



City
Day Nursery

Spring &
Summer
Newsletter

Mindfulness

What is mindfulness?

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we’re sensing in the present moment rather than rehashing the past or imagining the future.

Why is mindfulness important for young children?

Young children are often naturally mindful, particularly in their play; but as their lives become more rushed and structured they are less able to tune in to their senses, inner thoughts and emotions. Children are often operating under an increased or heightened level of stress which sees the primitive areas of the brain (where your fight or flight response and body regulation live) over active. Under stress, our prefrontal cortex, which allows us to pause before acting, to reason, to understand the consequences of our actions; and to show empathy and compassion for others can go ‘off line’. Mindfulness helps calm down the reactive fight or flight response and to re-

engage the central pre-frontal cortex, so we are using the whole of our brain instead of just the reactive, primitive part.

Mindfulness develops the whole brain and helps children to understand their emotions and feelings, reducing their risk of mental health issues such as anxiety and depression. Practicing Mindfulness helps children to notice the positives, and develop a sense of appreciation, gratitude and contentment. All of that equals HAPPINESS!

When parents, or other trusted adults, share these activities mindfully with children, there can be significant benefits for developing and enhancing the bonds between children and their caregivers. It is a great practice to do together as a family to strengthen your relationships, and foster a positive environment, and to cultivate a sense of appreciation, gratitude and contentment for you and your children.

Developing focus and attention is also a great benefit to practicing Mindfulness. Many of us, including children, spend a great deal of our time multi-tasking. This means that developing neural pathways are not as effective as they could be, this can have significant consequences for learning and behaviour.

What we do at City Day Nursery

At City we have put a variety of things in place to allow the children to practice mindfulness. We have a variety of breathing exercises, one of them is asking the children to smell the flower and to blow out the candle. We also have some sound exercises which will allow the children to lie with their eyes closed and image objects being mentioned within the exercise. We find this really relaxes the children in our care and helps them concentrate within activities.

Over 2's Section Independence

Independence is an essential life skill and one that needs to be nurtured from an early age. The term is often understood to mean a range of skills, from helping children to be apart from their families to developing skills in dressing and encouraging them to think for themselves. In fact, all aspects of independence are important for children to learn to be self-sufficient individuals. The drive for independence starts from babyhood. Young babies rapidly make decisions about what they play with, what they like to eat and who they prefer to be with. Toddlers will thrive in a healthy environment where they have opportunities to do more and more for themselves.

Healthy toddlers strive to develop skills that enable them to become less physically dependent on adults. They insist on trying to dress and feed themselves, and they want to move to explore new territories. Many parents welcome this and encourage their young children to become practical and useful family members. They are shown how to take responsibility for small tasks such as watering the plants and laying the table. Older children build on this, but as a consequence of the varying opportunities they have had at home, children start nursery with very different levels of physical and functional independence.



INDEPENDENCE WITHIN THE OVER 2'S

Within the Over 2's section we allow the children to help with as many things as they can throughout a normal working day within the section. This can be from putting the bed sheets on the beds, folding the clean laundry, pouring their own drinks, putting their coats on and setting the table, to name a few. The children love to help the staff and feel they have a purpose.

This is just the start for the section, and the team are trying to come up with more ways to get the children involved with the day to day duties.

- April 1st – Easter Sunday
- April 2nd – Nursery Closed
- April 6th – Parents Evening
- April 10th – National Siblings Day
- April 14th – Vaisakhi – Punjab Festival
- April 16th - Wear Pyjamas to work day
- April 20th – National wear a flower to work
- April 21st – The Queens Birthday/
National Tea Day
- April 22nd – London Marathon
- April 23rd – St Georges Day/ National
Skipping Day
- May 2nd – Brother Day
- May 4th – Space Day/ Star Wars Day



- May 9th – 15th – Sun awareness week
- May 9th – Europe Day/ National lost
sock day
- May 13th – National Children's Day
- May 14th – 18th – National Vegetarian
Week
- May 18th – International Museum Day
- May 23rd – World Turtle Day
- May 24th - Scavengers Hunt Day
- June 2nd – Leave the office early day
- June 5th – Child Safety Week
- June 11th – 15th – Children's Art Week
- June 14th – Eid/ Cupcake Day
- June 17th – Father's Day
- June 18th – 22nd – Picnic Week



Under 2's Section Tuff Spots

Tuff spot trays are a fantastic resource for nurseries, they are large enough for children to group around and can either be placed on the floor, on a stand or on a table. Many resources/materials can be put in a tuff spot tray for children to explore and develop their senses. Using a tuff spot tray in a baby room is ideal for introducing sensory play experiences, filling the tray with a wide range of sensory materials can help develop many areas of babies' development.



TUFF SPOTS WITHIN THE UNDER 2'S

Within the Under 2's section we use the tuff spots regularly. The tuff spots can be based on the topic, celebrations, fun days or can be made on the day around the children's choice.

With the under 2's having none to little communication skills, a tuff spot allows support in their language development as well as their cognitive growth, fine and gross motor skills, problem solving skills and social interaction

Tuff spot activities are also great for calming anxious or frustrated children.

Jade's baby is due on 3rd June! How exciting!
Her last day before her Maternity will be 27th
April 2018



We have a new member of our City Team called Kay. I am sure you will join us in giving her a warm welcome!

Please can we ask that all absences or late arrivals be reported to the nursery on
01792 460909.



We are looking at updating our nursery garden and we would love your ideas. If you could pop your suggestions in our suggestions box in reception it would be much appreciated.