

Welcome to Smiler's

About myself and my family

My name is Dawn Roddis I'm 33 years old and I have two daughter's my eldest is 5 years old named Georgia, and Darcie the latest addition to the family is 7months I have been married for 5 years to Leon who works in the IT industry.

My career was in Catering which I did for the past 15 years working my way up the ladder into management but on the arrival of my daughter decided to take a back sit on my career and joined Tesco's working part-time on the shop floor in the evenings. But I later felt I had a lot more to offer myself and other people so I registered as a childminder as I'm a very caring and creative person and feel I can offer children a great deal of activities through work and play and give you as parents the peace of mind that your child is in Good hands. I have now been a childminder for 4years and still get up everyday and enjoy my job.

My aim

My aim as a childminder is to provide your child with a safe, caring and homely environment. I will strive to enhance your child's time with me by providing activity which will help them learn and also to give them social skills to help them develop for school, but while offer all of the above, not forgetting the most important thing is that your child is in a happy and safe environment.

Activities and learning

As a mum myself I see the import ants of learning through activities so I have put together a timetable of things I'd like to do with your child. I have tried to include one creative project a week for your child to work on and show their imagination and creative skills through drawing or painting or make an item.

All of my activities on this timetable will change on a regular basis as I have based everything within season so below is a list of activities and opposite is a timetable of a normal week.

Spring

*Easter cards
Decorating eggs
Making chocolate eggs
Making mobiles
Making stained glass windows
(for tissue paper)
Making pom poms
Planting seed and bulbs
Baking*

Summer

*Sand pictures
Making mobiles
Painting stones or shells
Leaf or flower pressing
Painting pots
Plants sun flowers
Gardening
Water fun
Baking*

Autumn

*Leave collecting and making pictures
Making cards
Making puppets
Kite making
Painting
Baking*

Winter

*Bonfire pictures
Halloween theme
Making a snowstorm
Hat making
Card making
Baking*

Fee's and Food

Hourly rate £..... (To include food and drinks)

I will provide all bottles and feed utensils which will be sterilised on the premises daily your child will have he's or her own colour code bowl, cup, cutlery ect.

I will encourage your child to enjoy eating and preparing fresh food and help teach them acceptable table manners.

Meal times

Breakfast.....8.30am

Lunch.....12.30pm

Tea.....4.00pm

I will also serve mid morning and mid afternoon snacks and drinks when your child requires them

Menu Ideas

Breakfast

Cereals (cornflakes, rice krispes or weetabix)

Toast (Jam, dairylea, cheese or marmite)

Drinks Milk, water or sugar free squash

Lunch

Fresh or frozen vegetables

(carrots, peas, spinach, cabbage, sweetcorn)

Meat or fish

(chicken fingers, cod in sauce, vegetable fingers, Sausages)

Potatoes

(Baked, new or mash)

Sweet

(yoghurt, fresh fruit, tinned fruit or dried)

Drinks

(as above)

Tea

Soup

(Homemade or tinned vegetable or meat broth)

Pasta

(Homemade or tinned ravioli or spaghetti)

Sandwiches

(Cheese, ham, chicken or banana)

Fresh fruit

Drink

(as above)

Treats and mid morning or afternoon snacks

Homemade cakes or biscuits

Dried fruit

Bread sticks

Fresh raw vegetables

(Carrots, celery, peppers or tomatoes)

Clothing / Shoes and Sleeping

When your child is in my care I have provided a colour-coded drawer for all of their belonging e.g. nappies, wipes and child's personal belongings. The child will be able to recognise their drawer by a specific colour, the colour theme is present in all areas for example there area for shoes, coats and face cloth and all eating utensils.

Any clothes that are soiled while in my care will be laundered and dried by myself and returned to your child's personal drawer.

Nappies/ changing and potty training

Please supply me with nappies, wipes and cream ect these will be place in the child's drawer. Your child will be changed on a regular basic to prevent discomfort and nappy soreness.

Potty training

Will work along side you as parents to reach our goal in this area.

Sleeping

I have a cot set-up in our quiet room at the back of the house were blankets and sheet can be provide, sleeping habits of every child is different so in this area I will consult you on what arrangement best suits your child.

Time table

TIMES	8.30/9.30AM	9.30/10.30AM	10.30/12.30AM	Lunch time		1.0/2.30PM	Mid afternoon snack	2.30/3.30PM	4.00/5.30PM
MONDAY	Breakfast and play time with toys and TV	Sing time	Creative time Start a project	Lunch time		Outside play (Garden or park)	Mid afternoon snack	Picture time	Quiet time for reading or listening to tapes
TUESDAY	Breakfast and play time with toys and TV	Read a book	Painting	Lunch time		Colours and Numbers	Mid afternoon snack	Nursery rhymes	Quiet time for reading or listening to tapes
WEDNESDAY	Breakfast and play time with toys and TV	Colouring in Books	Baking time	Lunch time		Play dough Time	Mid afternoon snack	Play time	Quiet time for reading or listening to tapes
THURSDAY	Breakfast and play time with toys and TV	Outside play (Park or garden)	Video time	Lunch time		Music time	Mid afternoon snack	Picture time	Quiet time for reading or listening to tapes
FRIDAY	Breakfast and play time with toys and TV	Read a book	Creative time Finish project	Lunch time		Outside play (Garden or park)	Mid afternoon snack	Tidy toy box and sort out picture wall	Quiet time for reading or listening to tapes

Outside play with weather permitting
Activities are to run on a theme of seasons

This timetable is just to give you an idea of how your child's time will be split in a day.
As you and I are aware children DON'T run to a timetable. I have created this to help me plan my days but also to show that your child will be looked after in my care.

More information

When your child is in my care I will provide a communication book so on a day to day basis you will be able to follow what your child has been doing I will write the following information

Food

Nappy change

Activities we have done

Sleep times and how long

You as parents may want to use this book to pass on messages to me, I remember when my husband picked up our daughter from nursery he always forgot to ask those important questions so this book will give you all those answers.

In the time table it reference to a quiet room this is my back room which is full of books and story tapes to listen to they will end there day here this is were we will have a winding down period so upon collection of your child they will be calm and content from their busy day.

Whenever we picked Georgia up from the nursery I always found it very difficult calming her down when getting home as she was so excited about her day which lead me to create this quiet room so you as parents can enjoy your time at home when your child leaves my care.

I hope you find all of this information helpful and look forward to welcoming you and your child to Smiler's.

Regards

Dawn Roddis