

☀ Caterpillar Room Newsletter ☀

Hello wonderful Caterpillar families!

Here's what we've been up to this week and a few important dates for your diary.

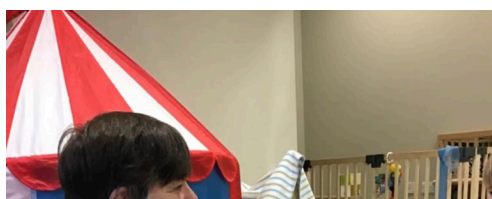
🪣 Bucket Time in the Caterpillar Room



This week we introduced our Bucket Time sessions—and the children have absolutely loved joining in!

Bucket Time is a short, engaging activity designed to support children's attention, listening, and early communication skills. During the session:

- An adult sings the special *Bucket Song*
- Two or three exciting items are pulled from the bucket—these may be noisy, light-up, or simply very interesting
- The adult explores each item while the children watch closely
- The children learn new vocabulary and see lots of Makaton signs
- We finish with our *Well Done* song 🎵



In the Caterpillar Room, we're keeping the sessions relaxed. Children can join in, come and go, or simply watch from a distance—whatever feels right for them. So far, every single Caterpillar has chosen to take part, which is wonderful to see!



Stay and Play Sessions – You're Invited!

Thank you so much for completing our survey last term. We're excited to invite you to our upcoming Stay and Play sessions—an hour just for you and your little one.

These sessions are a lovely opportunity to:

- ✓ Play together in the Caterpillar Room
- ✓ Meet other families
- ✓ Chat to your child's key person
- ✓ Enjoy unrushed, quality time in our calm environment

Key Information:

- Even if your child does not attend nursery on that day, you are welcome to come
- You may bring one additional family member (maximum two adults per child)
- Hot drinks are welcome, but please ensure they have a sealed, lidded cup

Dates for Your Diary:



Thursday 12th February – 09:45–10:45am



Thursday 26th March – 14:30–15:30pm

We'd love to see you there!



Weekly Wellbeing Tip

January can feel long, dark, and a bit overwhelming for many families. This week, try embracing the idea of “**small moments of calm.**”

Instead of aiming for big changes or perfect routines, focus on one tiny moment each day where you pause, breathe, and reset.

This could be:

- Enjoying a quiet cup of tea while your baby naps ☕
- Stepping outside for two minutes of fresh air 🌬️
- Sharing a slow, snuggly cuddle with your little one 💕
- Putting your phone down and taking three deep breaths


These little pauses help your body relax, boost your mood, and give your mind a much-needed rest.

Remember: **you're doing an amazing job**, and looking after yourself—even in the smallest ways—helps your child feel calm and connected too.

 Thank You for Being Part of Our Caterpillar Family

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

Warm regards,

 Hayley and the Caterpillar Team