

Starter pack

**I am little today, but I have big
dreams for tomorrow.**



Our Curriculum

Our curriculum is based on the Early Years Foundation Stage (EYFS), but it is also shaped by our own values and the needs of our children and families.

Our philosophy is built around four core values: Kindness, Independence, Diversity and Curiosity. These values are embedded throughout everything we do and guide the experiences we provide every day.

Kindness



We teach children that kindness matters. From learning to share, take turns and help others, to understanding how our words and actions can make someone feel, children are encouraged to show care, respect and empathy.

We model kindness every day and celebrate those little moments when children comfort a friend, help someone, include others or simply say **“thank you”** and **“please.”**

Independence

We want children to leave nursery feeling **“I can do it!”**

We encourage children to have a go for themselves, make choices, solve simple problems and take responsibility for age-appropriate tasks. This may include dressing themselves, looking after their belongings, tidying up, washing their hands, helping at mealtimes and making decisions during play.

We don't always step in straight away. Instead, we give children the time, encouragement and confidence to try, make mistakes and try again.



Diversity



We celebrate that every person is unique. Children are introduced to different cultures, families, traditions, languages, abilities, celebrations and ways of life through books, music, stories, food, resources and everyday conversations.

We encourage children to be curious about differences while learning that **everyone deserves to be respected, valued and included.**

Our aim is to help children understand that the world is full of wonderful differences and that there is a place for everyone in our community.

Curiosity

We want children to leave nursery with a desire to ask questions, investigate, discover and understand the world around them.

We follow children's interests and encourage them to explore through hands-on experiences, outdoor learning, experiments, stories, creative activities, nature and imaginative play.

Rather than always giving children the answer, we encourage them to wonder: “What do you think?” “What might happen?” “Why?”



Every day at nursery is an opportunity to build the foundations for life beyond our setting.

Our children learn how to communicate, listen, cooperate, care for others, respect differences, make choices, solve problems, manage their emotions and become increasingly independent.

Our greatest hope is that when children leave us, they take with them more than knowledge. We want them to leave with kind hearts, confident minds, curious spirits and the skills to make a positive contribution to the world around them.

We are not simply preparing children for school – we are helping prepare them for life.



Welcome to Our Baby Room



We are delighted to welcome you and your little one into our nursery family. We understand that starting nursery is a big step for both babies and parents, and our aim is to make this transition as gentle, reassuring and enjoyable as possible.

We work closely with families to understand each child's individual routines, needs, preferences and development. During the day, we provide plenty of opportunities for nurturing care, play, exploration, movement and learning through everyday experiences.

We will confirm your child's settling-in sessions, which will usually be 1 hour per day for 3 days. On the first day, the Room Leader will spend time with you and your child for a one-to-one meeting to get to know your child and understand their individual needs.

During this meeting, we will complete a questionnaire covering your child's daily routine, milk and feeding, sleep patterns, medication, nutrition, interests, comfort needs and any other important information you would like to share with us. This will help us create a detailed individual personal care routine for your child and ensure that we are familiar with their needs from the very beginning.

During the second and third settling-in sessions, we will gently encourage your child to spend some time independently in the room with the nursery team, allowing them to become familiar with their new surroundings, routines and key person while you step away. You will be asked to return after approximately one hour to collect your child. We will always approach this transition at your child's pace, offering plenty of reassurance, comfort and support throughout.

Our aim is to make your child's transition from home to nursery as smooth, positive and reassuring as possible, supporting them to settle at their own pace while maintaining familiar routines wherever possible. As they become more comfortable, we will gently encourage them to explore their new environment, build relationships and develop confidence, helping them to feel safe, secure and happy in their new surroundings.

Our daily routine is created to have the best outcome for the children.

We always make changes to suit the children's needs all the time.

Babies' daily routine	
7:30am-8:45am	Breakfast
8:30am	Nappy time (Sleep time for the little ones)
8:45am-8:55am	Free play / tidy up time before circle time
9am - 9:10am	Circle time
9:10am-9:45am	Activities / garden or outing time
10am	Snack time
10:30am	Nappy time

10:20am-10:50am	Free play/ activities/ going out
11am	Wash hands and Lunch time
11:30am	Sleep time
2pm	Nappy time (milk time after sleep time)
2pm – 3:15pm	Free play/ activities/ going out
3:30pm	Wash hands and Teatime
4pm	Nappy time
4:15pm	Free play/ activities/ garden
5:30pm	Little snack before going home
6/6:25pm	Time to go home!! See you tomorrow!!



What to Bring in Your Baby's Bag!!

Please make sure your child's bag is labelled and might contain:

Grippy socks – these support balance, stability and physical development as your baby begins their journey

towards crawling, standing and walking.

Several changes of clothes, including vests, tops/shirts, trousers and socks, all labelled!

A set of old or well-loved clothes for messy play and creative activities. We encourage babies to explore freely and get messy without worrying about damaging their favourite or new clothes!

Any comforter or dummy your child normally uses, where appropriate.

Any other items specifically agreed with the nursery.

Teething gel to support the child during the first episodes of teething discomfort during the days in the setting.



Milk and food procedure

We are a nuts free nursery and please bear in mind We do not accept any other food from home, to make sure to avoid any cross contaminations and put at risk the health of other children. We support babies' individual milk routines and work closely with parents to ensure feeding is consistent between home and nursery.

We accept breast milk, which must be clearly labelled with your child's name and the date it was expressed. For formula-fed babies, the nursery provides formula milk during the first year, in line with our nursery procedures. We will work together with parents when your baby is ready to transition towards cow's milk. We will always follow the child's individual feeding plan and record milk feeds throughout the day.

As your baby begins their weaning journey, we will work closely with you to introduce foods safely and consistently.

Please keep us informed about new foods introduced at home, allergies, intolerances, preferences and any changes to your child's diet. Mealtimes are also an opportunity to develop independence, coordination and positive social experiences around food. We follow current EYFS expectations around healthy eating, safe weaning and feeding practices.



Medication

If your child requires medication during the nursery day, this must be discussed with the nursery and provided in accordance with our medication policy. This includes **regular or daily medication, inhalers, spacers, EpiPens/adrenaline auto-injectors and any emergency medication** your child may require. Medication must be in its original container, clearly labelled with your child's name and instructions, and accompanied by the appropriate parental consent. Please always inform us via email about any medication your child has received before arriving at nursery, so we can safely care for them throughout the day.



Sleep Time

Your baby's safety is our highest priority when sleeping.

We follow the latest **EYFS safer-sleep requirements**. Babies are placed **on their backs to sleep**, in their own safe sleep space. For babies aged 12 months and under, this will be a cot. The sleep space is kept clear, with **no toys, pillows, bumpers or loose items**. A dummy may be used where this is part of your child's normal routine.

Babies are regularly checked while sleeping and staff remain able to see and hear sleeping children. We also ensure that babies do not become too hot or cold and that the sleep environment is appropriate and safe.

🌙 Helping Your Baby Prepare for Nursery Sleep

To make the transition from home to nursery as smooth and reassuring as possible, we gently encourage families to begin introducing a similar sleep environment at home.

Our sleep room is not completely dark and will have gentle background sounds from the nursery environment. This helps babies become comfortable sleeping in a realistic childcare environment rather than relying on complete silence or darkness.

If possible, introducing some daytime naps at home with a little natural light and normal household background noise can help your baby become familiar with these conditions. There is absolutely no pressure to change your baby's routine overnight – we simply want to gently support them in becoming comfortable with the nursery environment.

Working Together

Every baby is unique, and we know that routines can change as they grow. Communication between home and nursery is therefore incredibly important.

Please speak to the Baby Room Leader whenever there is a change in feeding, sleeping, medication, development or your child's general wellbeing. Together, we can provide the consistency, reassurance and loving care your baby needs to feel safe, secure, happy and ready to explore.

Thank you for trusting us with such a precious part of your family. We look forward to watching your little one grow, learn and thrive with us.

We love messy play

Learning Through Exploration



Messy play is a very special part of our curriculum and is intentionally included within our **weekly planning**. We understand that, particularly for parents experiencing nursery for the first time, seeing your child come home covered in paint, mud, water or other wonderful creations can sometimes feel a little surprising! Please be reassured that **the mess is part of the learning**.

Messy play provides children with the freedom to explore, experiment and discover the world through their senses. Whether they are mixing colours, playing with water, exploring mud, creating with natural materials, squashing dough or experimenting with different textures, children are developing their **fine and gross motor skills, coordination, creativity, communication, confidence and problem-solving skills**.

Most importantly, messy play connects beautifully with our four curriculum values!!

Our practitioners carefully plan messy-play opportunities throughout the week, while also following the children's interests and allowing their ideas to guide the learning. Sometimes the most valuable learning happens when we step back and allow children to experiment, get creative and simply **have a go**.

So, when your little one comes home with paint on their sleeves, muddy knees or a mysterious splash of water on their trousers, we hope you can see beyond the mess and see the **learning, confidence, curiosity and independence** behind it.

We are not just letting children get messy – we are giving them the freedom to explore, discover, create and grow into confident little people who are ready to make their mark on the world.

Extra Activities & Enriching Experiences

At Bliss, we believe that children's learning happens everywhere – not only inside the classroom. Alongside our everyday curriculum, we offer a range of **extra activities and enriching experiences** that give children opportunities to discover new interests, develop new skills and build confidence in a fun and nurturing environment.

Music, Movement & Drama – Baby Room

Every **Monday at 9:30am**, our Baby Room enjoys a special **Drama, Music & Movement session with Maria from Funky Cheeky Monkey**.

These sessions are full of music, dancing, movement, singing, imaginative play and lots of fun! Babies are encouraged to respond to sounds, rhythms, facial expressions and movement in ways that are appropriate to their stage of development.

Music and movement support children's **communication, listening, coordination, physical development, confidence and emotional expression**. Most importantly, it gives our youngest children the opportunity to enjoy shared experiences, build relationships and develop their curiosity through music and play.



Children's Yoga – Toddlers and Preschool

Every **Thursday from 2:00pm–3:30pm**, our toddlers and preschool children can take part in **children's yoga**.

Yoga for young children is very different from adult yoga. Sessions are playful and engaging, using simple movements, stretching, breathing, balance, stories, music and imagination. Children may pretend to be animals, trees or other characters while learning how to move their bodies in different ways.

Yoga can support **balance, coordination, flexibility, body awareness and physical development**, while also giving children opportunities to practise concentration, listening and calming techniques.

It can also help children begin to recognise how their bodies and emotions feel and discover simple ways to pause, breathe and regulate themselves. These are valuable skills that can support children's **confidence, independence and emotional wellbeing** both at nursery and at home.



Forest School – Preschool

Our preschool children enjoy **Forest School every Tuesday** – an opportunity to take their learning outdoors and experience the natural world in a meaningful and hands-on way.

Forest School allows children to explore nature, investigate the changing seasons, discover plants and insects, work with natural materials and develop a deeper understanding of the world around them.

Children are encouraged to take appropriate risks, solve problems, work together and become increasingly independent. They might build, dig, climb, collect, create, investigate or simply spend time noticing the wonderful things that nature has to offer.

These experiences connect beautifully with our curriculum values of **Kindness, Independence, Diversity and Curiosity**. Children learn to care for living things, respect their environment, challenge themselves, ask questions and discover that learning can happen everywhere.



A Very Special New Opportunity at Bliss

From **September**, we are incredibly excited to begin a special partnership with **Wimbledon Park School**, who will be welcoming our children to share their beautiful **garden and sensory room** for additional experiences during our days at Bliss.

This will give our children even more opportunities to explore, move, investigate and experience different environments while remaining within a safe and supportive setting.

We are especially excited about the possibilities this will bring – from nature exploration and outdoor learning to sensory experiences that encourage children to slow down, observe, listen and engage with the world around them.

At Bliss, we want our children to leave us with **memories, confidence, curiosity and a love of learning**.

These extra experiences help us enrich our curriculum and give every child the opportunity to discover something new, have a go and, most importantly, **enjoy being a child**.



