



# The Lawns Pre-Nursery Autumn 2 Newsletter

## The Children's Learning

Welcome to the second half of the Autumn Term. We hope that you all had a super half term holiday break and have adjusted to the darker evenings. The children have learnt so much already since the break and are familiar with the routines of the day. We have had a focus on sharing stories in our newly developed reading corner and the children are enjoying our core reading books that are now displayed in the area.

This term we are introducing 'The Zones of Regulation' as part of our Goal, 'Regulate emotions by finding ways to cope.' Regulating emotions means learning to understand and manage feelings in a healthy way, allowing us all to react appropriately to situations and build strong relationships. It helps us to develop the ability to handle big emotions like anger, sadness, or frustration. We are supporting the children to name their emotions, modeling and talking about all of our feelings through shared language and co-regulation.

In Pre-Nursery we are starting with two zones and beginning by naming the emotions and making links to the colours. We have been sharing stories and using our visuals to support the children's understanding.

After Christmas we will talk about how feelings make our bodies feel, including body posture and facial expressions. We will use our Persona doll and mirrors to support this learning.

Here are the two emotions and zones that we are starting with our youngest children.

Please follow this [link](#) if you'd like some more information about regulation.



## Children in Need

Thank you to you all for your support in making today's Children in Need pajama party such a success and for your generous donations. The children have had a fantastic time dancing and sharing stories alongside learning about such a good cause. We all had a wonderful day and raised an amazing **£192.65**



## Dates for your Diary

### December Dates

Monday 1st December - Christmas Hamper Raffle opens

Friday 19th December - There is no lunch club or afternoon session today. Nursery closes at 11.45am for the Christmas holidays.

### January Dates

Monday 5th January - Pre-Nursery closed for Pre-Nursery visits

Tuesday 6th January - Pre-Nursery open to all children

## Car seat safety

The Royal Borough of Windsor and Maidenhead found when carrying out recent car seat safety checks that 80% of seats were incorrectly fitted or that the child was in the wrong size seat for their height and weight. They have produced some useful guidance to help keep children safe and secure when traveling. Further support can be found online, please [CLICK HERE](#)

## A Couple of Reminders

\*\*Please call/ email into the school office if your child is not able to attend Nursery.

\*\*Keep encouraging your child to practice putting on their scarf, hat, gloves, wellies and coat independently and make sure that they come appropriately dressed for the weather. Please make sure you name all of these items clearly.

## Christmas Raffle

Every year at The Lawns Nursery School the staff team donate items to fill a children's and adult's Christmas hamper.



This is a lovely way to celebrate Christmas and all the money raised goes towards purchasing resources for the children to enjoy at Nursery.

Tickets will go on sale on Monday 1st December for £1 each and the raffle will be drawn on Monday 15th December at 1pm. If you are a lucky winner we will call you.

# Toileting



This week, our community Nursery Nurse, Belinda Crocker led an important staff meeting with the updated advice they will be providing families around toilet training from now on.

The latest research shows it is better for your child's bladder and bowel health to stop using nappies between 18 and 30 months.

The [Eric website](#) suggests there are 40 different skills needing for 'potty learning' but below are some simple steps suggested by the Institute of Health Visiting.

## Step 1 Practise sitting on the potty or toilet

Before you stop using nappies help your child feel confident and know what to do by getting them used to sitting on the potty or toilet. Add this into daily routines such as shortly after waking up, after eating or any time you see them start straining for a poo or hiding.

Allow time for your child to practise getting dressed and undressed so that they are able to independently pull down trousers and underwear before using the toilet.



## Step 2 Stopping nappies

Choose a few quiet days at home to help get used to the change. Avoid times with big routine changes. Dress your child in clothes that are easy to get on and off so they can take the lead.

- For boys, start by sitting on the potty for wees as well as poos. This helps empty the bladder and prevent constipation
- Avoid asking too often. Instead wait for signs and gently say, "It's toilet time!" or "Let's get that wee (or poo) in the potty".

## Step 3 Sticking with it

Be consistent. Stay home for a few quiet days when you first start using nappies. If you go out take the potty with you. If you are worried about accidents in the car put underwear on inside the nappy so they still feel the sensation of being wet.

- Expect accidents to happen as they learn—have spare clothes ready, clean up together and remind them about the potty. Stay calm and don't shame or punish.

- Night time - Some children stay dry during nighttime soon after becoming dry during daytime—others will wet after 5 years old. It is not your child's fault if they wet during sleep.

## When to ask for help from nursery or your health visitor



1. If you feel unsure about how to start or what to do next
2. Your child has special educational needs and disabilities
3. Constipation or pain is making toilet training hard
4. Your child is afraid of the potty or toilet.
5. You are worried about toilet training.

**More information available [click below](#)**



**Berkshire Healthcare**  
Children, Young People and  
Families services

[Berkshire Healthcare website](#)

