



Spring Term 2017

## Parent Portal

Last term we spent a lot of time upgrading our website. This includes a Parent area (<http://naturalnurture.org/parent-login/>) which contain planned activities, the menu as well as any recipes we have done with the children, an “At Home Learning Series” along with many other resources.

You should have received your login details in November so please log in and explore. If you have difficulty accessing the Portal or need to reset your password please let Francesca know.

## HAPPY NEW YEAR!

We hope you all had a lovely Christmas break and are refreshed ready for all that 2017 has to bring!

This term we have a few new faces at the nursery and farm.

Welcome to all the new children and their parents. We hope you all settle in quickly and have fun getting as muddy as you possibly can!

An even bigger welcome must go to the farms newest and cutest addition, a puppy sheepdog called Jessie!

All the children have instantly fallen in love with her.

After a bit of training we are hoping that Jessie will be able to round up our sheep a lot easier and quicker then we currently

## Thank you

A big thank you to parents and children for all the lovely Christmas presents you gave our staff last month. It was so incredibly generous of you and very unnecessary  
**THANK YOU**



## Library

In the not too distant future we are planning to open our own Natural Nurture Library. This library will not only contain children's books but also parenting books, and books in common with the nursery's ethos

If you have any unwanted children's books, or parenting books that are in good condition that you would like to donate to our library we would be very grateful.



## Clothing

Winter is here! Please make sure that your child is wearing enough layers to stay warm and pack extra layers in their bag.

There is a kit list reminder card attached to your child's bag to help you not forget anything.

As quoted by Alfred Wainwright **“there's no such thing as bad weather, only unsuitable clothing”**



## Punctuality

Please can you make every effort to be as punctual as possible when dropping off or picking up your child. Dropping off your child late in the morning is unfair on the other children as it disrupts their routine and delays the start of any activities planned.

Picking your child up late can unsettle your child as they so look forward to seeing their mummy or daddy and telling you what they have been up. When late doubts start to set in their mind that you are not coming to pick them up. Thank you



## Dates for your Diary

Here are some handy dates to keep in mind:

- Half Term: 20<sup>th</sup> – 24<sup>th</sup> February
- Last Day of Term – 7<sup>th</sup> April

Holiday clubs are running over half term so don't forget to book your child in.

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## Parenting Tip – Sleeping

At this age, your child's thought process dovetails nicely when it relates to pretend play, but can rock the house if nighttime anxiety is a regular pattern. Here are five to ease nightmares:

- 1. Light** - You may already have a lamp or a plug-in in the hall, but consider letting your child help to choose another, special nightlight that they turn on at bedtime.
- 2. Chat** - Ask your child what is bothering them at night and reassure them of their safety. Give your understanding and sympathy.
- 3. Read** - Check out from the library or buy books about children tackling nightmares. Reading with them about characters who have dealt with nighttime jitters can show that their fears can be overcome.
- 4. Designate a helper** - Many children have a stuffed animal, or blanket, that helps them get through the night. Selecting a particular toy to comfort your child can be a nice bedtime transition. If your child has one already, let them know they can rely on their "friend" to keep them company and help him fall asleep.
- 5. Power it down** - Turn off electronic devices, including tablets, TV, and computer games. Try to keep the house quiet for at least an hour before your child goes to bed.

**What *not* to do:** Never shame, tease, or threaten your child with punishment because they wake up afraid of the dark or suffering because of a nightmare. Instead, reassure them and agree to stay nearby at bedtime until they are calm