



We see a
SMILE
everyday by offering:

- S**afe Environments
- M**otivated Staff
- I**nteractive Play
- L**earning with Friends
- E**njoyment & FUN!

For more details call us today on:
0117 9582030 or email **info@mamabear.co.uk**
www.mamabear.co.uk

Why choose Mama Bear's?

Mama Bear's is a family run business which is passionate about providing high quality childcare in local communities. With settings across the South West we offer a nurturing home from home environment for babies from 3 months to children of 5 years.

Working closely with our families we meet the needs of each individual child in our care. Our qualified, friendly staff will inspire your child through interaction and play with others to build their confidence and teach new skills ready for their transition to primary school.

- 🐾 Designated play rooms, with a wide range of age appropriate resources and toys
- 🐾 Fantastic outdoor spaces which are used all year round
- 🐾 Fresh, nutritious meals and snacks provided
- 🐾 Parentzone online app to view your child's day with us.

Our People

We take great care when recruiting new members of staff to ensure we have the right people in the right places. Our staff are our most powerful asset representing our brand, service and ethos. They bring our aims and mission to life and are at the heart of everything we do. They are passionate about providing the highest quality of childcare and will inspire your child to develop and grow in confidence. We work closely in partnership with our families to meet the needs of each individual child.

Your child will be allocated a key person, who will build a special bond with your child.

They will be familiar with their likes and dislikes so they can help them to flourish and develop in time with key milestones.

We attract and retain highly motivated staff by offering them opportunities in training to gain new skills, knowledge and capabilities. We are committed to ongoing development and support our staff through their careers with us – regularly seeing members of our team progress from apprenticeships to managerial positions.



Babies (3 months to 2 years)

If your child will be starting with us from a very young age please be assured that they will receive the care and attention that this age group of child requires. We offer a home from home environment and operate to much higher staffing ratios – with 1 member of staff to 3 babies. Your little one will be given the individual attention, cuddles and reassurance that they need to feel safe and secure.

Our Baby rooms are equipped and furnished to offer a separate sleep room, changing area and the majority have their own milk kitchen. Babies learn through stimulating environments by using their senses to develop co-ordination by exploring new textures, tastes and smells. Soft surroundings will enable your baby to enjoy 'tummy time' learn to crawl and take their first steps in a safe environment. When it is naptime your baby can snuggle down in a cosy cot or sleep pod to have a snooze. We will discuss your routines and what sleep patterns you have during your settling in sessions.

Our toys and resources are age appropriate and at eye level so your child can engage in the activities that they enjoy. Your child will make their very first friends with us in the company of children their own age and build a bond with their key person.



Toddlers (2 years)



As soon as children are confident on their feet they're ready to go exploring! We encourage toddlers to continue learning about themselves, their environment and the world we live in by providing a full range of resources to support our monthly themes and activities. Here your child will learn to be creative with paint and craft, water and sand. They will have fun with other children solving construction problems with building blocks, dressing up with roleplay, starting to read letters and numbers with games, dance, sing and play with musical instruments.

Your child's natural curiosity and energy will bring adventures in the garden come rain or shine on a daily basis. Physical play is encouraged everyday to promote a happy and healthy toddler. Your child's key person will support their emotional and physical development by providing new learning activities based on their individual likes and dislikes, needs and interests.



Pre-school (3-5 years)

Mama Bear's Day Nursery is committed to providing the best possible start to your child's education. Our curriculum is planned and implemented in accordance with the Early Years Foundation Stage (EYFS). Each child will have individual learning plans based on their own interests and abilities. We place the child at the centre of everything we do, when they are happy, engaged and having fun they will be learning. Our focus is to ensure they have developed confidence and learnt new skills, ready for their transition to primary school.

The EYFS sets the standards for the care, learning and development of children from birth to 5 years, it is a set of standards that all pre-schools, nurseries and reception classes must follow. It covers these 7 key areas:

- 🐾 Communication & Language
- 🐾 Physical Development
- 🐾 Personal, Social & Emotional Development
- 🐾 Literacy
- 🐾 Mathematics
- 🐾 Understanding the World
- 🐾 Expressive Arts & Design

The first 3 are considered to be fundamental for igniting children's curiosity, for building their enthusiasm, capacity for learning and for forming relationships and thriving. These areas are referred to as the Prime areas.

We will work in all these key areas with your child so they are ready for their next step to 'big' school.



Outdoor Facilities

At Mama Bear's we believe it is vital for children to enjoy time in the fresh air and be active every day. Which is why we are so passionate about our extensive gardens and outdoor play areas.

We like to recreate the magic with den building, pirate challenges, playing tag and making mud pies in the mud kitchen. They also get to experience nature first hand and enjoy bug hunting, watching spiders weave their webs and learning about the seasons.



Menus and Nutrition

Food and healthy eating is very important to us as this builds your child's foundation for a balanced diet. In their early years children discover hundreds of new tastes, textures, likes and dislikes. We will encourage them to try new things and experiment with food. We understand that meal times are an important part of life, and a good opportunity for children to learn about taking turns, self-serving and table etiquette. Meal times at Mama Bear's are a social occasion for children to enjoy and an integral part of developing their social skills.

Our nurseries have fully equipped kitchens which are inspected by Environmental Health Officers and food is prepared by qualified catering staff. We plan our daily menus to include fresh and varied options for all age groups. We have seasonal

menus which rotate on a 4 weekly basis. Most dietary requirements can be catered for and a vegetarian alternative is part of our daily menu. We understand the importance of children with allergies and sensitivities and will work with you to support the needs of your child. Please see our website for our current menus.



WEEKLY MENU (Winter)					
WEEK 1 beginning Mon 26th Oct, Mon 23rd Nov, Mon 21st Dec, Mon 18th Jan, Mon 15th Feb, Mon 15th March					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Porridge with Fruit Option or choice of Cereals Milk	Malt Loaf with Apple Slices or choice of Cereals Milk	Crumpets with Banana and Apple Slices or choice of Cereals Milk	Organic Rice Cakes with Marmite Fruit or choice of Cereals Milk	Wheat Biscuits with Milk and Bananas or choice of Cereals Milk
LUNCH	Ham and Pea Penne Pasta Water	Toad in the Hole with Cabbage, Baby Carrots and Gravy Water	Moroccan Stew with Chicken or Turkey, Prunes, Peppers and Couscous Water	Spaghetti Bolognese Water	Potato, Broccoli and Cauliflower Bake Water
VEGETARIAN OPTION	Cheese and Pea Penne Pasta	Vegetarian Toad in the Hole with Cabbage, Baby Carrots and Gravy	Moroccan Vegetable Stew with Couscous	Vegetarian Spaghetti Bolognese	Potato, Broccoli and Cauliflower Bake
PUDDING	Banana Custard	Beetroot and Cocoa Brownies	Orange Yogurt Cake	Fruit Filled Jelly and Ice Cream	Warm Oat Fruit Salad and Natural Yoghurt
TEA	Baked Beans or Spaghetti with Toast Fingers Fresh Fruit with Yoghurt or Fromage Frais Milk	Sweet Potato and Potato Wedges with Tomato Sauce and/or Vegetable Fingers Fresh Fruit Milk	Savoury Eggs, Pineapple, Carrot, Celery and Cucumber Batons Breadsticks Fruity Flapjacks Milk	Pizza Slices with Salad Fresh Fruit and Natural Yoghurt Milk	Assorted Sandwiches Fruit Mousse Milk

With you Every Step of the Way

Leaving your child in someone else's care at nursery for the first time can be incredibly difficult. Please try not to worry we are here to support you and will build strong relationships to provide the best care for your child.

We will hold initial settling in sessions which will involve your child spending time with their key person. When a child joins us we like to gain as much information as possible about them so that we can make this new experience happy, safe and enjoyable for everyone.

We ask you to complete an 'All about me' Record Book so we know all your child's likes, interests and needs. This also includes information about any routines you would like us to follow for example sleep patterns. When your child is ready we can support you with the key milestones like potty training. To help children with their toilet training we provide child-sized toilets, cubicles and hand basins.

Help with Funding

There is a variety of help and financial support when it comes to childcare at Mama Bear's and we are here to assist you in working out what you might be eligible for. There are a number of government initiatives that could help you cover the costs of childcare. Please visit www.childcarechoices.gov.uk for more information.

Free Universal Entitlement

- For all families of 3 and 4 year olds as well as families of 2 year olds receiving some forms of support (based on eligibility)
- 12 hours of funded childcare and early education a week for 47.5 weeks per year (all year round) or 15 hours of free childcare and early education a week for 38 weeks per year (term time only)

Free Extended Entitlement

- For working families of 3 and 4 year olds
- 24 hours of funded childcare and early education a week for 47.5 weeks per year (all year round) or 30 hours of funded childcare and early education a week for 38 weeks per year (term time only)

The Upcoming Expansion

- **Starting from April 2024**, existing childcare support will be expanded in phases. By September 2025, most working families with children under the age of 5 will be entitled to 30 hours of childcare support.
- **From April 2024**, eligible working parents of 2-year-olds will be able to access 15 hours childcare support.
- **From September 2024**, 15 hours childcare support will be extended to eligible working parents of children from the age of 9 months to 3-year-olds.
- **From September 2025**, eligible working parents of children under the age of 5 will be entitled to 30 hours of childcare a week.
- As with the existing Entitlement, these hours can be spread over 47.5 weeks per year or (subject to availability) taken during term time.



Tax-Free Childcare

- For working families, including the self-employed
- For every £8 you pay in, the government will add an extra £2 up to £2000 per child
- Can be used to pay for sessions in addition to the Free Entitlement

Tax Credit for Childcare

- For working families
- Pays 70% of childcare costs, up to a cap

Universal Credit for Childcare

- For working families claiming Universal Credit
- 85% of eligible childcare costs, up to a cap

Childcare Vouchers

- For working families
- Up to £933 a year in tax and national insurance savings

Support while you study

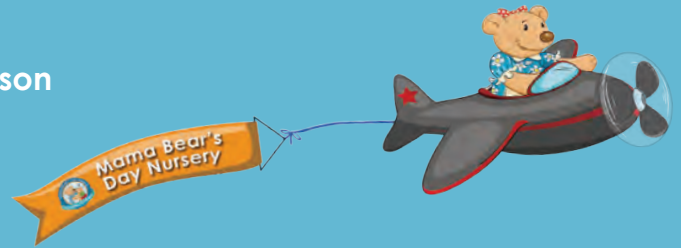
- Weekly payments from Care to Learn if you are at school or sixth-form college
- Help through your college if you are in further education
- A weekly grant if you are in full-time higher education.

More information can be found at www.childcarechoices.gov.uk

Communication

We build positive relationships with our families from the outset so we can work together to give your child the best possible start. You will be involved in your child's learning and development in various ways:

- 🐾 Online App – 'ParentZone'
- 🐾 Regular feedback from your child's key person
- 🐾 Parent's evenings and nursery events



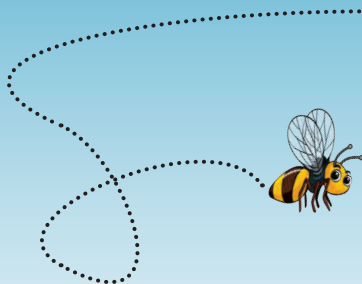
ParentZone

ParentZone is a secure online learning journal app which enables you to log in and view your child's daily activities and 'wow moments' when it is most convenient. You can contribute to your child's learning journey and make notes to your key person all through the app.

You can find out about your child's day wherever you are – what they had for lunch, how long they slept for, how many nappy changes they have had and any activities they have been involved with throughout the day. You can even upload experiences from outside of nursery to enhance our knowledge on your child.

Policies and Procedures

At Mama Bear's we operate to very high standards, our registration and management practices are supported by a comprehensive set of policies and procedures which assures our compliance to the latest care standards. Any of these are available on request for inspection – please ask your nursery manager for more details.



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