

A CALMING ENVIRONMENT

You may have noticed that the baby rooms have been decorated to create a calming environment using neutral colours and natural materials.

There are also a number of black and white displays, areas and toys that babies find stimulating.

The contrast between black and white help to enhance a babies vision. The baby rooms are set up to allow the children to make their own choices and freely move around allowing for exploration and development.



MERRYVALE NURSERY LTD

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Practices for the 0-2 years

Introduction

This booklet is aimed at new parents and students that need to know how and why we do things. Upstairs caters for the under twos, we have two rooms a 'quiet' room and a 'noisy' room. The quiet room is very cosy and welcoming, so the babies feel at home, and can relax in a safe and stimulating environment. The noisy room caters for the slightly older children that are beginning to move about and walk. We do many activities, from story telling, music time, to the more messy, and fun, painting and playdough. We have a maximum of twelve children at any one time with a staff ratio of 1:2

FAMILY GROUPS

Each child is part of a small 'family group' with a key carer, but this does not mean that they do not come into contact with other staff or children. Their key carer is responsible for assessing and writing reports, to send home, and main contact with their parents.

DAILY ROUTINE

Babies all have different routines. Some children's routines change every day, so we are very flexible in the baby unit. Our very experienced team adjust each day to fit around their individual family group. For example on a nice dry day, we may go for walks to the park, on wet rainy days we may have numerous toys and activities happening at the same time to stimulate and entertain the children. As the children grow older and more settled they begin to develop and adapt to a nursery routine. As a rough guideline:

7.30– 8.30	Arrive at nursery
8.30–9.00	Breakfast
10.30–11.00	drink and snack time (older babies)
11.30–12.30	Dinnertime
12.30–1.30	sleep time (older babies)
3.00–3.30	drink and snack time (older babies)
4.00–4.30	Tea Time

At the end of each day every baby takes home their 'daily report' informing parents what they have played with and eaten throughout the day, as well as when and for how long they have slept and what time they had their nappy changes.

EARLY YEARS FOUNDATION STAGE

The early years foundation stage is the framework to support children in their earliest years. Our main aim is to encourage young children to learn through play. We regularly observe and assess the children using this framework and use photographic evidence to support our findings. These photographs are then added to throughout their time at Merryvale Nursery and are supplied to you as your child leaves to go to school on a CD Rom, along with their reports and assessments.

Safety and Hygiene

Safety and hygiene are very important throughout the nursery, particularly in the baby unit. Bathrooms are cleaned regularly throughout the day, changing mats and surfaces are disinfected after each nappy change. Children's personal nappies and wipes are kept in their own specific space. Toys are checked and cleaned weekly and broken toys are thrown away. We also provide individual blankets and bed/cot sheets which are kept in a pump bag on each child's peg. These also are washed regularly. Each baby has their own 'pigeon hole' where their own things are kept, such as dummies, juice bottles and comforters.

Settling in period

'Visits' are very important for both children and mom. We ask you to bring your child in for a few visits to allow both staff and baby to become acquainted. We like a parent to stay for the first visit, usually half an hour, and then we like baby to stay alone for half an hour another day, then an hour until everyone is happy and comfortable. It tends to be easier for the younger babies to settle in, but older babies may take longer so arrangements should be made a couple of weeks before your child's start date to allow time for everyone to settle. We aim to make the transi-

tion as painless as possible.

Food

If your child has bottles these must be provided ready made each day. When your child is ready to start weaning we advise that you start by introducing blended single fruits or vegetables, such as carrots, apples etc. You may bring your own to nursery each day or we can supply these for you. We will help to slowly and gradually introduce new tastes and textures and aim that by the time your child is one they will be eating solid food.

Merryvale Nursery is proud to have been awarded the Gold healthy eating award for three years running, we offer balanced healthy meals to all the children.

Comforters

If your child uses a comforter, such as, a dummy or blanket please label them and send any dummies in a small lidded pot. It is not necessary to send your child with juice as we supply this.

Nappies

Please send your child with a daily supply of nappies in their bag, along with any cream they may require.