



# ALVASTON

FEBRUARY  
2018

*The White House Nursery - Quality Childcare For Over 30 Years!*

## Using dummies - what you should know...

Talk to your health visitor for advice about using a dummy if your baby is under 12 months old.

Speech and language therapists recommend that children over 12 months do not use a dummy or bottle. If your child uses a dummy a lot, it may affect speech and language development by...

- Preventing babbling, an important step in learning to talk
- Restricting tongue movements which may delay the start of talking for your child
- Changing the pattern of tongue movements, making speech sounds unclear
- Causing a gap between the upper and lower front teeth which may lead to a lisp
- Dummies may also make it more difficult for your child to swallow, so they become more 'dribbly'
- Causing social withdrawal - with a dummy in the mouth it becomes harder to express a need for attention. This in turn can mean that a child is talked to and interacted with much less

### Getting rid of the dummy -

- Choose the right time for your child to give up their dummy, not when you are under pressure.
- Make a clean break - throw away the dummy over a weekend, or at a time when you have support. Most babies and toddlers will fret for no more than two or three days.
- Once you have decided to give the dummy up, don't be tempted to give it back, and make sure there are none left around.

### Ideas that parents have tried -

- Giving the dummy to Santa or the Tooth Fairy
- Getting your child to throw the dummy in the bin
- Swap the dummy for a gift/cuddly toy/new toothbrush

### Remember -

Never dip your baby's dummy in anything sweet. This can cause tooth decay.

Don't allow your child to talk with a dummy in their mouth, it stops tongue and lip movement.

Whilst your child is using a dummy, use it as little as possible and try other means of comforting such as cuddling or reading to your child at bed time.



The average adult speaker knows 30,000 words

From birth to 3 years is a very important time for children's speech development

# Welcome



**Michelle**  
Nursery Manager

Hi everyone and welcome to the new and improved White House Nursery Alvaston newsletter!

In this newsletter you will find lots of information regarding all aspects of nursery life, from the every day reminders and updates right through to exciting changes and big announcements.

Be sure to look out for any important dates for your diary, that way you'll always be in the loop!

## Parent Notices & Reminders

Thank you to all staff who have been attending in house training and development sessions with Julie, our own Training and Development Manager.

Can we remind parents to please refrain from adding members of staff as friends on Facebook. This is in the interest of safe guarding both staff and children.

If you have any unwanted/unused handbags, purses and hats lying around at home - we'd love if you could donate them for us to use in our baby room dressing up area.

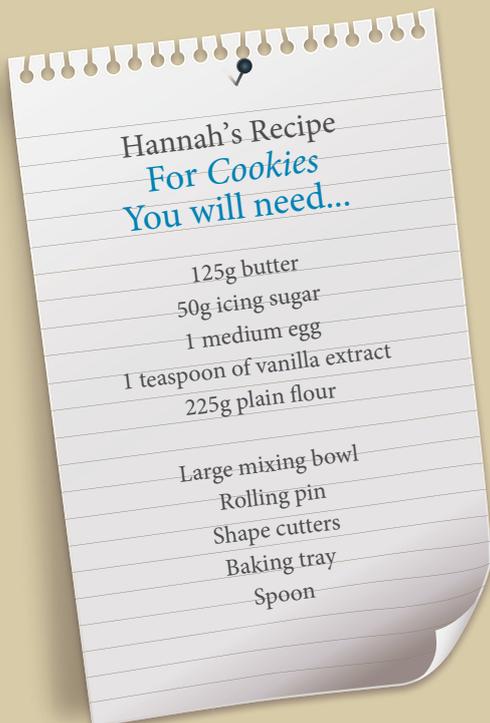
## Policy of The Month - Infection Control

Can we please ask that parents ensure they are familiar with our Infection Control policy. Children must be kept off nursery following illness in order to prevent the spread of illness throughout the nursery. If you do not have a copy of this, please enquire at the office if needed.

## We Value Your Feedback!

What made you choose the White House Nursery to care for your child? How would you describe the nursery in three words? What aspects about our staff do you value the most?

We are looking for willing parents to take part in our video testimonials, which will be shared on our website and social media channels! So if you would like to share your 'White House Experience' with us, please email [marketing@whitehousenurseries.com](mailto:marketing@whitehousenurseries.com) so that we can arrange a time and date that is suitable.



- 01 Grease or line 2 baking trays. Place the butter into a large bowl and mix until smooth, then sieve the icing sugar in and mix again.
- 02 Add the egg and vanilla extract and beat well.
- 03 Add the flour to the mix and stir until it starts to form dough. Then use your hands to mix and squeeze it into a ball. Heat the oven to 180°C or 350 °F or gas mark 4.
- 04 Roll out the dough onto a floured surface until just thinner than an adult's little finger. Cut out different shapes using your favourite cutters then place onto a baking tray.
- 05 Bake in the oven for 10-12 minutes or until golden brown on top. Then leave to cool on a wire rack before eating...

# Enjoy!



## Work For Us

The White House nursery are always looking professional and qualified childcare staff to join our vibrant teams within our baby, toddler and preschool units across our 5 settings.

For more information go to  
[www.whitehousenursery.co.uk/recruitment](http://www.whitehousenursery.co.uk/recruitment)

# Promote A Parent

## Laura Steer - Neal's Yard Remedies

Laura Steer, a parent at our Alfreton nursery is an independent consultant for Neal's Yard Remedies Organic (NYR Organic), a brilliant company offering natural and organic health and beauty products.

Neal's Yard Remedies are an ethical British company founded in 1981 and provide health and beauty products made with maximum organic, natural and wild ingredients to help you look and feel good inside and out. All products are free from harmful chemicals and never tested on animals.

Their range includes something for everyone with award-winning products in:

- Skincare - a range of facial products for every skin type
- Bath and Body care - Bath Oils, Shower Gels, Moisturisers, Hand and Foot Care, Hair care
- Mother and Baby - including products for pre and post birth, as well as for your little one
- Aromatherapy - essential oils, diffusers, home fragrance
- Wellbeing - supplements, herbal teas and sleep solutions
- For Him - shaving products, moisturiser, fragrance, supplements

There are also a great range of gifts available (look out for seasonal gifts!) including gift cards.

Visit Laura's Facebook page for the latest offers and more on award-winning products - [@laurasteer.nyro](#)

If you would like to feature in 'Promote A Parent' please email [marketing@whitehousenurseries.com](mailto:marketing@whitehousenurseries.com)



As an independent representative, Laura can also offer advice on the products, as well as home visits to test and experiment with the products. This could even be done as part of a coffee morning or casual evening workshop.



## Dates For Your Diary

February Half Term - Children break up on Friday 16th February and return to nursery on Monday 26th February.

If you will be needing childcare during the school holidays, our Kids Club offers a variety of sessions to meet your needs, and they have lots of exciting activities planned to keep everyone busy! For more information you can visit the website [www.thewhitehousenursery.co.uk/holiday-club](http://www.thewhitehousenursery.co.uk/holiday-club) or call the office on 01332 820 404.

### COME AND TAKE A LOOK AT OUR NEW STORY SACKS...



Improves School Readiness

Improves Memory

Expands Vocabulary

Improves Concentration

Reading with your child is a great way to improve school readiness amongst lots of other benefits.

Sacks include resources to support reading with your child such as props, games and information books - these help to make reading more fun and interactive.

Please feel free to come and browse our story sacks located in reception - just let the office know if you'd like to borrow one.



**Happy Reading!**

## Story Sacks

In reception we have our story sack library, which is open for all children and families to use. Choose your favourite story, take home the sack and see what's inside!

As well as having lots of educational and developmental benefits for children, our story sacks are a lovely activity to do at home with your children.

Please feel free to help yourself to a story sack, just return it to the library with all the pieces when you're done!

*You can find magic wherever you look. Sit back and relax, all you need is a book.*

- Dr. Seuss

**BOOKS** aren't just made of **WORDS...** they're also filled with **PLACES** to visit and **PEOPLE** to meet.



We hope you all had a lovely Christmas and New Year!

Want your child to appear in these photos?

Make sure you have filled in the Capture The Moment permission slips

## Congratulations to our Level 3 Award Practitioners

Another 9 Early Years Practitioners recently completed the Level 3 Award in 'Supporting Children and Young People's Speech, Language and Communication'.

Well done to our very own Kim C and Kirsty Walker. We really appreciate their hard work and commitment to learning more about how they can support children with SLCN.



**Congratulations!**

**1 in 10  
children**

have SLCN that needs  
long - term support

**2.5 million  
people**

in the UK have  
speech, language or  
communication needs  
(SLCN)

*"Children are constantly watching, listening and imitating significant adults in their lives. For this is the way they learn"*

## Toddler & Baby Units - Please send us your family photos

Please send in your photos for our family display boards. We use these photos to encourage discussions with your child about special people, and can also be used to help comfort your child if needed. You can send in photos of family, friends or pets you child would recognize to display within your child's unit. These can be emailed to [alvaston@whitehousenurseries.com](mailto:alvaston@whitehousenurseries.com) or we can photocopy hard copies at the office.



To find more photos from around the nursery please go to our website on  
[www.thewhitehousenurseries.co.uk/gallery](http://www.thewhitehousenurseries.co.uk/gallery)



## Staff Changes

Gemma who currently works in our baby unit is sadly leaving us. We will inform you as soon as we can as to who will be replacing her.

Jayne S from the preschool room is also leaving us, we wish her the best of luck in the future.

And we welcome Becky and Rachel to the team!

## Useful Contacts



MICHELLE TAYLOR  
Nursery Manager  
[michelle@whitehousenurseries.com](mailto:michelle@whitehousenurseries.com)

KIRSTY DOYLE  
Deputy Manager  
[kirsty@whitehousenurseries.com](mailto:kirsty@whitehousenurseries.com)

ALVASTON NURSERY  
01332 755 533  
[alvaston@whitehousenurseries.com](mailto:alvaston@whitehousenurseries.com)

**If you have updated any of your contact details, please ensure you have passed this onto nursery so that we can reach you in the event of an emergency.**

*When young children are consistently engaged by music in an age appropriate, socially accepting environment, they benefit at many levels including social-emotional, physical, creative, quantitative and early literacy. And of course, they develop a lifelong love of music.*



## Teaching and Learning in Nursery

We are very lucky at the White House Nursery to have our very own 'music man' as part of our team. Charlie works with the children and staff at all of our settings and has proved a huge hit across all age groups. The younger children love to sit and watch Charlie play his guitar, hear him sing along and join in with their favourite songs. The older children at our Kids Club have also been involved in writing songs with Charlie!

## Do you know what skills your child should be working towards?

The Early Years Foundation Stage Framework (EYFS) sets out the learning and development stages for children as they grow from birth to five years, and this is what we work from within nursery. You can find a complete guide on "What to expect, when?" by going to the website below.

[www.foundationyears.org.uk/files/2015/09/4Children\\_ParentsGuide\\_Sept\\_2015v4WEB1.pdf](http://www.foundationyears.org.uk/files/2015/09/4Children_ParentsGuide_Sept_2015v4WEB1.pdf)

*"This booklet is fantastic and will really help me know how well my child is developing and learning."*

*"I have spent ages on Google trying to find out if Katie is where she should be – this is great!"*

Supported by



Department for Education

# happy mother's day!

Stay & Play with us!

## Babies

Monday 12th March  
9.30am - 11.00am

Stay & Play for mothers and/or any other significant female relatives

## Toddlers

Friday 9th March  
9.30am - 11.30am

Stay & Play for Mothers day. Planting seeds, pot decorating and yummy scones for snack!

## Preschool

Friday 9th March  
2.30pm - 4.00pm

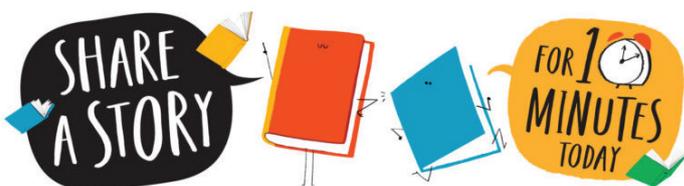
Stay & Play for mothers and/or any other significant female relatives. Afternoon tea included!

The more that you READ, the more things you will KNOW.  
The more that you LEARN, the more places you'll GO.  
- Dr Seuss

## World Book Day Thursday 1st March

World Book Day is a celebration! It's a celebration of authors, illustrators, books and (most importantly) it's a celebration of reading. In fact, it's the biggest celebration of its kind, designated by UNESCO as a worldwide celebration of books and reading, and marked in over 100 countries all over the world.

We welcome all children to come to nursery dressed as their favourite book character or any other dressing up in celebration of World Book Day!



## Pancake Day

Tuesday 13th February

All children will have the opportunity to make and taste pancakes with different flavors.

(Please ensure we have any updates dietary information for your child)

Play dough resources are provided in the home corner for children to role - play making pancakes.

The basic law of children's creativity is that its value lies not in its results, not in the product of the creation but in the process itself - Vygotsky

## Children can swallow, inhale, or choke on other items such as small toys, peanuts and marbles

- Choose toys appropriate to the age of the child
- Ensure that small objects are kept out of reach of children under three
- Looped cords on blinds and curtains should be avoided especially in children's bedrooms. Keep them tied up high and out of reach
- Small foods such as grapes, cherry tomatoes, blackberries and other soft fruits should be cut into quarters to prevent choking
- Keep button cell batteries out of reach of children, they can cause severe injuries if swallowed
- Don't forget plastic bags can also be very dangerous to small children.

For more home safety information visit [www.rospa.com/resources/hubs/](http://www.rospa.com/resources/hubs/)



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Birmingham  
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📞 +44 (0)121 248 2000 📧 [publichealth@rospa.com](mailto:publichealth@rospa.com)

The Royal Society for the Prevention of Accidents



accidents don't have to happen



# Babies can suffocate on nappy sacks



## Keeping your baby safe

Help and advice for parents and carers of young children

# Nappy sacks can kill

at least 16 babies in the UK have already died

Making some simple changes can make a big difference to your children's safety. Help us to prevent any more babies from needlessly dying.

Several changes of suffocation and choking:

✔ **Do:**

Always keep nappy sacks and other plastic bags and wrapping away from babies and young children.

✘ **Don't:**

Place nappy sacks in a baby's cot, pram or buggy.

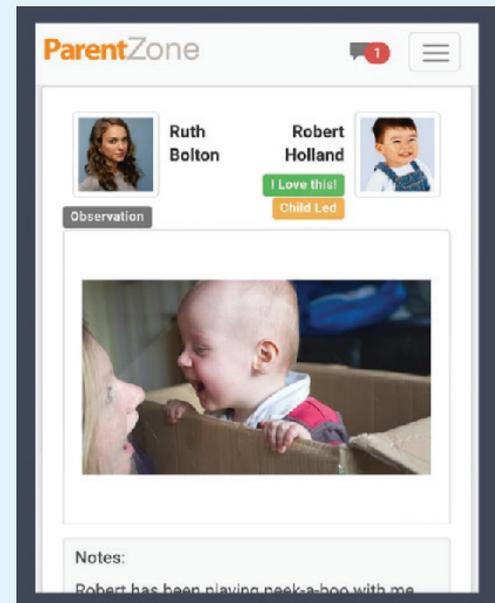
## Why do nappy sacks pose a suffocation hazard to babies?

- Young babies naturally grab anything and put it in their mouths, hands, feet or nose. After 12 weeks.
- Nappy sacks are tiny and are small enough to fit in their mouths.





*“Never Miss A Moment”  
With Parent Zone*



## Parent Zone - Coming Soon!

Within the next few weeks all parents will have access to the Parent Zone app, which we are now using in conjunction with our new data management system, Connect Childcare.

Through ParentZone, busy parents can log in and view their child’s daily activities and ‘wow moments’ when it is most convenient for them. Parents can contribute to their child’s learning journey, make notes for key workers and strengthen their bond with the staff and setting. Parent zone also allows you to change your contact details, view bills and request extra sessions at the click of a button.

At the moment, our practitioners are getting to grips with the system internally - so please keep a look out for further announcements about when ParentZone will be available for you, and how to register.

*“Learning is a process rather than a product, and the journey is the most valuable part of the experience” - Reggio Emilia*



## General Data Protection Regulation

As many of you might be aware, the General Data Protection Regulation was approved by the EU Parliament in 2016 and comes into effect on 25th May 2018.

Technology has moved on massively since the original data protection act was brought in (1998) - meaning there is now more and more personal data being processed through multiple sources, and we need more stringent regulations to protect our personal information.

Three of our management staff at The White House Nursery have recently attended a seminar, in order to find out exactly what GDPR means for us as a company and what we need to be aware of.

In preparation for GDPR coming into effect, The White House Nursery will be reviewing our data processes and tightening up a few things where necessary. This means that as parents, we may need to approach you in order to gain active consent from you, for us to use your/your child’s personal information to enable us to provide our service effectively.