



What is the fuss about High/Scope? Heuristic Play

Heuristic play is rooted in a young child's curiosity. As babies grow, they move beyond being content to simply feel and ponder objects, to wanting to find out what can be *done* with them. Toddlers have an urge to handle things: to gather, fill, dump, stack, knock down, select and manipulate in other ways. Household or kitchen utensils offer this kind of activity as every parent knows, and can occupy a child for surprising stretches of time. When toddlers make an enjoyable discovery – for instance when one item fits into another or an interesting sound is produced – they often repeat the action several times to test the result, which strengthens cognitive development as well as fine muscle control and hand/eye coordination. There is no right or wrong way of 'doing' heuristic play, so long as you recognise the significance of spontaneous exploratory play for children's development and offer them plentiful opportunities...Enjoy it!!

This Months Theme is People who help us!

This month we are finding out about all the different people that help us! Check out the monthly theme board to get ideas about what you can talk about with your child to reinforce their understanding of the roles these people do and how they help your child. We have arranged for the NI Ambulance service to come out and visit later this month but would love to have other professions chat to the children about what they do. Can you help? Could you spare 1/2 hour to explain to a group of the children about how you help other people? Or do you know someone that could? We would love you to take part. Speak to Sharon or Vicki for more details.

Tips for Parents—Starting School!

Starting school is a huge step for children and a daunting one for parents. For the child there are new places and people to meet, new routines and rules and more time away from family. For parents there are worries about how they will adjust, if they will settle in without difficulty, if they will make new friends, eat their food and get on with their teacher and essentially...will they enjoy the learning process. The following tips can help prepare them for the big day by familiarising them with their new environment.

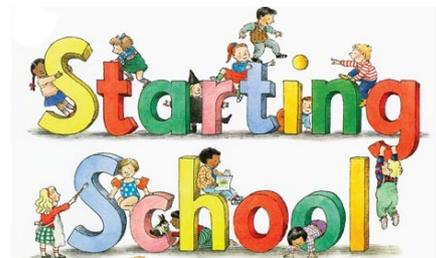
Visit the school before your child is due to start, look around the classroom with your child and if possible, meet the teacher. Look at where they will be entering the school at the beginning of the day, where they will hang their coats and check out the playground, toilets and hallways.

Talk about the visit and what you saw with your child to remind and reassure them. If you know the daily routine, discuss this with your child also. Look at books together about starting school like "Starting school" by Alan & Janet Ahlberg.

Involve your child in role-play at home by making a pretend classroom; children will enjoy being the teacher. Point out the school any time you pass it. Help your child to become more independent so they are able to eat, go to the toilet and get dressed by themselves. Encourage your child to ask adults for help if they need it. Share your own memories and experiences of school to build a happy picture of school life, and so they know you went to school too!

Make sure your child is in a good bedtime routine so they are getting enough sleep and can be up early in the mornings to prepare for the day ahead.

The First Day: Be enthusiastic, encourage your child to have a good breakfast to give them energy for the day and to keep them alert. Don't spend too long saying goodbye especially if your child is upset as it only drags it out and they quickly settle after you have left. Plan a treat for the end of the day, then relax – you've survived!





Food for thought
Chicken with creamy
Leek & Sweetcorn sauce

- 2 chicken fillets – Chopped
- 2 leeks
- 1 tin Condensed chicken soup
- 1 tin sweetcorn
- Herbs and pepper to season

- 1 Brown chopped chicken over a medium heat.
- 2 Add chopped leek and cook until tender
- 3 Add drained tin of sweetcorn and soup.
- 4 Continue to heat through
- 5 Serve with some crusty bread, potato's or rice!



Quote of the month

“The only people that never fail are those that never try”

We have new stock of the Children's Puddleducks Hoodies which are perfect for this time of the year. They are £15 each. Speak to any of the team to get one!

We are delighted to welcome Sarah back from her maternity leave from 8th September! Sarah will be the room supervisor of the Ducklings room as Mairead will be returning back to the Little Chicks room. A massive thank you to Emma who has been covering the majority Sarahs leave. She has proved to be a great leader and support to the whole Puddleducks team and I'm sure she will continue to be as she returns to her role as nursery assistant.



Garden developed!!! Have you noticed the changes in our outdoor area!? We are really pleased with the results! We have created a work bench for potting, planting, sorting or discovering, a seated area to chill out or chat with our friends, a drainpipe xylophone and a fabulous mini-beast hotel! If you haven't already had a nosey, nip round and have look. We really want a saucepan drum kit but need more saucepans...could you donate one...it doesn't matter if its in bad condition! Drop it in and



we will get it attached to the fence to create the drum kit! Thank you for all the bits and bobs that have been donated so far!

Remember...You can Like us on  or follow us on  and make sure you (if you haven't already) add a recommendation for Puddleducks to www.daynurseries.co.uk (where we are currently No.1 in Belfast & Co.Antrim!!)

Remember if you have any ideas or suggestions for the newsletter or anything we do in Puddleducks, don't be shy in letting us know!

KEEP CALM AND QUACK ON!