

# Little Beans Balham

Part of the Lucky Beans Childcare Family

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Credit: Sophie Glover

## Nutrition is important to us

We cater for vegans, vegetarians and children with other dietary requirements. Just ask!

## We love the outdoors

We have frequent trips to the nearby common and strongly emphasize outdoor play in our day to day routines - promoting a healthy lifestyle, curiosity and resilience from an early age.

## The rigors of sport

We encourage our little beans to try team and individual sport in order to help them develop important skills.

1

## LEARNING

**Circle Time** – We use singing and finger rhymes to develop children's vocabulary

**Free Play** – with nudging and encouragement, this allows the children to explore their own interests and instincts

**Messy Play** – working with water, cornflower etc and discovering textures and shapes

**Story Time** – by following along with the pictures they begin to grasp the fun of written words

2

## NURTURING

**Caring For Others** – We put a great emphasis on learning to appreciate other people, their space, wants and needs, through play and example.

**Gardening** –tending to plants helps inculcate a gentle nature.

**Arts & Crafts And Musical Instruments** – by giving children encouragement to develop their artistic side and to have fun and be messy we nurture the soul as well as the mind.

3

## LIFE SKILLS

**Cooking** – learning to associate healthy cooking with pleasure early stands children in very good stead later on in terms of their health.

**Books Everywhere** – the love of reading is probably the most valuable life skill a child can have, and it all starts with associating simple books with fun stories

**Sport** – games in the garden and the park help them learn to cooperate with others and to keep active.

"I want my child to be treated as part of the family."

Then you've found the right place!



#### Then you've found the right place!

I'm not like every other childminder, I'm also a mother raising my own family and I'd like you to join us. Not only am I...

- ✓ Fully OFSTED registered (EY537821)
- ✓ A member of PACEY

...but I **understand what it is to be a working mother – I've done it myself!** I'm not the childminder you've had who's always late, or off sick, or who your children grow to love but who has to leave after 6 months. I've lived in our home for 10 years and hope to be there for many more raising my boys – and if once in a while you're a bit late because a meeting overran, you'll know they're safe and happy with us – *Caroline*

I'm happy to discuss fees once you are ready. Childcare vouchers welcome. We also welcome children with special needs.



Why choose us? Let's look at our core values that guide us at all of our settings...

We have a childcare philosophy that incorporates the full EYFS curriculum but which is about much more than box ticking – it's about being outdoors, playing sport and creating a home from home that makes children feel happy and safe. **Our fully trained staff, look after children from 3 months to 5 years old, 7:30am-6:30pm Monday-Friday, minimum 10 hours a day (we are flexible about these timings) – our intake is small so there are always plenty of us to go round.**

**\*\* We offer 15 and 30 hours funded care \*\***

# The Lucky Beans Vision



Babies and toddlers with us are fully involved in the outdoor learning and development and have their own special baby forest school carers to help them get the most from their natural curiosity in nature.

At Little Beans Balham we fully embrace the Forest School movement, but not completely at the expense of other ways of learning, so we strike a balance and make the most of a variety of opportunities for learning and development. This means we also spend time doing music, reading stories, singing, dancing, arts and crafts and so much more. We look forward to welcoming you to our happy family.



## Vision

Our Lucky Beans family vision is of happy, curious, nurtured and well-rounded children who gain valuable life-skills and education particularly from the natural world. Learning in a positive strengths-focused environment, who make the transition to school easily and who go on to make a positive contribution to society

## Mission

To promote happiness, learning and life-skills in the very highest quality childcare settings led by exceptional staff and with a focus on learning from nature. Our strengths-based approach allows us to identify what works for each child. This positive method, grounded in educational psychology, helps ensure tailored care and happy children.

## We Love being outdoors!

At all Lucky Beans settings being outside and learning and developing in nature is hugely important. We spend as much time as possible outside playing, doing activities and sports of all kinds to promote a healthy lifestyle and to help children develop their natural curiosity, independence and resilience, along with a knowledge of nature's rhythms

# Me, My Family and Our Home

My name is **Caroline** and I am an **OFSTED** approved child minder and a mother. My philosophy is that **all children thrive in a stimulating, nurturing and caring environment**. I am 52 years old and live with my husband and our 4 sons aged from 5 to 22. I have had lots of experience with childcare throughout my life, having **been a governor for our local school** and having **worked in a local orphanage** when I was still living in South Africa. I **have been a working Mum** with a career as a psychologist so I fully understand the stresses and strains of balancing home and work life.

I believe in not just in developing the skills laid down by **EYFS** but in **enriching children's lives with music, cooking, gardening and arts and crafts and sport**. Lucky Beans has been operating since January and as well as a lovely Playroom at the back of the house, large amounts of books and toys and safety-conscious modifications to all the areas the children are allowed in, I have a lovely garden and a separate Garden Room for the children to develop and explore (please see pictures on next page for all of these areas).

**My service provides a home from home**. Having sent my children to nursery, a child minder and had nannies/au pairs, I fully understand the variety of options available and the value that such a service can provide. I am a member of PACEY and hold a certificate from them in basic food hygiene (Level 2) and a certificate from Wandsworth Council for home-based care and Safeguarding and in paediatric first aid (Level 3)

I know how important it is for parents to go to work knowing that their children are well cared for. I also understand the need to provide parents with the information and support they need to feel satisfied and supported by their childcare provider – **I want to involve you as much as possible!**



## Introducing the family: Our boys

My pride and joys, who you can see here just after the newest one arrived a couple of years ago. They are a pretty independent bunch – except for the littlest one, and even then just you try keeping him away from a puddle!



## My husband, Simon

I first met Simon at university and he is my husband and best friend. He is very supportive of my childminding, and will lend a hand if a parent is unavoidably delayed picking up their little one or if a game of cricket in the garden is in the offing!



# A little about our home...

## Our dog, Milo Curtis - the resident Yorkshire terrier



I am 13 years old and have no teeth (don't forget to brush yours!). I love meeting new people and am very friendly. Animals are great for young children – they're on the same wavelength! I love helping them to learn compassion and nurturing and while I won't be actually at the nursery – I might join you for a game outside!



This is the playroom and garden room, as you can see they're well stocked and this will be where your child spends their time with me when we're not out and about or in the garden (see below).

The **toys, books, arts and crafts**, dressing up clothes and musical instruments in this room will support your child's learning and be an outlet for their **artistic** sides.



This is our garden, I believe an important part of nurturing children is teaching them how to **nurture** other living creatures, so we don't just play out here, we also grow fruits, herbs and vegetables to use in our cooking (see next page).

But, come on, for a toddler a garden is for running around and jumping about and with our sandpit and ball play area they have plenty of opportunities to **have fun, stay healthy and develop spatial skills** and coordination.



## What do we eat?



We provide well-balanced nutritious menus, meals are prepared on a daily basis including their five portions of fruit and veg everyday. We don't serve any sweet or fizzy drinks, fresh water will be provided for children at all times.

Wherever possible individual needs such as religious, special dietary requirements or allergies will be catered for.

And how do I manage all this? With my little helpers of course! You can involve young children in cooking in many different ways by letting them help you mix things, measure out ingredients, add herbs and spices and ice cakes, to name but a few. My first concern is obviously safety so I would never allow children near knives or hot pots and pans

I am also very aware of allergies and I take great care to work around any allergies that your child has. If it would make you feel more comfortable you are of course also welcome to bring your own food for your child when you drop them off in the morning.

## Sample Menu:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ready Brek & Milk, Toast, Yoghurt, or fruit	Weetabix & Milk, Pancakes, Fruit Puree	Cornflakes & Milk, Toast, Banana	Weetabix & Milk, Pancakes, Yoghurt	Rice Krispies & Milk, Toast, Fruit Puree
Snack	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants
Lunch	Spaghetti Bolognese with cheese and vegetable sticks Fruit and yogurt	Thai Chicken Curry with rice and vegetable sticks Fruit and yogurt	Lasagne with veggie sticks Fruit and yogurt	Jacket potato with tuna and cheese Fruit and yogurt	Cod or salmon, rice and vegetable sticks Fruit and yogurt
Snack	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants
Dinner	Crustless quiche and vegetable sticks Fruit	Tomato/ pesto pasta with cheese and salad Fruit	Chicken or fish pie with vegetables Fruit	Shepherds pie with vegetables Fruit	Roast chicken with vegetables Fruit



# Cherish Every Day!

Our little ones have so much fun! We know every child has individual needs so we make sure our care is personal.

Outdoor learning is a large part of our development plan, which we implement by getting children outside every day either to the park or for a walk in the buggy. Getting out and about with children stimulates their imaginations and gives them happy associations that will stand them in good stead. Under my care your child will have many visits here as well as Balham Library and local playgroups. We also have regular activities by professional outside providers, such as dance classes to help with the children's movement development, as well as our parents who will often run a one-off or regular activity, like learning Spanish with puppets.



Also, we believe that an important life-skill for children is teaching them to nurture other living things, so we grow lots of things like fruits, herbs and vegetables to use in our cooking.

*We go the extra mile:* Every little one in our care is allocated one to one time each day with a staff member, to really help them develop. We also make sure that nap time is built into our days, so that little ones can get the essential rest they need in our lovely quiet room. We follow positive parenting methods and focus on your little ones strengths. You can trust us to care for your child in the same way we care for our own.

## A Day in the Life of a Lucky Beans Little One

7:30-8:45	Breakfast/Brush teeth	12:30-1:30	Free play/Sleep
8:45-9:00	Nappy change	1:30-2:00	Structured activity relating to topic of the month/ Educational games
9:00-9:30	Free play/ Various optional activities	2:45-3:00	Snack and water
9:30-10:00	Music/Singing/Story	3:00-3:15	Nappy Change
10:00-10:15	Snack and water	3:15-4:30	Free play/ Various optional activities
10:15-11:30	Park/Outing	4:30-5:15	Supper
11:30-11:45	Nappy change	5:15-5:30	Nappy change
11:45-12:30	Lunch	5:30-6:30	Free play/ Story

# Your Child's Development...

## The EYFS – what is it and what does it mean in practice?

The Early Years Foundation Stage (EYFS) sets standards for the learning, development and care of children from birth to 5 years old. Every aspect of Growing Beans has been designed with this framework in mind to stimulate the minds of our children using the best of traditional nursery techniques and forest school innovation. Growing Beans makes no distinction between learning and play and our nursery team are trained to use children's play as a means of developing them in all areas of the EYFS.

We need to:

- 1) Recognise each child is unique and requires observation to understand how best to help their development.
- 2) Give the child positive relationships to develop self-confidence, independence and to help them learn what acceptable behaviour is.
- 3) Provide enabling environments rich in objects and people that stimulate their imaginations and support them in taking risks within well managed, safe settings.

We support these guidelines wholeheartedly and our staff have undergone numerous training courses (including forest school training) to ensure that our nursery does all of these things for your child. Growing Beans celebrate all cultural festivals during the year to create a feeling of a wider community. We also ask parents who are interested to come to the nursery to take part in multicultural activities share their own culture and tradition with our Growing Beans family, so that we are supporting each other in creating healthy, happy and flourishing children. You can find a copy of Development Matters, which explains the EYFS in greater detail at:

<https://foundationyears.org.uk/eyfs-statutory-framework/>





# Parents as Our Partners: How can I be involved?

This all sounds great, but isn't there more to a healthy, happy child?

Yes there is! The EYFS is a great start but with us, your child will be loved, guided and have all the encouragement and moral support they need to take risks and grow in a safe, supporting and caring home from home nursery environment and on exciting outdoor adventures.

Each month we have a different theme and this gives the children a greater interest in the wider world and keeps our learning fresh, fun and exciting for them.



## Parents as Partners

We know that looking after your child is a partnership between us and you, the parents. We know that you want to know how your child is getting on and what they are doing – these are some of the ways we involve parents:



### **My Learning Story folder**

Every child gets a folder with pictures that documents their progress and the things they enjoy. You'll be able to see exactly what your child has been up to whilst in our care.



### **Get Togethers**

We hold casual get togethers in summer and winter so that you can get to know us all better and meet other parents.



### **Parent's WhatsApp**

We create a group for each child's parents so that our staff can share images and videos every day showing what your child is up to. It's lovely to actually be able to see how much fun they are having.



### **Regular catch-up meetings**

We arrange regular meetings to review your child's progress and check that we are all happy – especially your child. You can always catch up informally with staff at drop-off and pick-up times too.

## What do the Parents say about Lucky Beans?



*Our parents are our best marketeers, hear what they think in their own words*

*\*All names have been removed\**

"Caroline and the team are very supportive of the parents and I feel so lucky that when I am back at work I know my daughter is well cared for, happy and learning more than she would do with just me."

"Caroline and her team at Lucky Beans completely came to our rescue when we decided to have a last minute change in childcare plans. From the start, everyone has been warm, welcoming and extremely caring and our daughter is so happy to be there. Wonderful setting, excellent team and great facilities. Couldn't be happier and delighted to have our daughter at Lucky Beans."

"We are always being complimented on our son's language development, manners and good eating habits and feel that this is in no small part due to the environment that Caroline provides. We hope to continue our association with Lucky Beans for many years to come, we simply couldn't be happier."

"The facilities are top notch. Caroline is relaxed and loving, but also never complacent, she is always striving to bring in new experiences for the children, and always fizzing with ideas. I would heartily recommend Lucky Beans to anyone."

"We both have busy jobs and [child] is often the first to arrive and the last to leave, but this is made so much easier by knowing that he is safe, happy and much loved at Lucky Beans."

"We have now seen our daughter develop from a happy and content baby into a very capable and determined little toddler. We believe this is down to all the varied activities and games the children at Lucky Beans get to experience, including painting, music, reading and most of all, getting as much fresh air and running around together as possible. We feel very fortunate we are part of the Lucky Beans family and would recommend it to anyone."

"The Lucky Beans environment feels more like a loving family and I know that my son is happy there and the team all care for him. He also gets great development there."

# Meet the Little Beans Balham Family



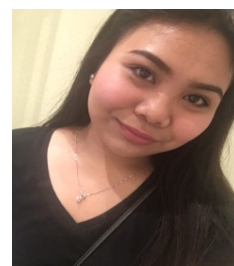
Caroline Curtis - Childminder and Director



Marbelin Calacay -  
Childcare Assistant



Olga Hildago - Childcare  
Assistant



Annie Dianela -  
Childcare Assistant



Salome Anandji -  
Childcare Assistant

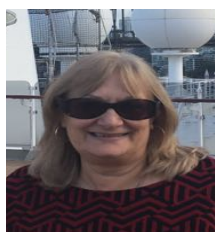


Rizza Perile - Childcare  
Assistant

## Administration Team



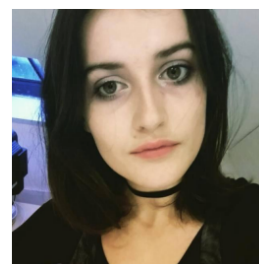
Merlyn Ana  
- Cook and  
housekeeper



Sandra  
Cashier -  
Head of  
Admissions



Latika Lawrence  
- Head of  
Learning and  
Development



Megan Power-  
Rice - Head  
of Operations

Plus our lovely gardener Romeo Suarez



# MY THOUGHTS..



A large, empty rectangular box with a pink border, intended for writing thoughts.