

Out of the Pot!

The Paint Pots Nursery Newsletter Summer 2023

Summer is here and what a joy it will soon be to see the sun, to get the paddling pools out and to spend much of the day outside with our hats, suncream and t-shirts. For those families who manage some sort of break over the summer, we wish you continued good weather, rest and fun. This is a time of year when we have mixed emotions. We are happy and proud at our leavers ceremonies to see our 4 year olds ready to move on to the next exciting step in their development but sad at the same time that they will be leaving us for school and we won't be enjoying their company each week.

It is a privilege for us to share in your children's lives, to watch them grow and develop and to celebrate their achievements with you. That's why we do what we do every day.

Potty Training Tips

All children learn at a different pace. It is important to give them plenty of time to develop potty training skills. Research shows it is better for your bladder and bowel health to stop using nappies between 18 and 30 months. Make sure it is a good time for you and your child, it's best to avoid times when there are changes to your family routine. There are things you can do to prepare your child for potty training, before getting rid of nappies all together-

- Get them used to sitting on a potty.
- Involve them in the process of flushing the toilet and washing their hands.
- Share books and pictures about potty and toilet training
- Leave their nappy off for around 30 mins after they have had a wee or a poo, this allows them to get used to not wearing the nappy, without having an accident.
- Check that your child is passing some soft poo each day and that they aren't constipated. If you think your child may be constipated, this needs to be sorted before you stop using nappies.

When you are ready to stop using nappies

- Talk to your child about stopping using nappies and explain that they need to do all their wee and poo in a potty or toilet.
- Try to avoid changing between pants and nappies as this can be confusing for your child.
- Check that your child is drinking enough, it is best for them to have around 6-8 drinks per day.
- Dress your child in clothing that is easy for them to get on and off when needing to use the potty.
- If you have a boy, encourage them to sit down for both wee and poo initially, they can empty their bowel and bladder better sitting down so it helps prevent constipation.



When your child might need to use the potty

- They may show signs that they need to use the potty, such as fidgeting, going quiet, hiding or they may crouch down and start straining (for a poo).
- They may communicate their need to use the potty, either using words or signs.
- There are no fixed times of how often to encourage your child to use a potty, good times to try are when they first wake up, after mealtimes and anytime they show signs they may need to use the potty.

Rewards such as sweets or sticker charts may help your child initially, but they can stop working quickly. For most children, encouraging and supporting them to be as independent as possible is the best way to motivate them. For more information and advice on potty training please ERIC- the children's bowel and bladder charity:

www.eric.org.uk

Supporting Children's Emotional Well-Being

Supporting children's emotional well-being is central to caring for and educating young children and babies, but has been particularly important following the disruption to children's lives in the wake of the Coronavirus pandemic. It is vital that children's emotional needs are realistically met from an early age by sensitive, knowledgeable, caring adults so they can learn to self-regulate and develop emotional resilience to help them cope with everyday life in the future.

Having strong, warm and supportive relationships with adults helps children to learn how to understand their own feelings and of others around them.

Parent Relationships

Positive relationships with parents also helps us to discover what a child is trying to communicate using their behaviour. By building a secure relationship between the child, family and their key worker is a 'triangle of trust.' This can be achieved by sharing information about a child's likes and dislikes, intimate care preferences and how they might feel about being away from home, changes happening in their young lives or events at home that are affecting their emotional wellbeing or behaviour. Observing children is crucial in noting patterns or changes of behaviour to address any concerns as early as possible.

As part of our role we must be aware of the impact that any adverse experiences can have on a "child's mental health, behaviour and education."



A People Place by William J. Crocker

If this is not the place where my tears are understood, then where do I go to cry?

If this is not a place where my spirits can take wing, where do I go to fly?

If this is not a place where my questions can be asked, where do I go to seek?

If this is not a place where my feelings can be heard, where do I go to speak?

If this is not a place where you'll accept me as I am, where can I go to be?

If this is not a place where I can try to learn to grow, where can I just be me?

Nursery Updates

As always, it has been a busy 6 months, we have welcomed many new families in all 12 of our nurseries and preschools, helping to care, teach and support our new children with all of their individual needs.

We have had a couple of Ofsted inspections at our Harefield and Shirley settings with well deserved Outstanding and Good grades. Their reports can be viewed on our website.

We have updated our website in the past few months and will continue to update the information page with new blogs, advice and guidance on relevant items that we hope you will find useful, please visit it and let us know what you think and any information you would like us to add.

Don't forget to join our Facebook and Instagram page as we share lots of content of all the lovely activities we do with the children.

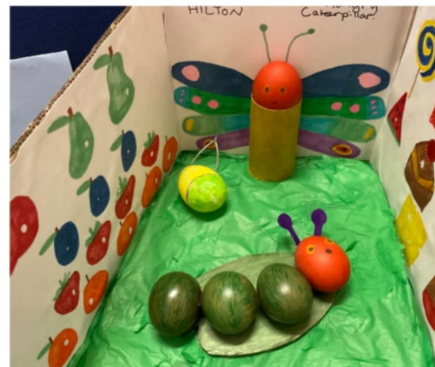
Some of our staff have been celebrating some new arrivals. Mel, our manager at Waterloo Road gave birth to Louie, Joe, our business manager welcomed Elijah and Francesca, our social media manager had baby Vincenzo last month.

We have welcomed some lovely new committed staff members and we have also had promotions from within the group too. Feel free to introduce yourself to any new staff and they will be happy to talk to you.

We have staff that have received a Cancer diagnosis. We continue to wish them a speedy recovery and send them all our love. Some of our staff are running the Race for Life in July. Any donations for would be greatly received:

<https://fundraise.cancerresearchuk.org/team/pp1-dream-team>





Biting

As children learn to navigate their world, they may sometimes resort to biting as a means of communication. It's essential for us as caregivers to address this behaviour and guide our little ones towards more appropriate ways of expressing themselves.

Biting is a common behaviour among young children, especially those between the ages of one and three. While it can be frustrating and alarming, it's crucial to remember that biting is often a result of several developmental factors, including:

1. **Exploration:** Young children explore their environment using their mouths. Biting may be a way for them to understand the world around them.
2. **Communication:** Toddlers are still learning how to communicate effectively. When they feel frustrated, overwhelmed, or unable to express their needs verbally, they may resort to biting as a way of getting attention or expressing their emotions.
3. **Teething:** Teething can be a painful process for children, and biting may provide temporary relief from their discomfort.

Here are five top tips which will help to reduce biting:

1. **Stay calm:** Reacting with anger or frustration can reinforce the behaviour. Stay composed to show biting is not acceptable.
2. **Offer alternatives:** Teach children words or gestures to express themselves. Encourage verbal communication or simple signs for basic needs.
3. **Teach empathy:** Help children understand the impact of biting by explaining how it hurts others. Foster empathy by asking them to imagine how it feels to be bitten.
4. **Set boundaries:** Establish clear rules about biting and consistently enforce them. Children thrive on consistency.
5. **Positive reinforcement:** Praise children when they use appropriate communication methods, even in challenging situations.

With patience and consistent guidance, we can find children healthier ways to express themselves.



Dates For Your Diary

**4th July 2023- Annual Training Day
all nurseries closed.**

21st July 2023- Last day of term

**28th August 2023- Bank Holiday
Monday**

**4th September 2023- First day of
term**