




---

## **Dear Caterpillar Families,**

Welcome to our very first newsletter!

In these newsletters, you'll find:


-  Updates on what we've been focusing on in Caterpillars
-  Important notices and event information (previously shared on Tapestry)
-  A **Wellbeing & Regulation Tip** for you and your child

This week, I'd like to highlight our **Caterpillar/Parent Partnership**.

---

## **Christmas Party**


If you haven't yet responded to the Christmas Party invite, here's the RSVP link again:

 <https://forms.gle/C8z7YPhUMx2MNJ5M6>

---

## **Parent Noticeboard**


You may have noticed our brand-new noticeboard above your child's pegs. We'll use this space to share important information, such as our safeguarding leaflet, and display our **Makaton Sign of the Week**.

 Why not try using the sign with your child? If you'd like to know more about why we use Makaton, please chat with **Kay**, our Communication Champion in Caterpillars.

---

## **Tapestry**

We hope you're regularly accessing Tapestry to see your child's observations and care diaries. We share wow moments, learning milestones, and lovely snippets we think you'll enjoy.

 Please share any special moments from home—especially those exciting "firsts"!


 At the end of your child's time at Lanterns, you'll be able to order or

download their Tapestry Journal as a keepsake book. We have examples here if you'd like to see them—they're truly special.

---

## **Photo Albums**


Thank you to everyone who has returned the mini red photo album from your child's welcome pack with photos from home. We'd love to see more!

 Looking at family photos at nursery helps babies feel regulated, safe, and secure—and brings them joy.

---

## **Story Sacks**


Over the next few weeks, we'll be creating story sacks for you to borrow and enjoy at home. Each sack will include a book and prompts for shared play.

 We'll pop these in the corridor—please help yourself and return them for another family to enjoy.

---

## **Stay and Play Sessions**


We'd love to introduce half-termly **Stay and Play** sessions—an hour for you or another family member (grandparents welcome!) to join us for play and relaxation.

 Your input on the best times and days would be invaluable. Please share your thoughts here:


 <https://forms.gle/zT6MjZDjPf32B24g8>

---

## **Weekly Wellbeing Tip: Why Routines Are So Important for Babies**

Babies thrive on predictability.  Consistent routines help them feel safe and secure because they know what to expect next.


This sense of stability supports emotional regulation and reduces stress, making transitions smoother for both you and your child.

 Simple routines—like a familiar bedtime sequence or a regular mealtime pattern—build trust and help your baby develop confidence in their world.

---

Thank you for being such an important part of our Caterpillar community.  
We're excited to keep building these connections with you!

Warm regards,

 Hayley and the Caterpillar Team