





 **Dear Caterpillar Families,**

Christmas Festivities Are Underway!

 Caterpillar Room is buzzing with festive fun! We're busy creating lots of Christmas crafts and activities behind the scenes. You might not see everything on Tapestry just yet—but don't worry!  All those special creations will be sent home at the end of term for you to enjoy as a Christmas surprise!

 Thank you to those parents who have asked what we might like as a Christmas gift. Next year, in Caterpillars we will be focusing on developing our outside space.  We have put together an **Amazon Wish List**, if you'd like to get Caterpillar's a Christmas gift, we'd really appreciate your generosity and kindness:

https://www.amazon.co.uk/hz/wishlist/ls/38TT9BK4NEGLK?ref_=wl_share

Slow and Steady Wins the Race

In our baby room, we embrace **slow pedagogy**. This means giving little ones plenty of time to explore at their own pace. No rush—just calm, meaningful moments that help babies feel secure and curious.

Creating Calm Spaces

We've designed a **low arousal environment** to support your child's wellbeing. Soft lighting, gentle voices, and cozy corners help babies feel safe and settled, making learning and play a peaceful experience.

Wellbeing Tip for Home

Emotion Coaching

Big feelings in little bodies can be tricky! Try naming your child's emotion

("You're feeling sad"), then comforting them. This helps them feel understood and learn how to manage emotions over time.

✨ Thank you for your continued support and trust. We love sharing these magical moments with your little ones and can't wait for you to see all the festive surprises soon!

Warm regards,

 Hayley and the Caterpillar Team