



Precious Little Ones

Nursery & Forest School

Parent Handbook



Welcome from the Manager

Dear Families,

Welcome to Precious Little Ones Nursery & Forest School.

My name is Charlie Hickman, and as Nursery Manager, I am delighted to welcome you to our nurturing, nature-inspired learning community.

At Precious Little Ones, we believe every child is a unique individual full of potential, curiosity, and creativity. Our role is to create an environment where children feel safe, valued, and inspired to learn through play and exploration — both indoors and in the beauty of nature.

We are proud to offer a curriculum that blends the Early Years Foundation Stage (EYFS) with the freedom and wonder of Forest School. Our experienced practitioners provide a warm and caring environment, filled with opportunities for discovery, imagination, and growth.

We work closely with families to build strong relationships and ensure that every child's learning journey is supported by love, trust, and open communication. Whether your child is exploring in the forest, sharing stories with friends, or creating something magical in the art area, every moment at Precious Little Ones is a step towards confidence, independence, and joy in learning.

We look forward to sharing this wonderful journey with you and your child.

Warm regards,

Charlie Hickman

Nursery Manager

Precious Little Ones Nursery & Forest School



Our Vision, Ethos & Values

At Precious Little Ones Nursery & Forest School, our vision is to nurture confident, curious, and compassionate learners through the wonder of nature, play, and meaningful relationships. We provide a calm, inclusive, and stimulating environment where every child feels safe, valued, and respected.

We believe that children learn best through play, exploration, and first-hand experiences. Our ethos combines the EYFS framework with Forest School principles, helping children develop independence, resilience, and a lifelong love of learning. Every experience, whether climbing a tree, sharing a story, or observing a tiny insect, is a valuable opportunity for discovery and growth.

Our curriculum is built upon three guiding principles:

- 1. Respect and Relationships** – We value every child's voice and foster warm, trusting relationships that build confidence and emotional security.
- 2. Curiosity and Creativity** – We encourage open-ended exploration, problem-solving, and imaginative play to inspire a love of learning.
- 3. Belonging and Inclusion** – We celebrate diversity, promote equality, and ensure that every family feels part of our nursery community.

These values underpin everything we do and shape the way we teach, care, and connect with our children and families. Together, we create a foundation for lifelong learning where children are happy, capable, and ready for the world ahead.



Learning and Curriculum

At Precious Little Ones Nursery & Forest School, we follow the Early Years Foundation Stage (EYFS) curriculum, which supports children from birth to five years old. Our curriculum is designed to nurture the whole child — supporting not only early academic skills but also emotional wellbeing, physical development, and social confidence.

We offer a broad, balanced, and nature-rich curriculum that allows children to learn through hands-on play and exploration. Every activity, whether indoors or outdoors, is carefully planned to promote curiosity, independence, and a love of learning. Our practitioners observe children closely to understand their interests and next steps, using this knowledge to plan experiences that inspire and challenge.

Learning is structured around the seven areas of the EYFS:

Prime Areas

- **Communication and Language:** Building vocabulary, listening, and self-expression through conversation, storytelling, and songs.
- **Physical Development:** Developing strength, coordination, and fine motor skills through climbing, balancing, and creative play.
- **Personal, Social and Emotional Development:** Supporting self-awareness, friendships, and emotional literacy through play and reflection.



Learning and Curriculum

Specific Areas

- **Literacy:** Encouraging early reading and writing through stories, mark-making, and phonics.
- **Mathematics:** Exploring numbers, shapes, and patterns through problem-solving and real-world play.
- **Understanding the World:** Discovering nature, people, places, and cultures through outdoor learning and community experiences.
- **Expressive Arts and Design:** Inspiring creativity through music, dance, drama, and the use of natural materials.

Our curriculum also promotes the Characteristics of Effective Learning — Playing and Exploring, Active Learning, and Creating and Thinking Critically. These qualities help children become curious thinkers, confident learners, and resilient problem-solvers.

Each day is filled with opportunities to explore, question, and celebrate learning. Whether your child is building a den, counting pinecones, or sharing a story with friends, every moment is part of their journey toward independence and discovery.



Forest School & Outdoor Learning

At Precious Little Ones Nursery & Forest School, we believe that nature is one of the greatest teachers. Our Forest School approach gives children regular opportunities to explore, discover, and learn in a natural outdoor environment, fostering confidence, resilience, and a lifelong love of the outdoors.

Our outdoor sessions take place in a safe, well-equipped woodland area where children can climb, dig, investigate, and imagine freely. Activities include den-building, bug hunting, planting, storytelling around the campfire, and exploring the changing seasons. These experiences not only develop physical skills but also support emotional wellbeing, problem-solving, and teamwork.

The Forest School ethos is based on the principles of:

- **Child-led exploration:** Children follow their own interests and curiosities, leading to deep, meaningful learning.
- **Risk and challenge:** Safe, supported risk-taking helps children build confidence, resilience, and decision-making skills.
- **Respect for nature:** Children learn about wildlife, sustainability, and caring for the environment.
- **Connection and mindfulness:** Outdoor experiences encourage calmness, reflection, and emotional balance.



Emotional Wellbeing & Emotional Literacy

At Precious Little Ones Nursery & Forest School, we believe that emotional wellbeing is at the heart of all learning. When children feel safe, valued, and understood, they develop the confidence to explore, express themselves, and build strong relationships with others.

We support every child's mental health and emotional development through warm, consistent relationships and a calm, predictable environment. Our Key Person approach ensures that each child has a trusted adult who provides comfort, guidance, and emotional security. Practitioners model empathy and positive communication, helping children learn to identify, express, and manage their emotions.

Emotional literacy — the ability to recognise and talk about feelings — is woven into daily routines and play. Through stories, puppets, role play, and small group discussions, children learn to understand emotions in themselves and others. We use mirrors, picture cards, and “feelings boards” to help children label their emotions and develop empathy.

We encourage positive self-regulation through strategies like deep breathing, calm-down spaces, and mindfulness moments in nature. Our outdoor environment plays a vital role in promoting wellbeing — offering space to reflect, take risks, and find calm in the natural world.

We also work in close partnership with parents to ensure that emotional support continues at home. We share simple strategies, books, and resources to help families encourage emotional awareness, self-confidence, and resilience.



School Readiness

At Precious Little Ones Nursery & Forest School, we believe that school readiness is about the whole child — not just early reading or writing skills. It's about nurturing independence, resilience, and emotional wellbeing so that children feel confident and capable when moving on to their next stage of education.

Through play, exploration, and daily routines, children develop the key skills and attitudes they need to thrive in school and beyond. Our practitioners create experiences that encourage independence, teamwork, and curiosity, ensuring each child is well-prepared socially, emotionally, and academically.

We support school readiness by:

- Encouraging children to make choices and take responsibility for their belongings.
- Building confidence in communication and helping children express their ideas clearly.
- Supporting self-regulation and problem-solving through emotion coaching and reflective play.
- Promoting physical skills for self-care such as dressing, toileting, and managing personal needs.
- Strengthening concentration, perseverance, and a positive attitude to learning.
- Introducing early literacy and mathematics through songs, stories, and play-based experiences.



School Readiness

We also work closely with parents and local schools to ensure a smooth transition. Transition activities may include school visits, “starting school” story sessions, and discussions that build excitement and familiarity with new routines. Practitioners share information about each child’s progress, interests, and learning style to support continuity of care and learning.

Our goal is for every child to leave Precious Little Ones with confidence, curiosity, and a strong sense of self — ready to embrace new friendships, routines, and opportunities in school with joy and enthusiasm.





Parent Partnership & Home Learning

At Precious Little Ones Nursery & Forest School, we recognise parents and carers as a child's first and most important educators. We believe that strong, trusting relationships between families and practitioners are essential for children to thrive. By working together, we create a consistent, supportive environment where every child feels secure, confident, and valued.

Our communication with families is open, honest, and continuous. We share updates through daily conversations, online learning journals, newsletters, and parent meetings. Families are encouraged to contribute to their child's learning by sharing experiences, interests, and milestones from home. We value this collaboration and use it to plan meaningful, personalised experiences in nursery.

We extend learning beyond the nursery by offering simple, fun home activities that strengthen the connection between home and setting. These might include exploring the outdoors together, sharing stories, cooking, or discovering shapes and numbers in everyday life. Our home learning ideas are designed to fit naturally into family routines — supporting curiosity, creativity, and confidence.





Parent Partnership & Home Learning

Ways Families Can Support Home Learning

- Share stories and rhymes each day to build language and imagination.
- Talk about the world around you — notice changes in weather, seasons, and nature.
- Count, sort, and compare everyday items to develop early maths skills.
- Encourage independence with dressing, tidying, and helping with small tasks.
- Play communication games like “I Spy” or “Simon Says” to build attention and listening.
- Spend time outdoors to explore nature and promote wellbeing.
- Celebrate achievements by sharing them with your child’s Key Person.
- Model a love of learning by showing curiosity and enjoyment when discovering new things.

By working in partnership, we ensure that every child’s learning journey is joyful, consistent, and deeply supported — both at home and at nursery.



Inclusion, Equality, Diversity & SENCO

At Precious Little Ones Nursery & Forest School, inclusion is at the heart of everything we do. We are proud to provide a warm, welcoming environment where every child and family feels valued, respected, and supported. We celebrate diversity in all its forms and ensure that our curriculum reflects the rich backgrounds, cultures, and experiences of our community.

We believe that all children have the right to participate fully in nursery life. Practitioners work closely with families to understand each child's individual needs, strengths, and interests. Our inclusive approach ensures that activities, routines, and resources are accessible for everyone — promoting fairness and equality of opportunity.

Our Special Educational Needs Coordinator works alongside staff and parents to identify and support additional needs as early as possible. We use observations, assessments, and family input to create personalised support plans that help children reach their full potential. Strategies may include visual timetables, sensory tools, small-group work, or adapted environments.

When necessary, we collaborate with external agencies — such as speech and language therapists, occupational therapists, or health visitors — to ensure that children receive the best possible support. Progress is reviewed regularly, and families are fully involved in every stage of the process.



Inclusion, Equality, Diversity & SENCO

Our curriculum promotes understanding, respect, and inclusion through books, stories, music, celebrations, and discussions that reflect the diversity of our community and the wider world. Children are encouraged to recognise similarities and differences, developing empathy, respect, and a strong sense of belonging.

We actively challenge stereotypes and bias in all areas of nursery life. Practitioners model inclusive language and kindness, ensuring every child grows up feeling proud of who they are and respectful of others.

At Precious Little Ones, inclusion is not a separate policy — it is our daily practice and our promise to every child and family who joins our community.





A Day in the Life: Routine, Meals & Rest

Every day at Precious Little Ones Nursery & Forest School is filled with discovery, laughter, and opportunities to learn through play. We follow a consistent yet flexible routine that gives children the security of knowing what comes next while leaving plenty of space for curiosity and exploration.

Our daily rhythm balances active learning, outdoor adventure, calm reflection, and rest. Children are encouraged to follow their interests while developing independence and self-confidence.

Example Daily Routine

(Times are approximate and adapted to meet children's needs.)

- 8:00–9:00 – Arrival and free play indoors/outdoors
- 9:00–9:30 – Morning welcome, group time, and songs
- 9:30–11:00 – Focused learning through play, Forest School sessions, or small group activities
- 11:00–11:30 – Circle time and story
- 11:30–12:00 – Lunchtime
- 12:00–1:00 – Quiet time, rest, or mindfulness activities
- 1:00–3:00 – Afternoon play, outdoor exploration, creative arts and sensory play
- 3:00–3:30 – Reflection time
- 3:30–5:30 – Home learning, wind-down activities, and collection



Day in the Life: Routine, Meals & Rest

We know that good nutrition is essential for growth, learning, and wellbeing. We provide healthy, balanced meals and snacks throughout the day, encouraging children to try new foods and develop positive eating habits. Meals are freshly prepared with consideration for allergies, intolerances, and dietary preferences. Water and milk are available at all times.

Meal and snack times are social occasions where children develop independence by serving themselves, using utensils, and helping to tidy up. We also talk about healthy choices, hygiene, and where our food comes from — linking mealtimes to understanding the world and caring for the environment.

Rest is an important part of each child's day. We provide calm, comfortable spaces where children can rest, nap, or take time to recharge. Quiet areas include soft furnishings, cosy corners, and sensory lighting to create a peaceful environment. Children are encouraged to listen to their bodies and choose rest when needed.

Through our daily routine, we promote balance — ensuring that every child experiences activity, creativity, nourishment, and calm in equal measure.



Safeguarding, Health & Safety

At Precious Little Ones Nursery & Forest School, the safety, wellbeing, and happiness of every child are our highest priorities. We are fully committed to safeguarding all children in our care and creating a safe, nurturing environment where they can grow, learn, and explore confidently.

We follow strict safeguarding policies and procedures in line with Ofsted and Local Authority guidance. All practitioners receive regular training in child protection and are confident in recognising and responding to signs of abuse, neglect, or concern.

Our Designated Safeguarding Lead and Deputy DSL take responsibility for ensuring that safeguarding remains central to our practice. All staff understand that safeguarding is everyone's responsibility and that children's welfare must always come first.

We work closely with families and, where necessary, with external professionals such as health visitors, social care, and early help services to ensure that children receive the right support at the right time.

We maintain robust recruitment procedures to ensure that all staff and volunteers are suitable to work with children. Enhanced DBS checks, references, and thorough inductions are carried out before employment begins.



Safeguarding, Health & Safety

We take great care to ensure that our environment — both indoors and outdoors — is safe, clean, and well maintained. Daily risk assessments are completed for all areas, including the Forest School site, and equipment is checked regularly. Practitioners teach children how to take safe risks, make responsible choices, and care for themselves and others.

We follow clear procedures for accidents, incidents, and first aid, and all staff are trained in paediatric first aid. Any accidents or injuries are recorded and shared with parents on the same day.

Hygiene and cleanliness are part of our everyday routine. Handwashing is built into transitions throughout the day, and children are supported to learn self-care skills such as using tissues, covering coughs, and understanding the importance of cleanliness.

We work closely with parents to support children with medical needs, allergies, or health conditions. All medication is stored safely, administered according to written consent, and logged on our Family app. All children have a healthcare plan if they have ongoing medical needs/allergies.

Regular fire drills and safety practices ensure children know what to do in the event of an emergency. Our staff team is confident in managing a range of emergency situations calmly and effectively.

At Precious Little Ones, safeguarding and safety are woven into every part of our day. Families can be confident that their children are cared for in a secure, supportive, and protective environment — where their wellbeing always comes first.



The Key Person Approach & Transitions

At Precious Little Ones Nursery & Forest School, strong, trusting relationships are at the heart of everything we do. Our Key Person approach ensures that every child has a special adult who takes the lead in supporting their care, development, and emotional wellbeing. This secure attachment helps children feel safe, confident, and ready to explore the world around them.

The Role of the Key Person

Each Key Person builds a close, nurturing relationship with their key children and families. They:

- Welcome new families and support children as they settle into nursery life.
- Observe, plan, and track each child's learning and development.
- Share daily updates and progress with parents.
- Provide comfort, reassurance, and encouragement.
- Celebrate achievements and milestones, big or small.

The Key Person becomes the consistent, familiar adult a child can turn to for security, helping them develop independence while knowing they are safe and cared for.

We know that change can be both exciting and challenging for young children. To make transitions smooth and positive, we plan them carefully and involve parents at every stage. When a child moves to a new room, their current and new Key Persons work closely together to share information, routines, and strategies that help the child feel confident and prepared.



The Key Person Approach & Transitions

Children are introduced gradually to their new environment and adults, with opportunities to visit, play, and build new relationships before the move takes place.

Preparing children for school is an important part of our work. We collaborate with local primary schools to share information, celebrate progress, and support emotional readiness. Transition activities include stories about starting school, visits from teachers, and role play to build excitement and familiarity.

Our aim is for every child to leave Precious Little Ones feeling confident, curious, and ready for the next chapter of their learning journey.





Communication & Contact Information

Open, positive communication between home and nursery is at the heart of our partnership with families. We believe that when parents and practitioners work together, children feel secure, understood, and supported to reach their full potential.

We maintain regular contact with families through daily conversations, newsletters, online learning journals, and parent consultations. Staff are always happy to talk about your child's day, answer questions, and share progress or next steps. We also share photographs and observations to celebrate achievements and keep you involved in your child's learning journey.

Parents are encouraged to share any important updates about their child — such as changes in routine, interests, or wellbeing — to help us provide the best care and consistency. All information is treated confidentially and handled with care.

If you ever have a question, concern, or suggestion, please speak to your child's Key Person, Room Leader, or a member of the Leadership Team. We value feedback from families and use it to continually enhance our provision.

Families are always welcome to visit, call, or email us — whether to discuss your child's progress, share ideas, or simply say hello. Communication is key to ensuring that every child's nursery experience is happy, consistent, and full of joy.



Summary of Key Policies

Precious Little Ones Nursery & Forest School, we have a range of policies in place to ensure that every child receives the highest standard of care, safety, and education. These policies are reviewed regularly and are available for parents to read upon request. Below is a summary of our key policies and what they mean for you and your child.

Safeguarding and Child Protection

We are fully committed to protecting every child in our care. All staff receive regular safeguarding training and follow strict procedures in line with statutory guidance. Any concerns about a child's welfare are reported to our Designated Safeguarding Lead (DSL) immediately. Our safeguarding policy outlines how we recognise, respond to, and record concerns.

Health and Safety

Our nursery and Forest School environments are risk assessed daily to ensure they are safe, clean, and stimulating. Staff are trained in first aid, fire safety, and emergency procedures. Equipment is checked regularly, and hygiene routines are built into every part of the day.

Inclusion and Equality

We promote equality of opportunity for all children and families. Our inclusion policy ensures that all children, including those with additional needs or disabilities, receive tailored support to help them thrive. We celebrate diversity and actively promote respect for others.



Summary of Key Policies

Behaviour and Positive Guidance

We use positive behaviour strategies that focus on encouragement, praise, and emotional coaching. Practitioners model calm communication and teach children to express feelings, share, and resolve conflicts kindly. We never use punishment or negative language.

Confidentiality and Data Protection

All personal information shared with us is kept confidential and stored securely in line with GDPR regulations. Information is only shared with professionals or agencies when it is in the best interest of the child and with parental consent (unless there is a safeguarding concern).

Complaints and Feedback

We welcome feedback from families as part of our commitment to continuous improvement. If you have a concern, we encourage you to speak to your child's Key Person, Room Leader, or the Nursery Manager. A full copy of our complaints procedure is available in the office.

Medication and Illness

We follow clear procedures for managing illness and administering medication. Parents are asked to inform us of any allergies or medical conditions. Children who are unwell or contagious should remain at home until they are fully recovered to help protect the wellbeing of all children and staff.

These key policies, along with our full policy documents, ensure that Precious Little Ones Nursery & Forest School remains a safe, inclusive, and nurturing place for every child to grow and learn.



Final Thoughts

Thank you for taking the time to read our Precious Little Ones Nursery & Forest School Parent Handbook.

We hope it gives you a clear understanding of our values, our approach to learning, and our commitment to providing a safe, nurturing, and inspiring environment for your child.

We are incredibly proud of our community — where children, families, and practitioners grow and learn together. Every day brings new opportunities for discovery, laughter, and connection, whether we are exploring the forest, sharing stories, or celebrating small but meaningful milestones.

At Precious Little Ones, we see every child as capable, curious, and full of potential. Our role is to nurture that potential through kindness, respect, and play. We value your partnership and look forward to working closely with you as your child embarks on their learning journey.

Together, we can give your child the very best start in life — one filled with confidence, curiosity, and a love of learning that will last a lifetime.

With warmest wishes,

Charlie Hickman

Nursery Manager

Precious Little Ones Nursery & Forest School



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