



# Welcome



**Bright Horizons®**  
We look forward



## Your child will love it here!

As a parent you'll know that choosing a nursery for your child is one of the most important decisions you will make right now. In this guide we aim to provide you with some key information, answer some of your questions and help you make the choice that feels right for you and your family.

Children's experiences in their early years create strong foundations for learning in later life. At Bright Horizons nurseries, our inspiring and thoughtfully-planned learning environments make every day exciting and full of opportunity.

Your child's learning will be supported by our caring and dedicated practitioners throughout each stage of their development, so that when they progress to school they are confident in making friends, can think creatively and are excited to learn.

**We support you and your child from the beginning.**

Bespoke settling-in sessions are tailored to meet you and your child's needs, ensuring you both feel reassured, comfortable and happy in the nursery.

Our experienced staff provide your child with stability every day, whether that's following the routine your baby has at home or working with toddlers and preschool children to build on their interests while supporting their learning and development.

Your child will be partnered with a Key Person who builds those essential attachments with you both. Ongoing daily communication, alongside regular shared reviews of your child's learning keep you connected to your child's nursery life.

Your child's wellbeing is at the heart of everything we do. We know that children who grow up feeling safe and happy are able to make strong attachments, feel secure and become better life-long learners. Every opportunity and experience we provide is tailored to support your child's learning and meet their emotional development needs.



Happy and  
Confident

# We provide the key essentials:\*



## Wipes

Our soft, hypoallergenic wipes are unlimited, giving you less to worry about.



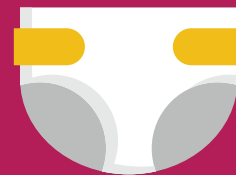
## Meals

Tasty and nutritious meals are provided at the nursery, including breakfast, lunch, dinner and healthy snacks. We cater for all dietary requirements and you can view the menu each day, so you can see what your little one is enjoying.



## Milk

Formula milk is provided for babies under one year, and cow's milk and dairy-free alternatives are available for older children.



## Nappies

We provide unlimited hypoallergenic nappies to keep your little one clean and dry.

\*Not all nurseries offer every component of the all-inclusive package. Please check with your nursery for details.



Candy Floss



Your child will be introduced to 'Candy Floss', our unique Health and Safety Superhero who was designed by our children, for our children. A blue-striped zebra with a highly important mission - **Keeping Everyone Safe.**

Candy Floss accompanies the children throughout the day, reminding them to stay safe and healthy, and to learn how to safely assess risk for themselves. Candy Floss has been praised by regulators as a 'highly effective' learning resource.

# Safety comes FIRST

**Safety comes first at every Bright Horizons nursery.** Each practitioner shares responsibility for **Keeping Everyone Safe** and our rigorous approach to safety is embedded in our culture.

We maintain comprehensive Health and Safety practices, ensuring our nurseries are fully compliant with regulatory standards. In addition, qualified Paediatric First Aiders are present at all times in every nursery, and all of our practitioners are trained in **Health and Safety, Child Protection and Hygiene Practices.**

We conduct daily checks of the nursery environments and regular Health and Safety audits, ensuring that all potential risks are assessed and managed appropriately.



## Health and Safety



## Child Protection



## Hygiene Practices

# Love for Learning

Teaching at Bright Horizons will always centre on children's wellbeing as the basis for successful learning and emotional security.

Our unique, holistic approach enhances children's physical, social and emotional development, giving them the confidence to navigate the world and prepare them for their future.





We know that your child needs to form strong relationships to become a confident, enthusiastic learner. Our innovative teaching strategies are based on practical, play-based experiences to ensure that your child makes good progress from the moment they start at nursery.

We understand the importance of academic achievement, but we equally acknowledge the significance that children's wellbeing has on their learning and future life opportunities.

Our Bright Beginnings\* curriculum provides your child with a range of experiences designed to develop skills such as mindfulness, self-expression, problem-solving, and critical thinking. These skills contribute to children's emotional resilience and sense of self and also support their ability to learn about mathematical concepts, develop their love of writing and their passion for reading.

\*Nurseries in England use our Bright Beginnings curriculum to support all nursery children. Our nurseries in Scotland use a combination of Bright Beginnings for the under 3s and the Scottish Government's Curriculum for Excellence for the over 3's.

We use the successful Boogie Mites programme to introduce children of all ages to active music-making. The rhythm and movement activities and lively songs enhance your child's physical skills which then go on to support early communication and language development.





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## People you can trust

You can be reassured that your child is being looked after by experienced, professional and qualified staff, who are warm, friendly and have a genuine interest in your child's wellbeing and development.

Learning should be a lifelong journey. We invest in our staff to ensure they will have the knowledge and skills necessary to deliver exceptional childcare. Our Apprenticeship and Room Leader programmes, along with a vast suite of consistently updated specialised training, help us secure and support the best people.

**Bright Horizons is proud to have been recognised as one of the UK's Best Workplaces every year since 2006 by the Great Place to Work Institute.**

From **front** of  
nursery.

To **back** of  
nursery.

We all have an  
important role  
to play.



# Nutrition

Your child needs a healthy, nutritionally balanced diet with a variety of textures and food types to help both their cognitive development and overall healthy growth. Our nursery menus are planned in consultation with professional nutritionists and, in the majority of nurseries, food is cooked onsite every day by qualified chefs using fresh ingredients.\* We keep the sodium and sugar content of our meals in line with the current guidelines for children aged 1-4 years.

\*Not all nurseries feature an onsite kitchen.  
Please check with your nursery for details.





We use mealtimes to teach children about making healthy food choices for life, the excitement of new tastes and textures, and food hygiene.

During your baby's complementary feeding stage, we work with you to introduce solids and new foods at a pace that is right for your child.

For your toddler or preschool child, mealtimes are a daily opportunity to support their growing independence and learn skills, such as how to use cutlery and serve their own food.

Breakfast, lunch, dinner and all snacks are included during the nursery day.



Your **Bright Horizons Family App!**  
Updates on your child's day, straight  
to your pocket!



## Stay Connected

Our Bright Horizons Family App enables you to keep connected with us - and us with you. You'll be able to use the app via your smartphone and through our website on your computer, so you can receive information in real time, at home or on the go.

You'll also be able to view your child's nursery profile, to see what they've been learning and get status updates including mealtimes, nappy changes, room locations and more through the handy activity log.

You'll even receive photos and videos of your little one, so you can be sure they're happy! Your child's Learning Journey will be available via the app, so you can see developmental updates, celebrate their milestones and look back on how far they've come.

This pack offers just a glimpse of what we offer at Bright Horizons. We hope you found the information useful. If you would like to arrange a personal tour or reserve a place for your child please do call **0333 920 4476**

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