

*The year between September to August that a child turns 1*  
(please contact us if you are unsure which room your child is starting in, or if you have any other queries)

## Feeding

- If you breastfeed and your child needs to take a bottle at Tall Trees, please ensure that this has been practised at length at home. This is essential to help your baby settle more smoothly with us.
- For either formula or breast milk feeding -The correct number of sterilised bottles for your child must be supplied daily. Labelled with your child's name and a lid to cover the teat.
- Please let us know your formula milk requirement at least 2 weeks before your baby starts so that we can make sure we have it in stock.
- When your baby is ready – we use the baby led weaning method but also introduce 'DoddI' ergonomic baby cutlery (starting with their baby plastic spoon and fork set) it is helpful for you also to start using similar at home if stage appropriate.
- Please try to follow our mealtimes, especially focusing on lunch being served at 12.30pm.

## Sleeping

- Please ensure that your baby is used to napping on a firm, flat surface (i.e. cot). As we are unable to accommodate pushchair, bean bag etc. napping due to strict '*safer sleeping*' guidelines.
- We use Coracles (small wooden flat based sleep pods) and floor sleep mats.
- For babies who co-sleep and co-nap at home. It is essential that they are used to independently napping before they start nursery. This makes the settling in process much easier for them.
- Children will be soothed to sleep and monitored closely during all sleep times.

## Independence

- Our babies receive lots of warm, caring and reassuring cuddles as well as extensive practitioner contact throughout their day with us.
- However, please ensure that your baby is used to supervised independent play at home - i.e. not held all the time throughout the day (as this is not possible at Tall Trees.) This greatly helps their confidence in playing alongside the constant, reassuring presence of our practitioners.