

WELL-BEING POLICY

TAMSIN'S LITTLE ACORNS SUPPORTS YOUR CHILDREN'S WELL-BEING

I provide a high quality setting which is welcoming, safe and stimulating. The children in my care enjoy learning, grow in confidence and form positive relationships. The well-being of your children is paramount and the main focus of our daily routine. Each day may involve different activities, however I aim for consistency so the children are settled and know what to expect.

In order to meet the welfare requirements set out by the EYFS I focus on the main areas below:

A UNIQUE CHILD – Every child is unique so it is important to assess each child and reflect on the different ways they learn. This allows me to plan and guide activities that help support their development.

POSITIVE RELATIONSHIPS – We spend a great deal of time playing together and participating in group activities. This allows the children to learn from each other, whilst playing co-operatively and forming positive relationships.

DAILY OUTINGS – We visit the park, playgroups, soft plays, and other childminder's homes and encourage the children to explore and try new activities.

ENABLING ENVIRONMENTS – I provide a stimulating environment and my playroom is equipped with various toys and activities relevant to different stages of child development. My garden also includes various toys and a play house, which encourages imaginative role play. We have creative play daily, where the children will explore a variety of materials, experimenting with tools, techniques, colour and design.

HEALTHY DIET – I provide healthy meals and snacks and actively encourage the children to choose healthy food options. Eating habits are established early in life, so we all eat together, and have 3 main meals and 2-3 snacks per day. Children have regular drinks of water and milk throughout the day. Wherever possible the children are encouraged to get involved with the food preparation. This sits hand in hand with good hygiene practices. If a child has religious or cultural requirements or food intolerances we will ask for these in writing.

SAFEGUARDING – I have policies and procedures in place that ensure your children are safe at all times. I have completed several training courses that have given me the knowledge to identify any changes in behaviour and be aware of any issues that raise a concern.

TRANSITIONS – There will be a few weeks where your child will attend my setting for visits to familiarise themselves with both me and my home. Ensuring your child is settled and secure will help support them during changes in their lives and help prepare them for school and beyond.

If you have any questions regarding my Well-Being Policy please do not hesitate to ask.