

☀️ Caterpillar Room Newsletter ☀️

It's heating up!

It's going to be very hot next week. Please ensure your child comes to nursery sun creamed and with a sun hat. Babies can wear shorts and a tshirt/vest or just a vest during their day at nursery if that suits them better, we will monitor the temperature constantly.

We have a paddling pool that your babies can cool off with, so a swim nappy and swimsuit in their bag would be great if you have one. It goes without saying that this will have at least one adult stationed next to it continuously with strict communication rules between the staff team to ensure babies are kept safe.

☀️ Best Start in Life – What it means for families

The **Best Start in Life** is a new UK government initiative bringing together trusted advice, services and support to help families from pregnancy through to starting school.

Its aim is simple: to make it easier for parents and carers to give their child the **best possible start in life**, especially in those important early years.

💡 What does it offer?

- A **single place to find support**, including health advice, childcare information and parenting guidance
- Easier access to **early education and childcare options**
- Practical help with things like **feeding, sleep, development and school readiness**
- Links to **local support services and Family Hubs** in your community

👨👩 Why it matters

The early years are when children grow and learn the most. The initiative recognises that:

- Parents often don't know what support is available
- Families need **clear, trusted information all in one place**
- Early support can improve children's **health, development and future opportunities**

What this means for you

- You can find guidance tailored to your child's age and stage
- Support is available **from pregnancy through to starting school and beyond**
- Help is designed to be **easy to access, local and practical**

You can view more information here: <https://beststartinlife.gov.uk/>

End of Year Celebration Come and Play session

Date: Thursday 16th July 3-4pm

We would love to invite you to our end of year celebration. We will (hopefully) enjoy the sunshine in Caterpillar Garden with some ice lollies, bubbles and maybe even a paddle in a paddling pool!

Please email me to confirm your attendance: h.nation-smith@lanterns.hants.sch.uk

Bumblebee Room Open Morning

Date: Tuesday 30th June 9-10am

For those of you whose babies are moving up to the Bumblebee Room in September, hopefully you received the invitation from Cora to attend their Open Morning. This is a wonderful opportunity to visit the Bumblebees room, see it in action, meet the team, and become familiar with the environment ahead of the transition.

Home Learning Idea – Ice Treasure Play

Freeze small baby-safe toys inside ice cubes and let your baby explore as they melt! It's a lovely way to keep cool while supporting curiosity, sensory exploration, and early problem-solving.

Parent Wellbeing Tip – Keep It Simple

Lower the pressure on hot days — it's okay to slow the pace. Pick one calm activity, stay hydrated, and rest when your baby rests. You're doing enough, even on the slower days 🧡

With warmest wishes,

 **Hayley and the Caterpillar Team**