# Welcome to

# TicTots Bolton Toddler Room










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# Meet The Team

There are 4 Early Years practitioners working within the Toddler room working together to support children's learning and development through provided tailored planned activities.




We are looking forward to welcoming you into the toddler room. The toddler unit team will support both children and families in all aspects of learning and development and will be able to offer advice and guidance and what to expect as your child grows and transitions throughout the setting.

# What To Bring And What Not To Bring






We provide all drink bottles/cups, snacks, meals, nappies and wipes.

Your child needs:

- A small bag containing a change of clothes
- Weather appropriate coat/jacket or all in one puddle suit
- Appropriate indoor shoes
- Wellies for those rainy days (For outdoor use only)

**REMEMBER** - There is no such thing as bad weather, only inappropriate clothing. We go out EVERY day no matter the weather, this is a crucial part of your child's development!

Please do not bring any toys, electronics or valuable items to the nursery. Please do not bring any medication into the nursery without discussing it with the team first. Prescribed medicine can be signed in such as antibiotics and inhalers as long as your child is well in themselves.




# What We Expect

- Registration Meeting: Before starting with us, we offer a settling in session where a registration meeting will also be carried out with parents/carers. The settling in session will last around 40 minutes and the registration meeting will take place during those 40 minutes while your child is playing in their new environment. After the registration meeting parents/carers will be asked to leave the child with us for the remainder of the settling in session. If parents/carers are unable to attend the registration meeting during the settling in or before the child starts nursery we will conduct the registration meeting on the child's first day, we ask that you arrive 10/15 minutes before your child's session so this can happen. Registration meetings are a very important part of the process, ensuring that we have all the necessary information and permissions for each child.

- Being On Time: Please ensure you are turning up on time for your booking so your child does not miss out on important learning. Turning up on time also helps with school readiness, as it's a requirement to be on time at school. We offer lots of different sessions, so please make sure you are picking the one that works best for you and your child to ensure punctuality.

- Fees: Invoices are raised weekly and payments are due a week in advance on THURSDAYS, this is to ensure your booking for the week ahead. You may build credit to pay monthly. Please leave adequate time for vouchers to clear and payments to reach our bank account. Full fees are payable in the event of an unnotified absence, please advise of sickness on the day between the hours of 7:30am to 8:30am, in order to qualify for the 50% reduction for your session.

- 3 Emergency Contacts: We ask parents/carers to provide at least 3 emergency contacts, this is in case we are unable to get hold of the first point of contact during an emergency. For example, if your child becomes ill or has an accident. When giving us your emergency contacts please bear in mind the distance they may need to travel to pick your child up and how quickly they will be able to get to nursery. When an emergency contact picks up for the first time we will ask for a photo of them before they collect as well as ID, this is to ensure the safety of the child. We also ask for you to set up a password when you start with us, this password can be used by emergency contacts to collect your child.

# Allergies

If your child has a Special Need or Allergy, please discuss this with us first and we'll make sure everyone in the nursery is aware of your child's needs. Each Unit Manager is also the SENCO for that group (Special Educational Needs Co-Ordinator) with a focus on coordination of additional support from the NHS support therapeutic and local authority services.

## How will I know if my child has a food allergy?

An allergic reaction can consist of 1 or more of the following:

- diarrhoea or vomiting
- a cough
- wheezing and shortness of breath
- itchy throat and tongue
- itchy skin or rash
- swollen lips and throat
- runny or blocked nose
- sore, red and itchy eyes

Don't be tempted to experiment by cutting out a major food, such as milk, because this could lead to your child not getting the nutrients they need. Talk to your health visitor or GP, who may refer you to a registered dietitian.

# HEALTHY EATING



A HEALTHY, BALANCED DIET AND REGULAR PHYSICAL ACTIVITY ARE ESSENTIAL FOR CHILDREN'S HEALTH AND WELLBEING.

A HEALTHY BALANCED DIET FOR CHILDREN AGED ONE TO FOUR YEARS IS BASED ON THE FOUR FOOD GROUPS:

- STARCHY CARBOHYDRATES (POTATOES, RICE, ETC)
- FRUIT AND VEGETABLES
- PROTEIN (EGGS, BEANS, ETC)
- DAIRY AND ALTERNATIVES






YOUR CHILDREN NEED SIX TO EIGHT DRINKS EACH OF(100–150 ML) EACH DAY TO MAKE SURE THEY GET ENOUGH FLUID.

# Dental health

Having healthy teeth is an important part of your child's development and therefore a regular teeth-cleaning routine is essential for good dental health.

Here at TicTots we have our very own brush bus!



Your child will be provided with their very own tooth brush and will be encouraged and supported to join in with good dental practices. Within our daily routine the children are encouraged to brush their teeth and keep them clean at least once a day: morning and afternoon.

By providing opportunities for your child to brush their teeth at nursery this is helping to fight against plaque,however this should not be used as a replacement for brushing your teeth at home.

Children **MUST** always brush their teeth at home too.

How to help your children brush their teeth properly

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.
- Try to make tooth brushing as fun as possible. You can achieve this by using an egg timer to time it for 2 minutes or by singing the following song:

SING TO THE TUNE: "TWINKLE, TWINKLE LITTLE STAR"

GOT MY TOOTHPASTE, GOT MY BRUSH,
I WON'T HURRY, I WON'T RUSH.
MAKING SURE MY TEETH ARE CLEAN,
FRONT AND BACK AND IN BETWEEN.
WHEN I BRUSH FOR QUITE A WHILE, I WILL HAVE A HAPPY SMILE!

Promoting oral health in early years is essential to protecting young teeth and establishing good habits.

Remember to put the correct amount of toothpaste on the toothbrush though! Pea sized for children aged 3+ who can spit it out and a grain of rice size for those who are not able to yet!



# Dummies

Dummies are amazing when it comes to helping your child self-soothe and get to sleep, but did you know dummies can cause some problems for your child's health and development.

The NHS recommends weaning babies off their dummy when they are between 6 and 12 months old.

Here are some of the effect's dummies can have:

1. Dental deformities such as incorrect positioning of the teeth.
2. Mouth breathing, the upper airway can be narrowed leading to mouth breathing causing the mouth to dry out which increases the risk of tooth decay.
3. Speech and language problems.
4. Ear infections.

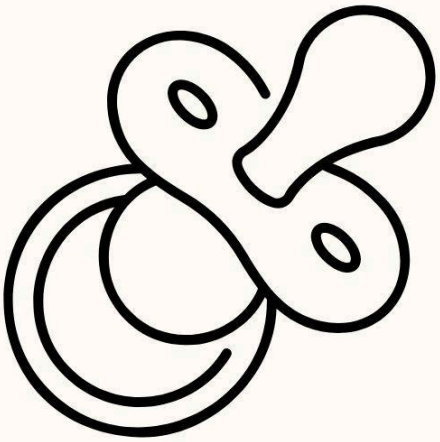
How to get rid of a dummy?

Here are a few suggestions to wean your child off their dummy:

1. Wean them off - gradually reduce dummy use, providing more dummy free time.
2. Restrict dummy use to key times within their routine, e.g. bedtimes.
3. Encourage your child to give their dummy/dummies away to a person who is important to them, such as a grandparent or their Early Years Key Carer.
4. Encourage your child to plant their dummy/dummies in the garden when they no longer need it.
5. Remember - your child WILL grow out of their reliance on a dummy.

As your child is over the age of 1, we will no longer be accepting a dummy into the setting. Should your child still rely on a dummy for comfort or through the night, please encourage your child to leave their dummy at home/in the car.

# Dummy Top Tips



| | |
|---|---|
|  | Offer something else as a comforter in place of the dummy; this can be a specific teddy or a small blanket. |
|  | Never let your baby babble or talk with the dummy in their mouth, this will stop them from learning to speak clearly |
|  | You can encourage your child to plant their dummies and make a 'dummy tree'. |
|  | Give your child praise and encouragement, and if they haven't mentioned the dummy, try not to remind them |
|  | If your child asks for the dummy you can either explain to them that they can only have it at sleep times or that we don't have the dummy anymore. |
|  | Consistency is key! Everyone taking care of the child must stop using dummies at the same time. |

# Story Time

Story time is an essential activity for children that can spark their imagination, boost their language and literacy skills, and develop their emotional intelligence. This activity not only creates a wonderful opportunity for bonding between parents and children but also provides educational benefits that can impact a child's cognitive development in a positive way.

Why does story time matter?

**1. Promotes brain development**
Story time plays a crucial role in your child's brain development. When children listen to stories, their brains are hard at work trying to create images and make connections from the text. These mental processes help children develop their cognitive and language skills and improve their memory, focus, and attention span.

**2. Builds vocabulary**
Talking and reading to your child helps build their vocabulary and language skills. Exposing children to a wide range of words during story time and using different tones and expressions can expand their language abilities and improve their communication skills.

**3. Nurtures a love for reading**
Story time can also help foster a love for reading in children. When parents read books to their children regularly, it creates a connection between books and pleasure, encouraging them to look for books on their own. By helping them develop a love for reading at an early age, it could lead them to be lifelong learners and readers.

**4. Sparks imagination**
Story time can build up a child's imagination. When a child listens to a story, they are transported to a different world, where they create their own images and engage their creativity. This activity can teach children how to be strategic thinkers and encourage them to come up with creative solutions to problems.

**5. Develops emotional intelligence**
Lastly, story time can help develop a child's emotional intelligence. Listening to stories that explore different themes, characters, and emotions can help children understand their own feelings, as well as develop empathy and awareness of other people's emotions.

**TOP TIP - Aim to read 5 books a day with your child!**

- **Around 15 months old a child is expected to be able to say 10 words**
- **By 18 months old a child is expected to be able to say around 20 clear words**
- **By their second birthday a child is expected to be able to say 50 words**
- **Towards their second birthday a child is expected to be able to put 2-3 words together**




**Singing Time**

Singing is also a good way to develop your child's communication skills as well as other important skills! Singing can be done throughout the day, for example when on walks, when bathing, before bed etc.

Why is singing important?

## 1. Singing can help children develop language skills

When children sing, they are using their vocal muscles to produce sound. This helps them to develop the muscles needed for speaking. In addition, singing helps children to develop a good sense of rhythm and pitch, which are important for language development. By hearing new words in a song, children can learn the meaning of the words and how to use them in context. Repetition also helps

children to remember information, and singing provides a fun and enjoyable way for children to repeat words and phrases.

### 2. Singing can help children develop social skills

Children who sing in a group or take part in other musical activities often develop stronger social skills than their peers who do not participate in such activities. This is because singing and playing music together require cooperation and teamwork.

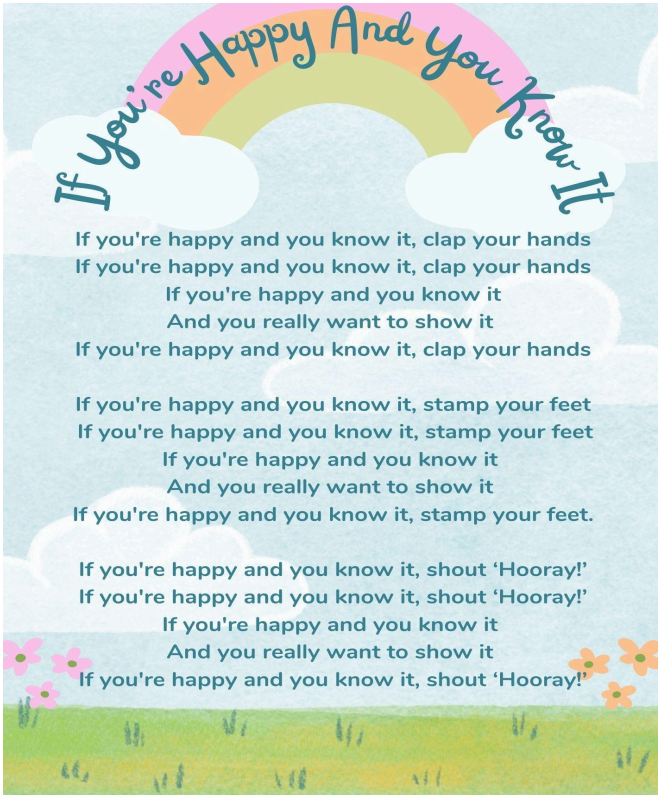
### 3. Singing can help children develop emotional skills

When children sing, they use their whole bodies to express themselves. This can help them to better understand and control their emotions. Singing can also help children to feel more confident and secure and help them to bond with other children and adults.

### 4. Singing can help children develop cognitive skills

Through singing, children can learn new concepts, such as counting or sequencing. The repetitive nature of many songs we use in early childhood, such as nursery rhymes, also helps to reinforce the learning.



# Messy Play

Messy play is extremely important for a child's development. It provides children with an exciting tactile and sensory experience that inspires their curiosity, allows them to explore the world around them and enhances their learning, language and creativity.

Messy play helps with your child's development in lots of different ways. It can help:

**Physical skills** - Messy play encourages your child to play with smaller objects. They will be able to feel and hold objects and materials. This builds their coordination and hand skills, also known as fine motor skills.

**Cognitive skills** - Messy play helps the development of important cognitive skills such as how your child thinks, learns, explores and solves problems.

**Understanding their senses** - As your child plays, they will be using a lot of their senses. The most used sense during messy play will be touch and sight. They can explore new textures and sensory experiences.

**Social skills** - Messy play can be a social group activity. They can also learn important skills like sharing and turn taking by playing with other children during messy play.

**Imagination** - Messy play gives your child an opportunity to try new things and experiment in a safe environment.

**Self-esteem and self-expression** - Messy play can help your child feel safe to experiment more as they play as they know there is no right or wrong way to play






# Toilet Training

Using a potty/the toilet is a new skill for your child to learn. Children learn this new skill when they are ready and therefore it's best to take it slowly and progress at your child's pace. Being patient with your child will help them get it right, even if you sometimes feel frustrated.

When to start potty training?

All children are different and therefore learn new skills and achieve new milestones at different times. Just because your friend started potty training their child at 18 months old doesn't mean your child is ready yet and that's ok!

We cannot force a child into being ready.

Most children begin potty training between the ages of two and two and half years old.

Signs your child may be ready?

1. They know when they have a wet or dirty nappy.

2. They get to know when they are having a wee and tell you when they are doing it.

3. The gap between wetting is at least 1 hour.

4. They show they need to wee by fidgeting or going somewhere quiet.

5. They know when they need to wee and may say so in advance.

How to start potty training?

* When you begin potty training, it is ideal to have potty wherever you are so children understand that's where they need to wee or poo.
* Encourage your child to sit on the potty after meal times because digesting food often leads to needing the toilet.
* As soon as you see that your child knows when they're going to wee, encourage them to use their potty.
* Don't make a fuss when they have an accident, tell them it's ok and they can try again next time.
* Your child will be delighted when he or she succeeds. A little praise from you will help a lot.

As soon as you are ready, TicTots will be ready too. We are in this together.

We just ask that you bring a bag to the nursery filled with lots of underwear, socks, spare pants and a spare pair of shoes .

REMEMBER - Accidents happen and that's ok, it's all a part of learning.

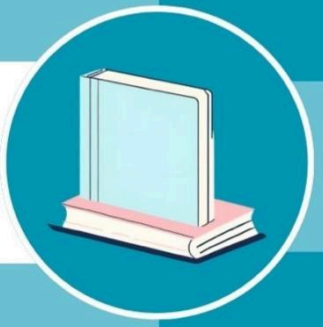


# TOILET TRAINING TIPS



Introduce sitting on the potty as part of your child's normal day when they're around 18 months to 2 years.

Having a book to look at or toys to play with can help your child sit still on the potty.






Start teaching your child words for going to the toilet – for example, 'wee', 'poo' and 'I need to go'.

# Behaviour Expectations

As children continue to grow, learn and develop, they often test boundaries and display challenging behaviour, such as not listening, using unkind hands or biting.

Here at TicTots Nursery we use the following simple strategies to managing children's behaviour:

- Ensure children are within arm's reach before talking to them/addressing the challenging behaviour
- Use the Traffic Light visuals for managing expectations: green for go ahead, amber for waiting and red for stop
- We use a core 'two-word' script to outline our expectations, for example 'good sitting', 'good looking', 'good listening', 'good waiting', etc.



## Car Safety

It is essential for safety that toddlers travel in a car seat. Research into the link between car seats and SIDS found children may be at risk of breathing difficulties if they travel while sitting in an upright position for too long. There is no published evidence that states how long children should stay in a car seat when travelling. However, infant healthcare professionals, safety experts and most car manufacturers recommend that children should not be in a car seat for longer than 2 hours at a time and they should be taken out frequently.






# Your Child's Information

As you are aware, we track your child's progress on Elite Pathway. I have set you up on the system and you will now have received an email instructing you on how to log on. Please make sure you have logged on within 48 hours of receiving your email or your token will expire, if you have not yet received this email please let me know. If you need a reset, just ask.

https://www.eyfssoftware.com/elitepathway/Account/Login?ReturnUrl=%2felitepathway%2f

Once on the system, there is a drop-down menu which says 'more' within that it says 'my child' if you go onto there it will bring up *(name)* profile.

Towards the bottom of the screen it will say '**parent observations**' (this is where you will upload any learning achieved) '**comments** (this is where practitioners upload any learning achieved) and '**evidence'** (this is any photos taken during her session at nursery)

'**learning objectives' this is** *NAME's tracker*

Within the learning objective section is a list that we work through with children during their time with us and these are broken into 6 different age band from birth up to 5 years. These are just a rough estimate and all children develop at a different pace so we do only use this as a guide.

Each objective will be highlighted to indicate where the child is up time in terms of that goal.

If it's highlighted green It is achieved and had been observed by either practitioners or parent's.

If it's highlighted red it means that the child is currently working on achieving it and the practitioners are actively planning activities for the child to achieve this goal.

If it's highlighted in black it means that the child is not yet working on that goal.

You can download reports and photos from the system to keep.

If you require any further information about Policies and Procedures, updated menus, or advice on funding please head to our website. https://www.tictots.co.uk/

# Keeping up to Date with What's Going on at Nursery

If you don't already know, we have Facebook pages that you can 'like' or become 'friends' with. We post day to day information on nursery life and activities that we will be getting up to or have completed.

Here are the profiles for you to add:

- TicTots Page
- TicTots Strand
- TicTots Aaliyah
- TicTots Emma

- TicTots Alex

- TicTots Funmi

We also use a system called 'Class Dojo' for some insights into the learning each week. I will invite you to join us in our class group.

Alongside the information you see on Facebook, you will receive a weekly email explaining what we will be learning that week and any dates for the diary or important information. If you add us to your address book, you'll never miss an email. Please make a point of reading this email each week to keep yourself updated about what is going on at the nursery & how you can support your child at home.

On collection, you will receive a handover from a member of staff about your child's day & what they have been up to - please arrive 10 minutes before your collection time so we can have a good chat. Don't worry if you arrive just on time, the handover will be short but all the information you need is added to Elite and daily information about welfare information will be sent to your email.

We also put up information in our windows for you to read about our team and what we are up to.



## Your Childcare Account

You have a childcare account and your account information about balances and invoices is separate to Elite Pathway and you will receive a separate login for your Parent Portal to access account information which you can access 24-7 and use to view and download invoices or statements.

The Manager sends in our attendance information each week including sick, holiday and any unplanned absences. So please make sure you make us aware of any planned holidays or extra sessions that you need. Invoices are issued weekly, they will be ready for you on your portal every Friday afternoon following each week of attendance.

For any queries about invoices please email the Manager so I can check we've added the correct information or email our Customer Service Manager, Kirstie Hookins on tictotskirstie@icloud.com queries will be dealt with within one week.

## Bookings, Changes and Holidays

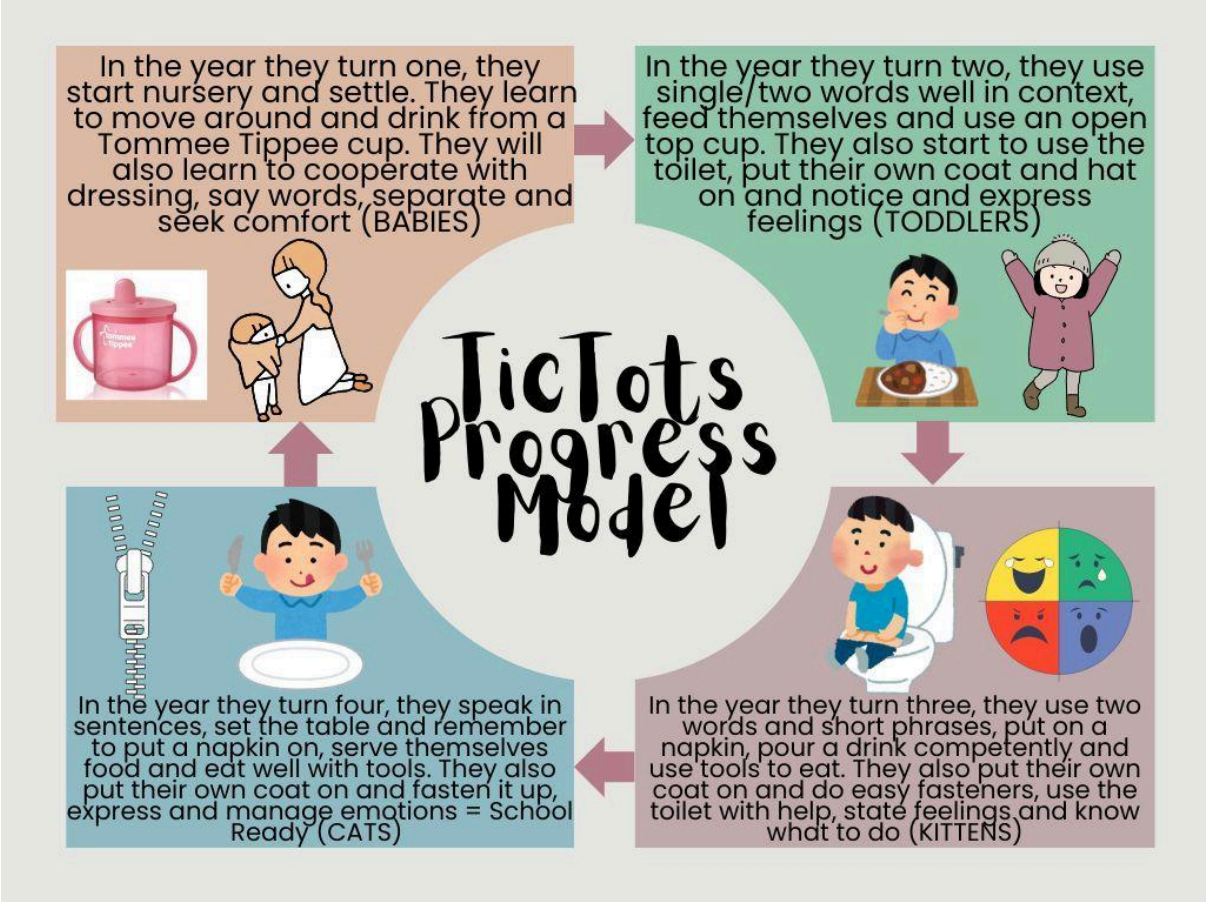
If you need to change your nursery booking, we ask for at least a week's notice, please advise me **by Thursday at the latest**, ideally by email.

Please email me on (email address) to request your change – we will send a confirmation email from us to confirm your updated booking.

You can also tell us about planned holidays in this way too.



# TicTots Progress Model




## Funding

Working families of children from the age of 9 months - 4 years may be eligible for Government Funding.

How to apply-

To check your eligibility, please use the following link - Find out more about eligibility at **www.gov.uk/check-eligible-free-childcare-if-youre-working.**

When to apply-

You need to apply the term before you want to take up a place. For example, if you want to take up a place for your child from September, you need to apply during the Summer term (1 April - 31 August)

What to do after you apply-

Give the code in your childcare account to your child's childcare provider along with your National Insurance number and your child's date of birth.

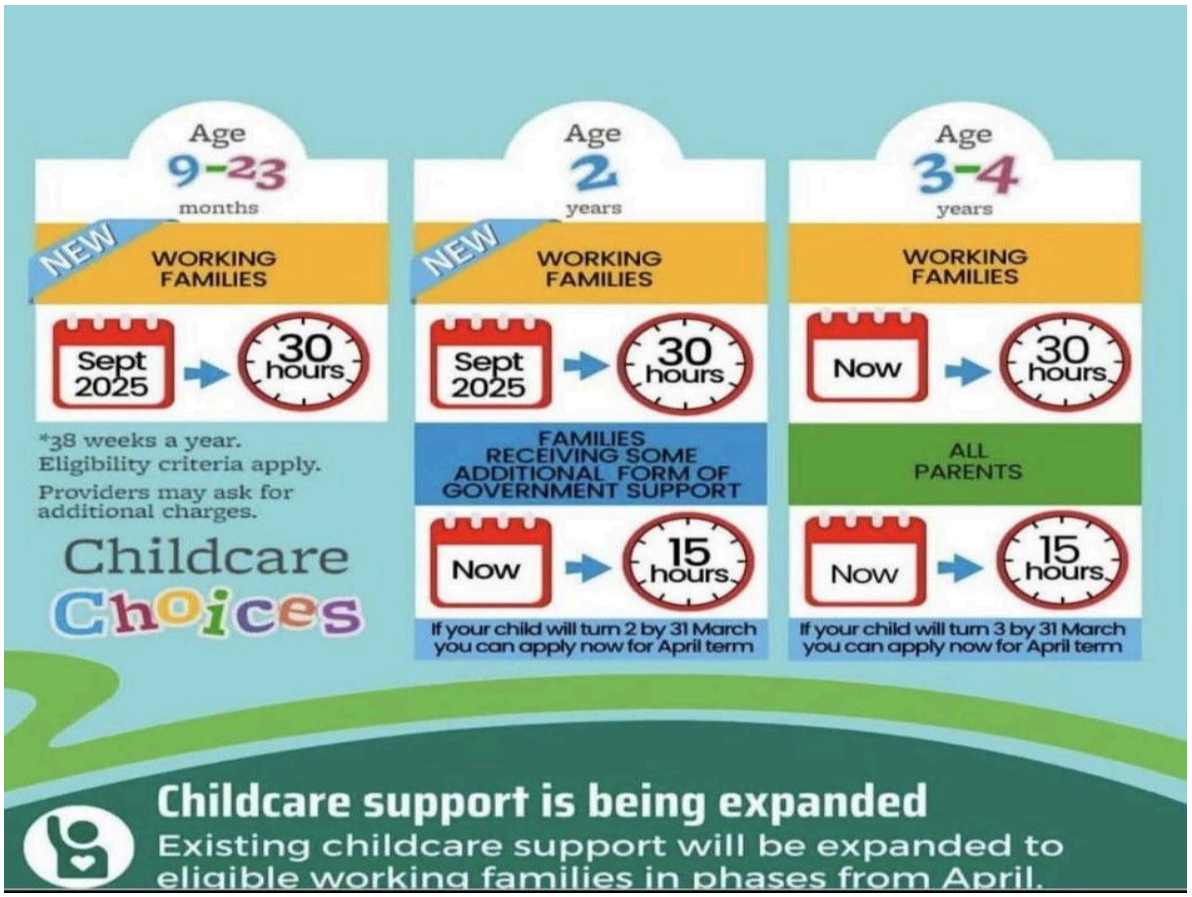
Your childcare provider will check if your code is valid - you can't take up your place without it.

Reconfirmation-

You just remember to confirm your details are up to date every 3 months. Failure to reconfirm your details will result in your childcare code becoming expired.

Sign into your childcare account to confirm your details.

You will receive an email reminder to reconfirm.



## Preschool Loyalty Discount

If your child has been with us since baby room you will be entitled to a 10% loyalty discount on any top up payments over your funded hours.

Thank you for choosing TicTots and staying with us!



# 2025-2026

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Term Time

Half Term

Nursery Closed

Full Time