

smalltalk

Early Years Wales members' magazine

Autumn 2019 | Issue 135 | £7

Foundation Phase:

We're talking about photography

Nappy changing and PPE

best practice guidelines from Public Health Wales

The Music Licence

we explain why you must have one

Spotlight on...Chuckles Nursery

The winner of our Early Years Wales Innovator of the Year Award.



Llywodraeth Cymru
Welsh Government



Early Years
Wales
Blynyddoedd
Cynnar Cymru



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We are excited to tell you about the Active Together Wales programme.

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We update you with developments from the National Centre for Learning Welsh.

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18. **Nappy changing and Personal Protective Equipment (PPE)**

With the imminent publication of new guidelines by Public Health Wales, we are given permission to publish them in advance.

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Yes, is the answer! and we explain why.

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There are thousands of grant-giving bodies across the UK, but you need to be strategic in your approach, we guide you through the process.

Visit our website
earlyyears.wales

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Early Years Wales Awards 2019

Spotlight on... Chuckles Nursery, Newport



Early Years Wales Innovator of the Year

We begin our series of features on the winners of this year's Early Years Wales Awards with a focus on what made this setting stand out to the judges to win Innovator of the Year.

Our **Innovator of the Year** award was looking for a setting or person who uses new or different ways of delivering early years childcare. This could include environmental or health and well-being initiatives, ways of linking with parents, external partners, and/or the local community or a new way of enhancing a child's opportunity to play, learn and thrive.

At Chuckles Nursery they have seen a huge turnaround in parental engagement. By taking a step back to look at how they were organising and running their sessions, they now ensure that the work that they do with the children follows through to parents and families with some real joined up thinking.

Extended opening hours

From the moment they open Chuckles Nursery is committed to supporting families. They were the first nursery in their area to **open at 6am and on bank holidays**. A review of their pricing structure now enables parents to have an 8-12-hour day starting at 6am through to 10am at a standard hourly rate. This has resulted in a much higher uptake.

Workshops

By reviewing the way that they engage with the parents Chuckles Nursery has seen an increase in attendance to workshops and sessions that they run during the school holidays when it is generally quieter. So how did they do it?

"We always thought that the reason we struggled to engage with parents is because most of ours are working, and therefore don't have the time to come along to workshops and craft sessions, and get involved in events, but it turns out we were wrong and we just needed to be a little more creative in how we got parents involved.

"We decided to use our EYPDG (**Early Years Pupil Deprivation Grant**) funds to try and increase parental engagement."

By making a few small adjustments to their planning and scheduling of events Chuckles Nursery saw an immediate difference in attendance and engagement.

★ When?

usually quieter during the holidays

★ Who?

consider the whole family

★ Planning

give parents plenty of notice (4-weeks minimum)

★ What

(will they get out of it)? goody bags to take away and continue the activity at home



“One mum told us that she was unable to attend events in her other child's school because they didn't accommodate siblings.”

We captured the attention of parents that have been with us for a long time, but not attended any of our events previously.

Healthy eating workshops

In recognition of the Healthy Eating Workshops they have been running with parents, Chuckles Nursery were chosen to launch the Welsh Governments new **Food and Nutrition of Childcare Settings** guidance.

Each workshop is split into two halves. During the first half the parents/carers discuss topics such as:

- how to encourage children to eat more vegetables
- ways to introduce more flavour into food using herbs instead of salt
- how to create a small herb garden at home
- how to cut back on sugar in foods

For the second half of the session the children are invited to join the adults – this is fun bit – where everyone takes part in a practical session where they prepare a banana loaf to take home and bake.

Healthy and active

The nursery has also collaborated with Joel from Newport Live. Joel has developed a parent programme which follows on from the physical activity sessions he delivers to the children. Each session has 10 places with maximum attendance achieved. As with the nursery's healthy eating workshops, Chuckles have been able to fund these sessions out of their EYPDG funding. At the end of each session the parents receive:

- a set of activity cards designed by Joel
- a selection of resources including balls, bean bags, a frisbee, a hula hoop and marker cones

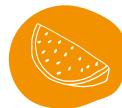
At the end of the session every parent receives a pack that includes:



A sample menu for a week containing a healthy main meal and snack for families to enjoy at home

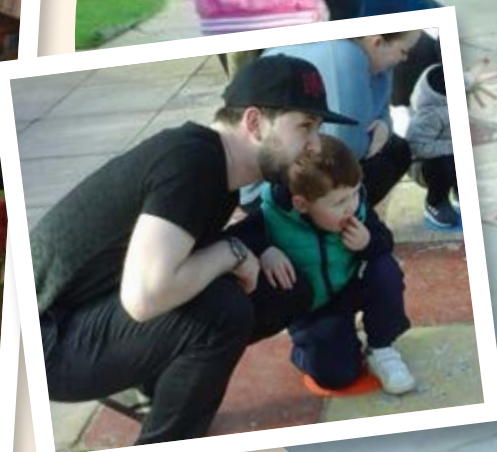


Ingredients cards and the main ingredients needed to prepare one or two of the meals on the recipe cards



A resource pack containing some healthy eating guidelines, toothbrushing information and extra meal and snack ideas

Out of their EYPDG allocation, Chuckles Nursery were able to fund 2 workshops and have had a positive impact on 24 families.



Seize the season

To encourage more parents to attend their craft workshops the nursery decided to place more emphasis on linking them to its pre-school planning. By doing this the children's families get to experience what the children are doing in the setting.

For example, the autumn workshop took place during the October half term. 17 people attended including parents, siblings and grandparents.

The session consisted of:

- A nature hunt (outdoors)
- Leaf printing – resulting in a piece of family art
- Autumn themed lightbox and sensory trays
- Plus, lots of natural materials with which they could experiment

At the end of the session parents got to take home a pack of resources to encourage them to continue with the activities at home. Each pack cost less than £10.



Autumn parent craft bags – resource list

Sponge foam shapes x 4	£1.32	(pack of 8)
Scrap book x 1	£15.95	(pack of 25)
Autumn leaf card shapes x 2	£5.22 each	(pack of 30)
Magnifier sheets x 1	£2.22 each	
Natural linen fabric x 1	£12.85	(5 meters)
Mini clipboards x 1	£8.42	(pack of 12)
Felt pens (pk 10) x 1	£0.95	
Document wallet (to put items in)	£9.05	(pack of 25)
Tape measure x 1	£2.16	(pack of 12)
Elastic x 1-meter length	£1.36	(8 meters)
Clear bags x 2	£3.08	(pack 100)

* All above prices do not include VAT

All items were purchased from ESPO

12 packs cost approximately £9 per pack

The workshops have had a huge impact on the level of engagement the nursery has with their parents. They have been particularly beneficial when it comes to engaging with parents who have English as an additional language. Parents that have been particularly hard to reach-out to in the past are now asking for workshops.

2019 has also seen the craft workshops extended to the nursery's toddler parents.