

Everything you need to know about

Nursery

at Goodstart



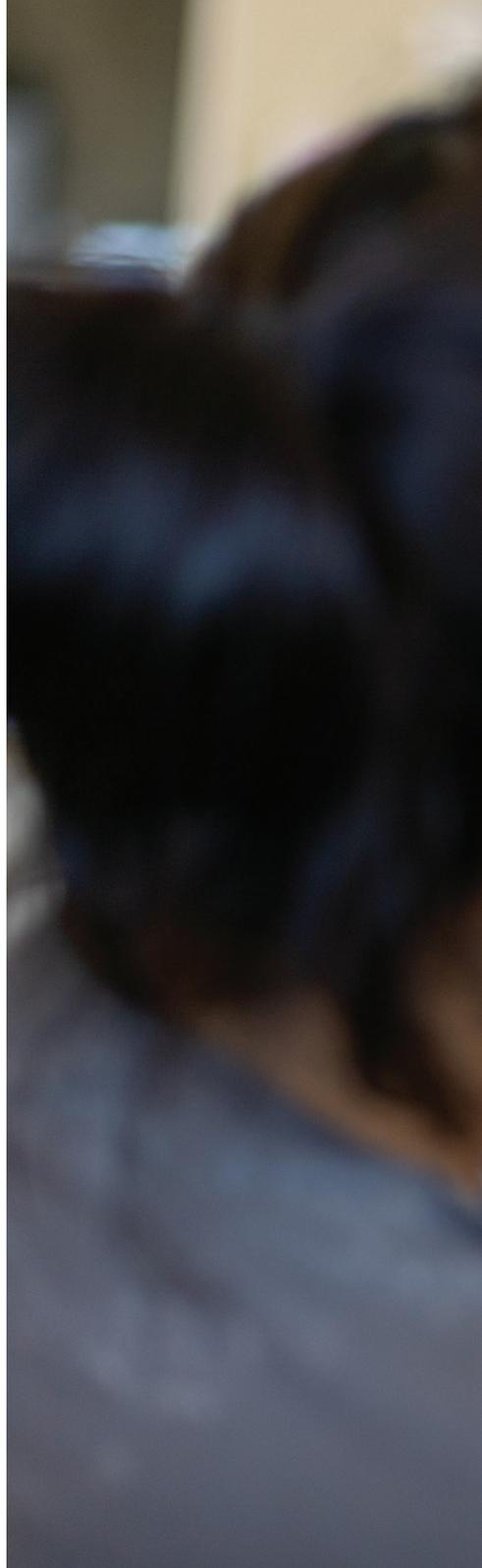
We're a team

Leaving your baby in someone else's care is never easy. At Goodstart, we get it.

Whether you're returning to work or need a helping hand to manage the demands of family life, we're with you every step of the way.

Our nursery educators are early childhood professionals. They're qualified to take care of babies from six weeks old and up. We know how important secure, nurturing and responsive relationships are for babies. This is why we take a key educator approach. We ensure children and families develop deep, trusted and connected relationships with at least one educator at the centre. We'll nurture your baby in a safe and welcoming environment, giving them the care and attention they need to thrive.

We look forward to welcoming you and your child into our Goodstart family.





We work in partnership with you

Our educators partner with you, sharing information about your baby and actively engage and listen to you. You're the expert in your child and what they need and want. We know your baby (and you and your family) must trust and feel secure with the people you let into your circle. We don't take this privilege lightly and take the time to truly get to know you and your child.

The early years are such a wonderful time in a child's life and the time spent playing and connecting with your baby is setting them up for a lifelong love of learning and play.





Routines are our best friend

Establishing a routine is beneficial for babies. They feel safe and secure when they know what's coming up next and everything is predictable.

Every baby is different, and they all have varied sleep, waking and feeding times. When you drop your baby off in the morning, it would be great to let us know how your child feels. We'd love as much information as possible, like:

- Are they teething or feeling a bit off?
- How long did they sleep last night?
- What time did they wake up (and how often)?
- When did they last eat?
- Have they mastered a new skill they want to practice?

We'll spend time with you to understand your child's routines.

At the end of the day at pick up, we'll share important information to help you settle your baby at home. We make sure you know how things went during the day by recording the times your child slept and ate (including how much).

Please tell us if you do something special to help your baby settle or relax so we can match your home routine as closely as possible.

Shhhh... it's nap time

Our nursery educators are highly experienced in supporting your baby's needs based on the safest, evidence-based practice.

Your child will have a cot that we dress with the sheets or sleeping bag you've sent from home to help them settle soundly. Our sleeping rooms are temperature-controlled with dimmed lights (not dark) and they're relaxing.

Your baby needs different amounts of sleep at different stages in their development. A consistent routine around sleep can also make bedtime much calmer at home.

Our educators will talk with you about your child's sleep routine so that we can offer a similar routine at the centre. If your baby doesn't have a sleep routine, speak with their educator so that together, we can develop a suitable one for your child. Your child can bring a comforter to the centre, but to comply with safe sleep practices, they won't be able to have it in the cot.

We follow SIDS guidelines and always have a nurturing, caring response when your child may be upset.





Breast and bottle feeding

Supporting children and families is our priority. We know breastfeeding is critical to many families. The logistics of continuing to breastfeed is a huge stressor for parents when they return to work. It shouldn't be this way.

At our centre, you'll get the support you need to feed your baby the way you choose.

We invite you to come and breastfeed or bottle feed whenever you like in the centre. If you can't make it in person, we'll feed your baby either expressed breast milk or formula according to the feeding schedule you leave with us.

If you'd like a quiet spot to snuggle and feed your baby, speak to an educator, and we'll find a quiet spot for you.

We're here to help, not hinder your return to work.

Starting solids

Moving onto solids is so exciting! We provide purees and finger foods when you decide to take the plunge.

Mealtimes are a great opportunity to develop coordination and fine motor skills, engage with others, and build relationships. We're beside your baby, helping them explore the wonderful new world of food in a fun, safe way.

If you or your baby have family favourites, you can bring them to the centre, and we're happy to feed your baby the foods they especially love.

Allergies and medical plans

It's common for children to have allergies and food intolerances. Hopefully, they'll grow out of them, but sometimes they may be ongoing. If your child has an allergy or intolerance, please include this information on your enrolment form.

It's important we develop their medical management plan together. We need confirmation on what to do in a medical emergency and details about your child's primary care team.

Our centres also follow a comprehensive food allergen program to minimise any risk for children who suffer from allergies. For example no tree nuts, peanuts or shellfish products are able to be brought into/used by the centre.





Birth to three matters

Your baby's first few years of life are crucial for their development. Your child will constantly grow and gain new skills as they develop into a healthy, communicative, curious child. Smiles, vocalisations and gestures are all signs your baby wants to engage and interact. At Goodstart, we love making the most of this time!

We pay close attention to your child's signals and give them endless opportunities to explore and engage with their world in a fun, safe way.

The first five years are the most sensitive and responsive time for the development of the brain. Your baby's early interactions are so important in building a healthy brain. Over 80% of your baby's brain is formed by age three. Talking, interacting and playing close with your baby sparks millions of brain connections.





Did somebody say play?

Your baby's an active and curious learner. Babies express themselves in various ways. They cry, gurgle, babble, screech and use sounds and words to mimic what they hear in their world.

Your baby's learning to socialise and enjoys making connections. At Goodstart, we recognise that babies are curious about the world they've been brought into and take opportunities to explore it.

We also know that babies and young children learn best through play. Our educators design their learning environment to best support your baby's development. They also spend time with your baby by:

- role playing
- reading aloud
- singing songs and nursery rhymes
- playing interactive games like 'Peek-a-boo!'
- giving them some tummy time.

For older babies, we're on standby as they pull themselves up using the ballet bar or learn to engage in more physical play.

Places where we play

Babies rely on all their senses as they explore their surroundings through play; board books are a great example. Babies can't read the words, but they can learn to turn pages, copy the sounds we make when we read, and get a sense of the texture of books by turning them.

Our learning environments are intentionally set up to allow babies to be curious, investigate their world, and help us provide carefully planned opportunities to inspire your child's learning. We've designed our space to help your baby:

- develop their senses of taste, touch, smell, sight and sound
- build and practice their gross and fine motor skills
- find connections and build relationships
- get started on their early communication.





Milestones and independence

Our educators will listen and learn from you about everything your child does at home. Your baby's likes, dislikes, abilities, and sounds they like to make. It's a time to recognise and celebrate the remarkable development and learning achieved during this time. Our educators use this information and what they observe daily to develop fun, playful learning experiences that anticipate and support your child's next developmental leap.

We'll keep you updated on their day through our secure online community. We'll share regular updates, photos, videos and observations about their learning experiences.

We often work with other services to support children with specific learning and development goals.

Ask us if you'd like to know more





Movin' on up

At anywhere from 18 to 36 months, your child might let us all know they're ready to join our toddler room. It's a big step for everyone!

It can mean there'll be some new faces (in with the familiar ones), and it's a chance to show off their growing independence. We're always looking for signs your baby is moving out of infancy.

When they're ready to join the toddlers, we'll work with you to develop a positive plan that supports your child (and you) as they graduate into their new room. We'll help organise frequent visits to their new room before they formally move.

We'll do everything possible to help your child feel safe and secure in their new environment, where many new adventures await...

Thanks for your interest in sharing your family's journey with us. We're here to support and champion both you and your baby into toddlerhood.

As your baby continues to grow and becomes more mobile, they seek out more stimulation and exploration in the world. Toddlers learn new words rapidly and enjoy using them in talking about things of interest. They begin to make sense of their environment by asking questions, describing what they see and pointing out things.



We offer flexibility and strong support

We are Australia's largest provider of early learning and care and that sure has its perks. We are able to offer our families 9 hour, 10 hour or all day sessions to better support the demands of daily life.

You have the reassurance of a high-quality play-based program in every centre based on the Early Years Learning Framework, international evidence and best practice.

Every centre has access to central support teams to further enhance the safety, learning and wellbeing of all children in our Goodstart family.

We are a big network, but our heart is local

While we have more than 650 centres across Australia in every state and territory, each centre is unique and passionate about embracing the diversity of their local community.

We're for **children** not for profit

Goodstart was formed when a group of charities and philanthropists came together to transform early learning in Australia. Their goal? To make sure all Australia's children get the very best start in life, regardless of their circumstances.

Being not for profit means that any surplus we make is reinvested back into our centres. From upgrading playgrounds and centre facilities to buying new resources and investing heavily in training for our staff, it's all about making sure we provide the best possible learning environments for children.

Contact us

 goodstart  1800 222 543

Connect with us

