

# Health & Safety Newsletter



## Welcome

BY KATRINA

Welcome to the first 2026 edition of our Health and Safety newsletter. Health and Safety is at the heart of everything we do at Toad Hall Nursery.

## Splash Safety at Home

As we move into the warmer months and spend more time outdoors, we would like to share an important water safety reminder with all families.

**A new national water safety campaign has highlighted that 88% of child drownings happen in the absence of adult supervision.**

This statistic serves as a powerful reminder of how quickly accidents can occur around water, even in shallow areas and for confident swimmers.

Children are naturally curious and can be drawn to water in many environments, including:

- Baths and paddling pools
- Garden ponds and water features
- Beaches, lakes, rivers, and canals
- Swimming pools and holiday resort

### To help keep children safe, please remember:

- Always supervise children closely around water, stay within arm's reach for younger children.
- Avoid distractions such as phones or conversations when supervising near water.
- Empty paddling pools and buckets immediately after use.
- Teach children basic water safety and swimming skills where possible.
- Ensure older children understand safe behaviour near open water.



# Sun Safety

Sun Awareness Week took place back in May, highlighting the importance of protecting children from the harmful effects of sun exposure. We also experienced our first heatwave of the year!

Young children are particularly vulnerable to the sun, so having clear and consistent sun safety routines is an essential part of outdoor practice. Babies under six months should always be kept out of direct sunlight, as their skin is especially delicate and sensitive at this age.

At Nursery with lots of outdoor play happening, we take extra care to keep little ones safe in the sunshine. We provide and apply sun cream when needed, and if you'd prefer to send your own, please ensure it is nut-free to help keep all children safe. Please also remember a wide-brimmed sun hat each day - essential for sunny adventures and outdoor fun!

For more information, read the NDNA's blog post - [Sun safety for children in early years](#)



# Fire Safety Training

Our teams recently took part in practical fire extinguisher training, building on the theory they had already completed.

The session covered:

- Fire classifications
- Recognising different types of extinguishers
- Safe extinguisher use and handling
- Hands-on practical training using a variety of extinguishers

Katrina, our Health & Safety Lead, emphasises the importance of regular fire safety training:

*"Practical fire training is a vital part of keeping our nurseries safe. It is more than a compliance requirement; it gives our teams the confidence and skills to respond quickly and effectively in an emergency. Regular training helps staff understand their roles, support children calmly during evacuations, and work together to keep everyone safe."*



# First Aid training

At Toad Hall Nursery Group, the safety and wellbeing of our children, staff, and parents is our highest priority. We follow the statutory health and safety guidelines set out by the Early Years Foundation Stage (EYFS).

All staff complete Paediatric First Aid training through our trusted partner, Tigerlily Training, ensuring they are fully equipped to respond quickly and confidently in the event of a medical emergency.

We are proud to hold Tigerlily Training Accreditation Awards across all our settings – their highest level of recognition. This accreditation requires us to:

- Conduct first aid drills every six months
- Ensure all training meets the latest EYFS 2025 guidance and HSE standards
- Provide annual refresher courses for all designated first aiders to keep their skills current and effective

Our ongoing commitment to best practice in first aid means you can trust that your child is in safe, capable hands.



# Screen time guidance for under 5s

Did you know that research has found that one in 10 babies regularly fall asleep while using a screen?

The early years are a crucial time for development, with 90% of a child's brain development taking place before the age of five. During this time, children are building important language, communication and social skills, as well as developing a lifelong love of learning.

Research shows that excessive screen time can have a negative impact on this vital stage of development. For this reason, new government guidance recommends that children aged 2-5 should have no more than one hour of screen time per day.

Take a look at this screen time guidance for under 5s.

**Screen Time Guidance for Children Under 5**

**Lead by example**  
Be mindful of how often you use your phone around your child.

**Being present with your child**  
Spending long periods on your phone can make it harder to notice what your child is doing or feeling.

**Avoid background watching**  
Screens can distract from beneficial activities for your child such as active play.

**Choose safe content**  
Use parental controls to block inappropriate, harmful content. Avoid social media & AI.

**Limit total screen time for young children**  
For children aged 2-5 years, try to keep it to 1 hour a day. Less if possible.

**Avoid screens an hour before bedtime**  
Try to avoid screens for the hour before bed, as this could affect sleep.

**Screen-free zones**  
Keep bedrooms and mealtimes free from screens.

**Avoid young children using screens alone**  
It reduces opportunities for social time and active play.

**BEST START IN LIFE**

**Toad Hall Children's Nursery**