



Cardiff Steiner School



Parent & Toddler

for 0 to 3 year olds

Gentle, structured sessions for you, your baby and toddler. Our small, welcoming groups allow your child to develop and socialise in a reassuring family atmosphere. Imagination and creativity are nurtured through free play with simple toys and natural materials. We share traditional, seasonal songs, games and a healthy, organic snack which the children help prepare. There's freedom, space and safe outdoor play before winding down with a magical puppet story. It's an excellent way for parents unfamiliar with Steiner Education to test the water gently with their child.

Llandaff North

Scout Hall/Christchurch United
Reformed Church
Belle Vue Crescent, Cardiff CF14 2FJ

Tues & Thurs 9.30 - 11.30 Drop In

Penarth, Cosmeston Lakes

(Woodland Group)
Meet at Cosmeston Lakes Car Park
CF64 5UY

Weds 10.00 - 12.00 Drop In

New parents are always welcome.

Just drop-in, no need to book.

£7.00 / £5.50 concessions per family

- prices include organic snack

Cardiff Steiner School

Hawthorn Rd West, Llandaff North, Cardiff **Tel:** (029) 2056 7986 **www.cardiffsteiner.org.uk**

Welcome to Parent and Toddler. Please make yourself feel at home and if you have any questions feel free to ask the Parent and Toddler leader with your group. Parents and carers can come together to share experiences, learn new skills and support each other through the highs and lows of parenting. It's an excellent way for those unfamiliar with Steiner Education to test the water gently with their child. If possible please bring a piece of fruit to share at snack time. Warm waterproof clothes are needed for outdoor play. Give yourself a break and turn off your mobile phone, this is a time for you and your child.

A little about our approach

Our Parent and Toddler groups are informed by Steiner Waldorf education principles. Little children love the familiar, it makes them feel safe, and for this reason our sessions always follow the same pattern and include much repetition of songs and verses.



Our parent and toddler room is made to feel as cosy and homelike as possible. We try to provide a calm, unhurried and relatively peaceful atmosphere whilst understanding that children this age need to use their bodies and voices, a lot, with much energy, and loudly.

If you and your child attend regularly you'll find that your child learns the pattern and rhythm of the morning. A familiar song signals the move from one activity to the next. Your child will adapt to the rhythm of this and enjoy the safety of knowing what's coming next:

- **Freeplay** – an hour of gentle indoor play in a homely atmosphere. You are welcome to join in the preparation of the morning snack
- **Tidy up Time** – all help to clear the toys into their special baskets
- **Ringtime** – the group join together for songs and finger rhymes
- **Snacktime** – sitting quietly and waiting for candlelight to signal the start of the meal
- **Storytime** – a quiet finish to the session with a chance to snuggle you child on your lap and watch a seasonal puppet story

During Freeplay our task as adults is to be fairly unobtrusive. We try to remember to talk quietly and to sit down and back so we don't dominate the children's space with either our bodies or our noise. You can use the time to quietly observe your child, he will come to you if he wants something, but you can sit back and watch as she explores, discovers and enjoys. Feel free to talk with other parents / carers or with us; but try to respect the calm atmosphere. Ringtime and Storytime are when we all join together and share experiences. Please enjoy them with your child and chat a little later at Snacktime or Outdoor Play.

A word about our Woodland Groups

When my own children were small I began to think that their natural habitat was in the woods, it seemed to be where they were most at ease and most content. The weather didn't matter so long as they had on appropriate clothing. It was this and observing just how much energy two year olds have that suggested to us that we try taking parent and toddler groups outside.

We apply the same ideas about repetition and rhythm, walking the same circuit every week (see the map on the back), stopping at the same spot, eating the same meal together. By walking the same route we allow the children to really experience the changing seasons. They discover favourite places that they love to re-visit and they walk happily in the knowledge that they will soon stop for baked potatoes.

Take care - Remember you have responsibility for the health safety and protection of your child/ren during this outing. It is possible, that they will pick up little cuts and scrapes but this is part of childhood. Danae and Mandy carry a first aid kit if plasters are required. During the Cosmeston group we walk by water.



Importantly please let Danae or Mandy know if you are going to leave the group part way around.

Please resist bringing bikes, toys and so on which will create a division between your child and the rest of the group. They need nothing more than what nature provides here.

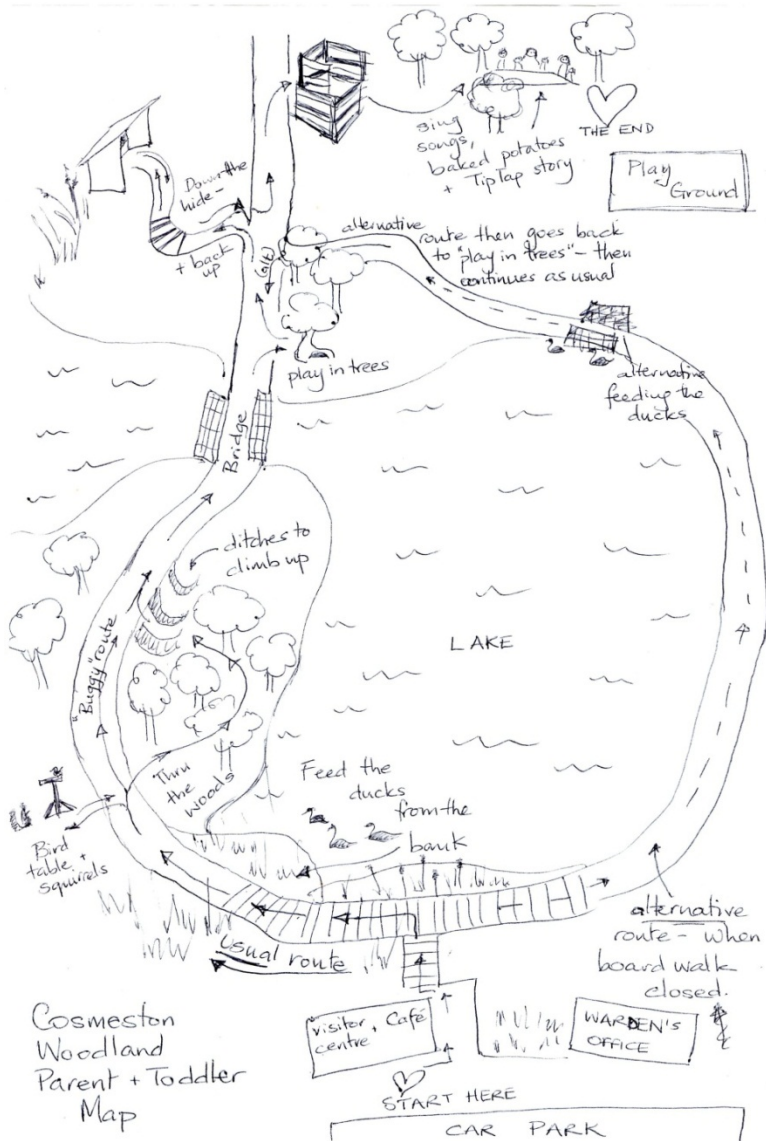
Likewise children will not need snacks to eat along the way. The children will get used to the idea that they will be sharing baked potatoes in the woods and will accept the wait.

See the map overleaf for the route we take at Cosmeston, which is suitable for pushchairs.

Finally, just enjoy it and enjoy your children enjoying it.

Miranda

The Route we take at Cosmeston Lakes



Cosmeston Woodland Parent + Toddler Map

Our groups are run by Danae and Mandy who have experience in Kindergarten, Parent and Toddler groups and as mothers. They are DBS checked and hold paediatric first aid training. Risk assessments have been undertaken in all settings, including the Cosmeston Group, and monitoring of toys and equipment is undertaken regularly. We would like to remind you however that your children remain your responsibility. We require that you take responsibility for the health, safety and protection of your children at all times during the session. The job of the Parent and Toddler Leader is to oversee and hold the group as a whole.