



Welcome



Bright Horizons®



Bright Horizons®

Welcomes you

Choosing a nursery for your child is one of the most important decisions you will make as a parent. We hope that this guide will answer some of your questions and help you make the choice that's 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 well-planned learning environments help to make every day exciting.

Our caring and dedicated practitioners support your child's learning throughout each stage of their development, so that when they progress to school they are confident to make friends, excited to learn and can think creatively.

Happy

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 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's wellbeing is at the centre 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.

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



Alongside our childcare our nurseries offer*:



Meals

Tasty and nutritious meals are provided at 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.



Wipes

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



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.



Safety
comes
FIRST

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

We maintain rigorous 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 our practitioners are trained in **Health and Safety, Child Protection and hygiene practices.**

Daily checks of the nursery environments, and regular Health and Safety audits ensure that we pay particular attention to specific aspects of daily practice to minimise risks.



Health and Safety



Child Protection



Hygiene Practices

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.





Education

Teaching at Bright Horizons centres 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 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.



Emotional Wellbeing, Special Educational Needs & Disability, and Communication and Language experts lead our Early Childhood Specialist team to ensure that all children make the best possible progress in our nurseries.

In addition, our *Ready for School* programme will help your child to acquire the knowledge and confidence necessary to thrive in school and beyond. Our *Growing Enhancements* programme focuses on supporting key academic subjects, such as mathematics, literacy and early science, as well as creative expression. This can be followed up at home with the help of our Play and Learning at Home cards.





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.

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.

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



People

You can be reassured that your child will be cared for by experienced, professional and highly qualified staff, who are caring, friendly and have a genuine interest in your child's wellbeing and development.

We believe that learning is a lifelong journey. This is why we invest in our staff and encourage their learning at every opportunity 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 regularly updated specialised training, help us attract, retain and support the best people.

Our team of Early Childhood Specialists also provide regular opportunities for staff to engage with child development research, expand their knowledge and lead the way in early childhood practice.



**Great
Place
To
Work[®]**

Certified

NOV 2020–NOV 2021

UK

TM

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. We value our people and help them thrive in their careers with us: this leads to us being able to retain the best practitioners and minimises staff changes, providing continuity for you and your child.



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 book a virtual tour or a place for your child please do **call 0333 920 4476**



Brighthorizons.co.uk



Bright Horizons Families UK



0333 920 4476

