

Newsletter

Welcome

We would like to welcome all the children back to Bright Stars we hope you have had a lovely summer; and a special welcome to all our new children and families.

Book of The Week

The book of the week is The Invisible String by Patrice Karst. The children have been discussing who is special to them and why. They have drawing pictures of who lives in their house and making family stick puppets.

Autumn Walks

If you go on any walks or outings with your child and see any conkers, pinecones, acorns or any other autumn related items please collect them and bring them into nursery; so we can discuss them with the children and make an autumn display.

Water Bottles

Please can we remind parents/carers to provide a water bottle for your child clearly labelled with their name. We are promoting healthy eating and dental hygiene so can we ask for **only water** to be provided in the children's drink bottles, thank you.

Parents Evening

Due to the current situation we will not be holding a parents evening next half term.

Instead we will be holding telephone consultations. Your child's key person will contact you at an arranged time to discuss your child's progress. We will inform you further about this next half term.

Half Term

We break up for half term on Friday 23rd October and return Tuesday 3rd

November 2020, as Monday 2nd November is an Inset Day.

Registering Your Child for School

If your child is turning 4 years old before the 31st August 2021, then you will need to apply for a school place. You can do this by applying online through Liverpool City Council – School Admissions. The closing date for submission is Friday 15th January 2021.

Toilet Training

Toilet training can be a challenging and frustrating time for families, we have attached a handout with some tips to support toilet training and we will support families that feel their child is ready.

Drop Off and Pick Up

Please can we ask that the children be dropped off at nursery before 8.45am so the nursery session can begin and children are not missing out on any vital learning.

Also now that all the children have started nursery please could we ask you to refrain from coming standing at the window when picking or dropping your child off at nursery. As some of the children are still settling in and this can be a little upsetting for them. Thank you for your co-operation.

Letters and Sounds

At Bright Stars we follow Letters and Sounds Phase One to help children to learn and understand basic phonics getting them ready for Reception. Phase One falls largely within the Communication, Language and Literacy area of learning in the Early Years Foundation Stage.

Activities you can do at home with your child are:

Listening walks

This is a listening activity that can take place indoors or outdoors. Remind your child about the things that good listeners do (e.g. keep quiet, have ears and eyes ready). Encourage your child to listen attentively to the sounds around them. Talk about the different sounds they can hear. After your child has enjoyed the listening walk indoors or outdoors, make a list of all the sounds you can remember. The list can be in words or pictures.

Activities / Experiences we have enjoyed so far

- ❖ Going to the forest
- ❖ Going to the sensory garden
- ❖ Running the Rudston mile
- ❖ The mud kitchen: tipping, pouring, making mud pies
- ❖ Talking about our families
- ❖ Building ramps for the cars and trucks
- ❖ Creating obstacle course

Songs we have enjoyed singing so far.....

❖ **Hello song (if your happy and you know it tune)**

Hello Bright Stars how are you (clap, clap)
Hello Bright Stars how are you (clap, clap)
It's nice to see you here,
It's nice to see you here.
Hello Bright Stars how are you.

❖ **Days of the week (Adams family tune)**

Its Sunday and its Monday,
Its Tuesday and its Wednesday,
Its Thursday and its Friday,
And then its Saturday.
Days of the week (clap, clap)
Days of the week (clap, clap)
Days of the week, days of the week,
Days of the week (clap, clap)

❖ **Months of the year**

January, February, March and April.
May, June, July and August.
September, October, November,
December.

These are the months of the year.

- ❖ **Pete the cat; I love my white shoes**
(youtube)

Toilet Training Tips

Toilet training is one of those child developmental stages parents can find frustrating and complex. Making the transition from nappy to toilet can certainly be a challenge, particularly if you feel pressurised to start the process before your child is ready.

By choosing the right time and approaching toilet training in a calm, patient manner, you can help your child get to grips with this new skill as quickly and smoothly as possible.

It is important to remember that every child is different so try not to compare your child to others. You may feel under pressure to 'get toilet training out of the way', perhaps because you have another baby on the way, or your child may be starting nursery soon.

But rushing toilet training is counter-productive and its worth bearing in mind that:

- by the age of three, 9 out of 10 children are dry most days;
- by the age of four most children are reliably dry.

So try not to worry or compete with others – wait to start toilet training at the right time for your child

We've put together some tips and advice to help you overcome common toilet training troubles. They cover areas such as deciding whether your child is ready for toilet training and how to support your little one as they learn this important new skill.

From about the age of 18 months your toddler will be aware that they have a wet or soiled nappy. They begin to recognise the sensation of passing urine and as they get a little older they may tell you that they need to do a 'wee'. Many parents start to think about toilet training their child between 18 and 24 months but remember that all children are different and there is no 'set' time to start the process.

Look out for signs such as fidgeting, walking in a funny fashion or going somewhere quiet or hidden – these are all indications that your child is aware that they are about to go to the toilet, and are cues that your child might be ready to start toilet training.

When you are ready to start toilet training choose a time when you can be at home and things will be calm and relaxed. If you have a busy few weeks ahead of you, or other pressures to contend with, it might be worth waiting until you can give toilet training your full attention, rather than trying to 'slot it in' to a busy schedule.

Starting toilet training during the summer months can help to minimise stress and frustration for both you and your child. There are fewer clothes for your child to take off and it's easier to dry clothes when your child has the inevitable accidents.

Talking about toilet training with your little one is a good way to provide reassurance as they embark on this new way of doing things. Visit your local library or ask your health visitor to recommend a picture book about toilet training that you can share with your child.

You might also like to swap nappies for trainer pants, which can easily be pulled up and down while you're starting out on toilet training. Using 'grown up' training nappies can also be a good way of building confidence in your child if they're a little reluctant to move on from the security of a nappy.

Introduce your child to a potty – explain what it's for and encourage your child to play with the potty and try sitting on it so they can get used to this new object before you start training.

When you're ready to get going, start the day off by encouraging your little one to sit on the potty before or after breakfast. You could put the potty in the bathroom and sit on the toilet yourself to show your child how it's done.

Term 1:1
2020

Give your child lots of praise as you go through toilet training together. Your little one needs lots of gentle encouragement and praise, as well as regular reminders to use the potty throughout the day.

Consistency is vital so it's a good idea to have a few quiet days at home in the early days of toilet training. If you do have to go out, take the potty with you as it's important to keep the momentum going. Your child will become confused if you put them in a nappy for convenience, sending a mixed message that it's okay to 'wee' or 'poo' in their nappy sometimes.

Encourage your child to sit on the potty after each meal. Even if they don't do anything it's a good way to encourage bowel movement as digestion is followed by a natural reflex to go to the toilet. Sitting quietly on the potty, perhaps with a book to look at, is a good way to get children used to going on the potty to do a poo.

It's important to wait until your child is dry during the day before attempting night-time toilet training. Remember that night-time bladder control may take quite a bit longer to achieve, so be patient and wait until your child is truly ready for this next step (i.e. when your child is dry for several consecutive nights).

If toilet training isn't going well and you and your child are getting frustrated, try not to worry. Leave it for another month and try again, taking it more slowly and perhaps use an incentive such as a reward chart. Your health visitor can help with common problems.

(Institute of Health Visiting; Tips for Parents)

