



October 2022

Dear Parents,

October - The children have been enjoying many exciting activities, they have been painting, printing, loving lots of sensory experiences and will soon be embracing our Spider and Pumpkin week! We hope you enjoyed the display boards photos on our Facebook page 😊

Staffing news - Shel has completed her Special Educational Needs training and Sophie her Paediatric First aid this month! Ella and Abbie have also completed some short courses! Sadly, Naomi has left Abacus. We wish her all the best for the future and we will all miss her - Good luck Naomi. Adding to this we are also sadly saying goodbye to Amy who has secured a position with Somerset County Council working within the SEND provision, this is where her passion lies so we know she will be amazing - we will really miss you Amy but Good Luck! We are advertising for a SENCO and a practitioner! We are delighted to let you all know that Ellie has agreed to be our new room supervisor in our Toddler & Preschool when Amy leaves in November - she will be brilliant 😊

Winter coats - Winter is nearly upon us so your child will need to come in a warm winter coat each day, even if you come by car as we go outside every day, whatever the weather. For our toddler and preschool children can you also please provide a named hat and pair of gloves that can stay in your child's nursery bag. Children in our baby and toddler room can leave theirs here for the winter months! If your child is going in a car seat when they leave we will not be putting their coats on as it is recommended that children do not wear big winter coats in car seats.

Further safety advice in car seats - It has been documented that the average child's puffy coat can add several inches of slack between your child and the harness straps (although this is not really noticeable until the seatbelt is put under pressure and compressed). In a collision, the coat could become compressed and could allow a child to be flung forward, or even ejected from the seat entirely. Also when the car gets warm, it is easy for your child/baby to overheat when wearing a thick coat.

Please also remember that the UK law dictates that a child must use a child car seat until they're 12-years-old or 135cm tall, whichever comes first.

Contacting us - Please email any updates/changes rather than use Tapestry so that management get your messages, particularly if this is about attendance, illness or if you have any problems/concerns. We can then make a record and discuss this with you. Claire & Shel do not see every Tapestry post and if a keyperson isn't in the next day or hasn't looked at

Tapestry outside of their working hours we will not know you have been in touch. The ladies already work long days so do not always look at Tapestry of an evening. In fact we encourage them to have their own family time and ask them to switch off from work when they leave (although we know sometimes they do check!). We check emails at 8am every morning, and will respond as soon as we can, if something is urgent please call! We are closed over the weekend so again if you email this probably will not be read until Monday morning 😊 Of course if it is just a general chat and you wish to talk with your keyperson please add this to Tapestry!

What to Expect When - A parent's guide - This is a really lovely read and helps show how children develop and the different stages they will go through

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Parent Chats - We are offering (in person not via Teams or Zoom) parent chats on November 15th between 6pm and 7.45pm! If you would like a quick catch up with your child's key person please choose a time slot and add your name to the form in the porch 😊 We appreciate for many of you that the regular Tapestry chats and end of day feedback will be enough but if you would like a more in depth conversation this is your opportunity 😊 More information in the porch!

Nursery fees - The majority of you are absolutely brilliant and pay the correct amount, on time, making the director's job so much quicker. Thank you, it is so appreciated.

Unfortunately for a small number of parents they are receiving payments far too late or they are not the right amount. In line with our Policy can we ask that all payments are received by the end of the month in advance of the month you are paying for e.g. Fees for November should be paid by the end of October. A late charge can be added so please get in touch if you are having problems paying. Thank you for your anticipated understanding and support with this matter. We hope you have all read the information on Tapestry regarding the increase to our late charge (this has been the same amount for the last 4/5 years). If you haven't please take a look!

Oral hygiene and teething - we understand that some parents are struggling to register their child/children with a dentist. We suggest you contact your own dentist to begin with and if they are unable to register your child please ask them for advice. Due to your issues registering with dentists we have copied our Oral Health and Teething guide from our website and added it below this newsletter, we hope you find it useful!

We will have Christmas parties on the last two afternoons before our Christmas closure, but if your child doesn't usually attend they will be invited to the Thursday afternoon party (cost will be confirmed later). Watch this space for more information!

Christingle - Just in case you missed our last newsletter we thought we would mention again that we have been in touch with a local church to arrange an Abacus Christingle (type) service, this will be at 5.30pm (for 30/40 minutes) on Thursday 15th December, we hope you can all make it! We feel this will be a lovely way to all get together and celebrate! (St Peter Church, Lyngford, Taunton). Please pop the date in your diary now as I know (from past experience while working in a local school) that Reverend Debbi Turley will make this a memorable event. We apologise that this would mean you would need to collect by 5.15 that evening if you wish to attend, we will remain open until 6pm for those of you who do not come. Extended families are welcome 😊

Dates for your diary:-

Harvest Festival - The Harvest Festival is celebrated around the world across many different faiths and cultures. It takes place at different times of the year in different countries, according to when the main harvest is for each country. In the USA, the Harvest Festival is known as Thanksgiving and is a national holiday in November every year!

Foodbanks rely on goodwill and support so as part of our Harvest Festival we are supporting Taunton Food bank and would like to provide donations of packaged foods. If you would like your child to bring in something from the list below they can proudly add it to our Harvest display on their arrival. The food bank needs: Coffee, tea, sugar, squash, Weetabix, cereals, spam, corned beef, tinned meat pies, tinned garden peas, carrots, mixed vegetables, tins of custard. Please check everything is in date. Items can be brought in from October 3rd until October 7th. We will be planning lots of activities with the children to celebrate Harvest time such as leaf rubbing and farm play! The Harvest Festival is usually a time to share locally grown produce with those in need and celebrate with a big feast. Churches are often decorated with fruits and vegetables brought by parishioners, which is then donated to charity.

Week beginning Monday 24th October will be all about spiders and pumpkins - this is our take on Halloween which we feel can be too scary for our age group. During this week children can dress up (in whatever they like) with staff dressing up too, we will learn all about spiders and pumpkins! They can also dress up on Monday 31st if they wish!

Save the Children's 'Christmas Jumper' week to take place week beginning the 5th December - more info to follow

Christmas Closure - we close on Thursday 22nd December and open again on Tuesday 3rd January. Details about Christmas parties to follow!

- Children in need - Spotty Week! 14th November - All children can wear spots if they wish and we will be fundraising all week - suggested donation 50p/£1 😊
- Christmas Closure - we close on Thursday 22nd December and open again on Tuesday 3rd January.
- Christmas Party dates - 21st & 22nd December
- Easter break - 7th to 10th April (closed)
- May Bank holidays - 1st & 29th (closed)
- School Leavers Party - August 31st

Please remember if you ever need a chat let us know 😊

Kind regards,

Claire, Shel and the team

P.S. All requests for donations are of course optional!

Our contact details: abacuschildrensnursery@outlook.com

01823 288681

NSPCC: 0808 800 5000

National Domestic Abuse Helpline: 0808 2000 247

OFSTED: 0300 1231231

Preventing Radicalisation & extremism in Somerset: prevent@somerset.gov.uk 01823359879

Somerset integrated domestic abuse services: 0800 694 9999

Men's advice line (domestic abuse): 0808 801 0327

Children's social care Somerset: 0300 123 2224

Abacus Nursery - From brushing their first tooth to their first trip to the dentist, here's how to take care of your child's teeth

One of the Abacus goals that all children at nursery work towards supports children in learning about healthy food choices and oral hygiene. NHS dental treatment for children is free. It is a good idea to take your child with you when you go for your own dental appointments so they get used to the idea. A regular teeth-cleaning routine is essential for good dental health. Follow these tips and you can help keep your child's teeth decay-free.

Toothbrushing tips

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.

Toothbrushes

Toothbrushes should have a small head size (the toothbrush needs to be small enough to reach behind the back teeth and brush them easily). The bristles should be medium/soft so that they do not hurt the gums. Toothbrushes should be replaced at least every 3 months, or sooner if required. Toothbrushes should be individually identifiable for each child

Children aged up to 3 years

Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).

Parents or carers should brush or supervise toothbrushing. Brush the teeth in small circles, covering all the surfaces.

Brush teeth twice daily for about 2 minutes with fluoride toothpaste.

Brush last thing at night before bed and on 1 other occasion, 30 minutes before or after eating.

Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) or family toothpaste containing between 1,350ppm and 1,500ppm fluoride.

Use only a smear of toothpaste encourage and your child to spit the toothpaste out afterwards..

Make sure children don't eat or lick toothpaste from the tube.

Not all children like having their teeth brushed, so you may have to keep trying. Make it into a game, or brush your own teeth at the same time and then help your child finish their own.

Children aged 3 to 6 years

Brush at least twice daily for about 2 minutes with fluoride toothpaste.

Brush last thing at night before bed and at least on 1 other occasion.

Brushing should be supervised by a parent or carer.

Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) or family toothpaste containing between 1,350ppm and 1,500ppm fluoride.

Use only a pea-sized amount of toothpaste.

Spit out after brushing and don't rinse - if you rinse, the fluoride won't work as well.

To find a dentist, you can ask at your local clinic, or contact NHS England on 0300 311 22 3 or email england.contactus@nhs.net.

Sugar and tooth decay

Sugar causes tooth decay. It's not just about the amount of sugar in sweet food and drinks, but how long and how often the teeth are in contact with sugar.

When your baby starts eating solid foods, encourage them to eat savoury food and drinks with no sugar. Check if there's sugar in pre-prepared baby foods (including the savoury ones), rusks and baby drinks.

Lollipops and sweet/fizzy drinks in a formula bottle or feeder cup are particularly damaging, because they bathe the teeth in sugar for long periods of time. The acid in drinks like fruit juice and squash can harm teeth as well. Fruit juice should be diluted and only given at mealtimes. Remember to dilute 1 part juice to 10 parts water. Your child should have no more than 1 drink of fruit juice (150ml) in any 1 day as part of their 5 A Day.

The sugars found naturally in whole fruit and milk are less likely to cause tooth decay, so you don't need to cut down on these types of sugars.

Should I give my baby a dummy?

It's fine to give your baby a dummy but avoid using them after 12 months of age. Using dummies after this can encourage an open bite, which is when teeth move to make space for the dummy. They may also affect your child's speech development.

Discourage your child from talking or making sounds with a dummy or their thumb in their mouth, and don't dip dummies in anything sweet, such as sugar or jam as this will cause early decay.

When it comes to teething, all babies are different

Teething symptoms:

Baby teeth sometimes emerge with no pain or discomfort at all.

At other times, you may notice:

- their gum is sore and red where the tooth is coming through
- they have a mild temperature of 38C (rarely higher)
- they have 1 flushed cheek
- they have a rash on their face
- they're rubbing their ear
- they're dribbling more than usual
- they're gnawing and chewing on things a lot
- they're more fretful than usual
- they're not sleeping very well

Some people think that teething causes other symptoms, such as diarrhoea, but the NHS say that there is no real evidence to support this, and that the diarrhoea could be due to a rise in temp. If you need something to help your child while they are teething please speak to a pharmacist, cool teething toys/rings can be helpful.

You know your baby best. Get medical advice if they have any symptoms that are causing you concern. You can call [NHS 111](#) or contact a GP.

If you would like any further advice please let us know 😊