



Grass Roots Newsletter

Hello February!



Not sure if you feel the same way about January, it felt like it has 331 days not 31! With snow closures and issues with water at New Road, we didn't start the year well.

We had our first family meet up at Sunnys Play Gym and despite low numbers, it was a lovely event and everyone seemed to enjoy it.

We had the lovely Tasha leave us to go on maternity leave, and we have had some new members of the team join us.

Amina has started at St Peter's but will move to New Road for when Amy leaves for maternity leave. Georgia is working in the Meadow and Lucy who is studying at university, is covering on a Monday in the Meadow.

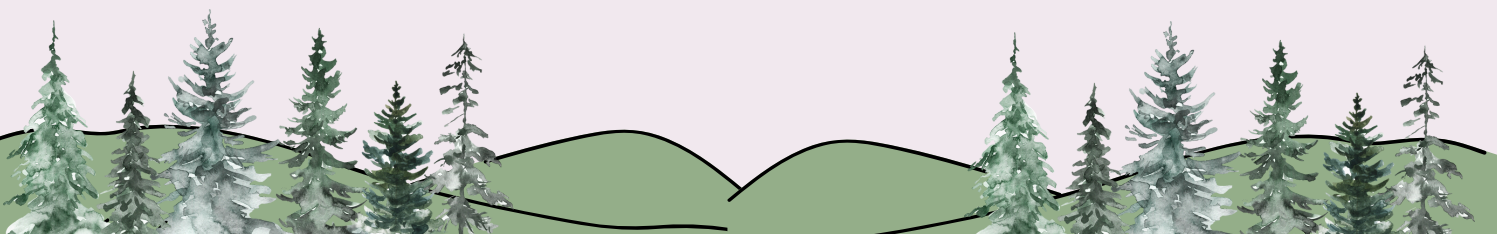
Monthly Theme - Love



February is the month of love. Love is absolutely essential for young children's development. Here's why:

- **Healthy Brain Development:** Love and affection trigger the release of hormones like oxytocin in a child's brain. These hormones are crucial for forming strong neural connections, which are the foundation for learning, emotional regulation, and social skills.
- **Emotional Security:** When a child feels loved and cared for, they develop a sense of security and trust. This allows them to explore their world, take risks, and build resilience in the face of challenges.
- **Social and Emotional Skills:** Loving interactions teach children about empathy, compassion, and healthy relationships. They learn how to communicate, cooperate, and resolve conflicts.
- **Self-Esteem:** Knowing they are loved and valued helps children develop a positive self-image. This builds confidence and a sense of worth, which are essential for their overall well-being.
- **Physical Health:** Studies have shown that children who receive love and affection tend to be healthier physically. They may have stronger immune systems and lower stress levels.

In short, love provides the foundation for a child's healthy development in every aspect of their life. It's a basic human need that is vital for their growth and happiness.





Practitioner Spotlight:

Andrew, who is Matt's father and one of the company directors, has been with us since the very beginning. He initially left to assist students with their mathematics at Brooksbank but soon discovered just how much he missed us! Andrew holds a Level 3 Early Years Qualification and has recently completed a Level 3 qualification in Speech and Language. Currently, Andrew is conducting interventions within the rooms to support children's speech and language development. He has quickly become a beloved figure among the children once again, thanks to his passion for reading to them.



Event Calendar:

- Staff Training Day Friday 14th February
- Emma our SENCo and Deputy Managers last day before maternity leave - 14th February
- Close for half term Friday 14th February and return Monday 24th February.
- Family SEND support session @ Grass Roots Family Centre Thursday 20th February at 10am.

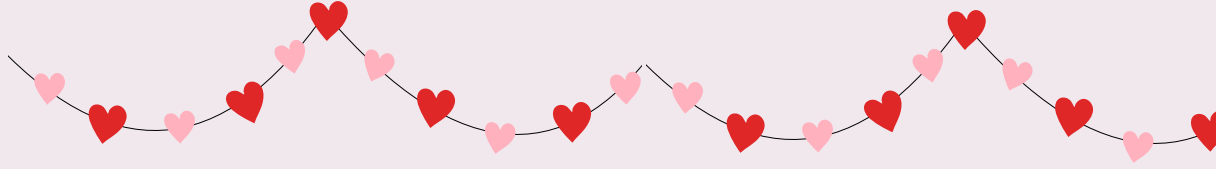
Community News:

- Check out Grass Roots Family CIC facebook page for community events
<https://www.facebook.com/profile.php?id=100086769567112>
- 50 things to do before you are 5 has events on their website
<https://calderdale.50thingstodo.org/app/os#!/welcome>

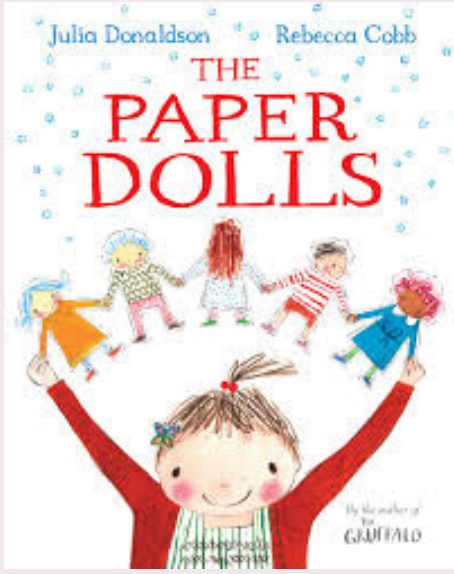
Curriculum Focus:

The children in the Meadow (preschool at St Peter's) are having a curriculum focus around being kind. Rachael and the team have discussed with them about using their most important super power - their words, to do good, not harm. Be a superhero and not a super villain. They repeat and reflect on kind words, kind hands and kind feet.





Book Review:



Paper Dolls by Julia Donaldson

My children's favourite book was "Paper Dolls" by Julia Donaldson, the author of "The Gruffalo." The book offers opportunities to join in and sing together, and the characters go on an amazing adventure that we have also enjoyed replicating through activities at nursery. The book carries a beautiful message about how life comes full circle, with the little girl growing up and making paper dolls with her own little girl. As a family, we copied the paper dolls and used them as props while reading the story.

by Charlotte, The Orchard Room Leader

Q&A:



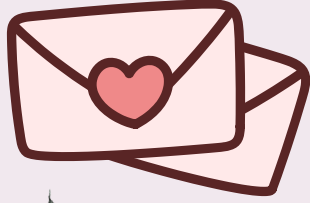
Can I cuddle my child too much?

Many parents are told by other people that holding their baby too much will make them clingy.

"Contrary to popular myth, it's impossible for parents to hold or respond to a baby too much, child development experts say. Infants need constant attention to give them the foundation to grow emotionally, physically and intellectually." Dan Brennan, MD

Hold your baby as much as you can (in your arms or in a sling). This is essential for baby because when you cuddle your baby, they feel safe and loved, building on that bond between you both. You cannot spoil a baby, with 'too much' cuddling - it is what they need.

https://www.bbc.co.uk/tiny-happy-people/articles/z4k9cqt?fbclid=IwY2xjawIJfelleHRuA2F1bQIxMQABHeJ_HjYOUBMv5DZ646E2J392hUjqSW4vxvV0Wb_S17TGWhHSNDHfpZvg_aem_zg4zDZorWh0ZgXhjzJq7yQ





Recipe Corner:

Our recipe of the month is:
Vegetable Biryani

Please find this and other recipes on our website:

Try this easy and quick recipe for the family. Great for using up leftover rice and vegetables and full of warming spices, great for these cold days.

<https://www.grassrootsdaynursery.com/post/vegetable-biryani>



Tips and Tricks:

Here are some tips and tricks for baby wearing:

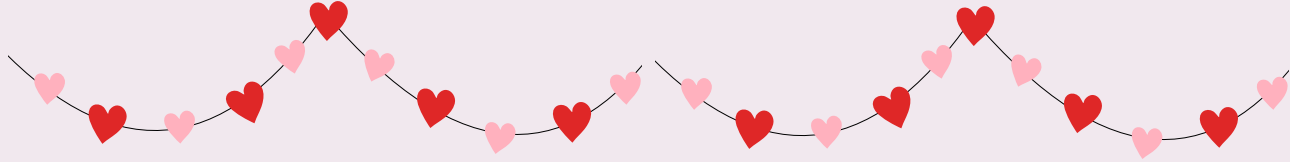
Safety First:

- T.I.C.K.S. This acronym is a helpful reminder of the key safety considerations:
 - Tight: The carrier should be snug, supporting your baby without sagging.
 - In view at all times: You should always be able to see your baby's face.
 - Close enough to kiss: Your baby's head should be close enough to your chin that you can easily kiss their head.
 - Keep chin off chest: Ensure your baby's chin is not resting on their chest to avoid restricting their breathing.
 - Supported back: Your baby's back should be supported in a natural, upright position.
- Age and Developmental Stage: Choose a carrier appropriate for your baby's age, weight, and developmental stage. Some carriers are better suited for newborns, while others are designed for older babies or toddlers.
- Read the Instructions: Always read and follow the manufacturer's instructions for your specific carrier.
- Practice: Practice using the carrier with a doll or pillow before trying it with your baby.

For more support please visit the West Yorkshire Sling library

<https://wyslinglibrary.com/>





Risky Play:

Wild Roots (our outdoor learning session groups) are currently completing the RSPB's Wild challenge and are working towards a two bronze awards, this entails experiencing nature and helping nature through activities such as making animal habitats, planting wildflowers, insect and flower identification and providing food for wildlife.

If you would like to do some activities out in the wild with your family then follow the link for some lovely activity ideas

<https://www.rspb.org.uk/helping-nature/what-you-can-do/activities>

Online Safety:

To keep your child safe online, here is a helpful tip for you:

Explore together

Talk to your child about what the internet is and explore it together so you can show them all the great fun and educational things they can do. Reassure them that if they see anything upsetting, they should come and talk to you.

<https://www.family.co/us/blog/screen-time-in-early-childhood>

Healthy Choices:

Modeling a healthy body image and lifestyle for young children involves demonstrating a positive relationship with your own body, promoting healthy habits, and teaching children to appreciate their bodies for what they can do. Here are some specific strategies:

1. Focus on health and functionality: Talk about what your body can do, like running, jumping, or helping you hug your child. Avoid focusing on weight or appearance.
2. Be a role model: Let your children see you enjoying healthy foods and engaging in physical activities. Explain how these activities make you feel good, not just how they might change your body.
3. Use positive language: Avoid negative self-talk about your body or anyone else's. Instead, use positive affirmations and focus on inner qualities.
4. Promote body diversity: Teach children that bodies come in all shapes and sizes, and that's okay. Celebrate differences and avoid comparing bodies.
5. Encourage intuitive eating: Teach children to listen to their bodies' hunger and fullness cues. Avoid labeling foods as "good" or "bad."
6. Limit screen time: Encourage active play and outdoor activities instead of excessive screen time, which can expose children to unrealistic body ideals.

