

## ☀️ Caterpillar Room Newsletter ☀️

Hello wonderful Caterpillar families!

We hope you've had a lovely week. Here's a little peek into what the Caterpillars have been exploring and learning recently.

### **Sensory Play**

Sensory play is a huge part of early development, and we've had lots of exciting textures for the babies to explore this week — including *shaving foam*, *playdough*, *chia seed slime*, and *cloud dough*.

Sensory play isn't just fun — it's incredibly beneficial. Activities that stimulate touch, sight, smell, and movement help babies build important pathways in the brain. This type of hands-on play supports language development, fine-motor skills, curiosity, calmness, and early problem-solving. You may notice your little ones becoming more confident and engaged as their senses guide them through these new experiences.

### **Cloud Dough Recipe**

If you'd like to try cloud dough at home, here's the simple recipe we used:

#### **Ingredients:**

- 2 cups plain flour
- ¼ cup baby oil (or vegetable oil as a gentler alternative)

#### **Method:**

1. Pour the flour into a large bowl.
2. Slowly add the oil.

3. Mix with your hands until it becomes soft, crumbly, and silky—like powdery sand.
4. Add spoons, cups, or small containers for extra fun!



### **CBeebies Parenting Website**

Have you seen the **CBeebies Parenting** website?

It's a friendly, supportive online space created especially for parents and carers of young children. The site is full of easy-to-read guidance on child development, behaviour, sleep, emotions, play ideas, and navigating everyday parenting moments. It includes advice from early years experts, videos, practical tips, and reassuring information to help you feel confident and supported through each stage of your child's early years journey.

It's a great place to dip into whenever you need quick, trustworthy advice.

**Simply Google: Cbeebies Parenting**

# CBeebies

## PARENTING

Looking for parenting and pre-school tips? Maybe you're after ideas for a creative activity, delicious recipe or the perfect party? You'll find all those here, along with insights into our CBeebies shows and how they support your child's development.



**Parents to be**  
For those expecting



**Tiny happy people**  
Age 0 to 3



**Playful little people**  
Age 4 to 6



**Grown-up people**  
Support for you



### Weekly Wellbeing Tip

Spring is on the horizon, and we've made it through the darkest part of the year. As you go about your day, see if you can spot any early signs of the season changing — tiny buds, longer daylight, birdsong, or even just that gentle feeling of the world waking up again. These little moments can be a lovely way to pause, breathe, and connect with nature. Why not include your little one, and point them out together!



### Thank You for Being Part of Our Caterpillar Family

We appreciate every smile, cuddle, and moment shared with your little ones.

Thank you for your continued warmth and partnership.

Warm regards,



**Hayley and the Caterpillar Team**