schemas can help us understand why children sometimes act in particular ways.

The most common schema's that we see in this age group are:

- **Transporting;** where we would see the children moving resources from one place to another and using push along aids to transport objects.
- **Positioning;** where children would be positioning or lining up loose parts, building with blocks to make their own arrangement or tower.
- **Rotation;** where children take a keen interest in resources that spin or go around such as the busy board in our little room, the children like to move the gears around, outside we have reels they like to push and big diggers and trucks which they spin the wheels around and around.
- **Enclosing;** where we have resources such as blankets and pots with lids, we would see the children popping the lids on the pots and wrapping objects up with blankets or putting the teddies to bed for an example.
- **Trajectory;** where children like to throw objects such as bean bags or watch objects fall, such as bubbles and feathers/leaves.
- **Enveloping;** is where we would see the littles ones exploring the dress up and popping the things in the baskets and bags.

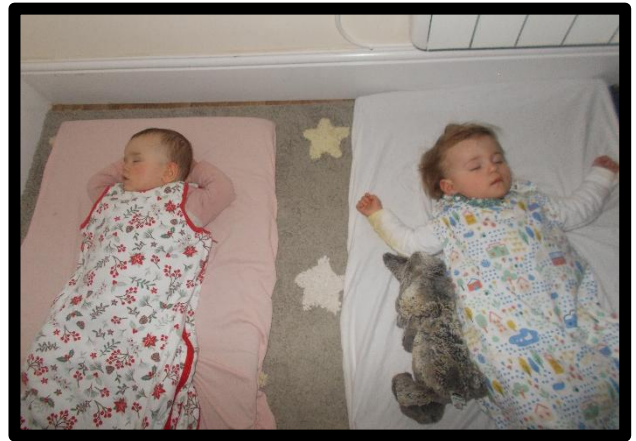
Independent learners...

We always encourage the little ones to be independent, which helps their confidence by allowing the children to try and have a go. We will sometimes sit back and watch how they deal with certain situations but will always be close by to help and support them when needed. We allow them time to think and make their own decisions such as giving them choice at snack time and other experiences throughout the day. We have a range of open-ended resources that are freely available to enable independent and active learning where our team work alongside your little ones whilst they play, observing, supporting and extending the learning. Our approach to learning encourages children to become problem solvers, decision-makers and to be independent. The adults in here are always encouraging the children to build on their confidence and independence as we feel this is important for them to learn how to regulate their behaviour and emotions.



Sleeping in the Adventurers room...

We are very lucky in the Adventurers room to have a separate room to allow for quiet time when your little ones are sleeping. We always follow the same routine that you would be doing at home and will help soothe your little one to sleep. In our sleep room we have fairy lights, cushions and relaxing music to create a soothing and calming sleep environment. We believe that having mats on the floor for nap time allows the children to have their own choice when and how they want to go to sleep. There are no risks to sleeping on the floor. This also encourages decision making, independence, and self-selecting. We ask you to provide a bed sheet and a sleep sack for your little one to sleep with on their mat, this will help your little one settle as they will be familiar to them. We also ask to bring in any comforters that your little one usually has to go to sleep.



Feeding routines...

In the Adventurers room we follow the same routines as you would do at home to keep things familiar for your little ones. We will find all this information out with you when we go through your little ones 'All about me' at your first settling in session.

If your little one has milk during their day at nursery, then we will follow the child's routine and keep it familiar to what they would have at home, whether they like it warm or cold, in a bottle or cup, being held or lay down. All we ask is that you provide sterilised bottles and formula powder or breast milk whichever your little one usually has. If they already have transitioned to cow's milk, we have plenty at nursery so we can supply that free of charge. We have a warm snack at 10am which is usually a toasted breakfast item and a choice of fruit with a cup of milk. Lunch is between 11:30am and 12pm, then another light snack at 2pm and then we finish the day with a high tea snack at 4pm, which is sometimes wraps, breadsticks or sandwiches. We promote healthy eating by encouraging the little ones to try the fruit or vegetables offered to them. Mealtimes may vary depending on your little one's individual needs or sleep routine.

We provide a hot meal at lunchtime; a menu will be given to you when your little one starts. As said previously, we will find out what your little one likes to eat, how they eat and how they were weaned so we can make mealtimes as similar for them as if they were at home. If you are still in the weaning process we can always blend, mash or cut up the lunches depending on individual needs. Mealtimes are an important time of the day and we aim to make them as sociable, relaxed and unrushed as possible. We have tables and chairs which are low level to allow your little ones to be independent, such as choosing their own seat. We have little fold out chairs instead of high chairs which a tray attaches onto, these are also low level to allow everyone to sit together. We try to encourage them to try new foods although we know like adults, children have preferences to what they like and dislike. We are always on hand to help with feeding if/when needed but we like to encourage independence by offering your little one a spoon or fork to help until they are confident enough to feed themselves.





Transitioning into the Explorers room...

We are very lucky that we are a small setting here at Little Squirrels and the children all get to know each team member because of this. We enjoy being out in the garden and going on walk together which is a lovely way for everyone to build relationships across the Nursery.

When your little one is around two, we will start transitioning them into the next room. Just the same as they settled into our room, you will have a chat with their new key worker and go through their 'All about me' for the Explorers room as their routines will have changed. Your little one will also have settling in sessions in the Explorer room with their current and new key worker present, this them to feel at ease and keeps the transition process as smooth as possible. This will be gradual, we start with a short play in the next room, explore the resources and start to make new friends. Then we try different routines of the day such as snack and lunch time, then if your little one still has a nap, they can try that in there too.

Once a bond has been made with their new key worker the time will come for your little one to move into the Explorers room full time, although it is sad to see them move up we know they are ready for the next step in their learning journey.

