

Dear Caterpillar Families,

One Whole Term of Caterpillars!

We're coming to the end of **Caterpillar Room's very first term**—and what a term it has been! 🎉 We feel so proud of everything we've achieved together: the beautiful environment we've created, the strong teamwork, and most importantly, the incredible progress of the children.

Your little ones have settled so well and formed lovely bonds—not just with their key person, but with the whole team. 💕 Watching these relationships grow has been such a joy!

We'd Love Your Feedback!

We'd really appreciate your thoughts on one aspect of the room: **Care Diaries**.

- Do you access the **Tapestry Care Diary** every session your baby is with us?
- Do you find it easy to use and informative?
- Is there anything we can do differently to support you?

Your feedback—whether constructive suggestions or positive reviews—will help us improve and support you even more. Simply **email** -

h.nationsmith@lanterns.hants.sch.uk even if it's just a short sentence! ✉️

Local Authority Updates

- 🚧 **M27 Closure:** Over the festive period, the M27 will be closed. We've attached a poster with all the details you need.
- 💰 **Cost of Living Support:** Hampshire County Council has a dedicated page to help families during the festive and winter season:
👉 <https://www.hants.gov.uk/community/costofliving>

- 📄 **Parents Bulletin:** We've also attached the latest bulletin from Services for Young Children for your reference.

🌿 Weekly Wellbeing Tip

“There’s no such thing as bad weather, just bad clothing!”



Getting outside is one of the simplest and most powerful ways to support your wellbeing—and your baby’s too! ☀️🌧️❄️

Here’s why outdoor time matters:

- **Calms the nervous system:** Fresh air and natural light help regulate stress and soothe overstimulation.
- **Boosts mood:** Nature exposure increases serotonin, which can lift your spirits during busy festive periods.
- **Supports healthy sleep:** Daylight helps reset your body clock, making naps and bedtime easier.
- **Encourages exploration:** Babies love new sights, sounds, and textures—grass, leaves, birdsong—all of which support sensory development.

During this season, routines often change, environments look different, and there may be more visitors around. This can make babies feel a little unsettled. A simple walk in the park, a play in the garden, or even a stroll around your local area can work wonders for both of you. 🌳👣

So, wrap up warm, pop on those wellies, and enjoy the magic of the outdoors together! 🌈 We follow our own advice here, and we have been spending a bit more



time outside this week, even enjoying our snack outside on Wednesday!

Warm regards,



Hayley and the Caterpillar Team