

Early Years Connections

North

News and Information

Edition Two - July 2023

Welcome to the Early Education and Childcare Advisory Services' latest newsletter, bringing together local and national early years news and information for providers in North Northants.

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Ofsted ready - Self regulation in the early years

One of the trending recommendations from recent Ofsted inspections locally, picks up on behaviour. Do you monitor the consistency of your approach in teaching children expected behaviours? It is important that you reinforce expectations with clear explanations to help children to manage risk. Key to this is ensuring you and all staff have a good understanding of how to help children behave well. Do you have a clear behaviour policy and procedures in place that form part of your induction period?

Consider how you support self-regulation in children to help them manage their own behaviour and understand the impact of unwanted behaviours. Self-regulation is a person's developing ability to be aware of and control their emotions, thoughts, and behaviours in a positive way. It is the ability to manage and understand your own feelings and actions appropriately. Adults play a key role in supporting children's development of self-regulation skills over a period of time.

Self-regulation is learnt from co-regulation. Young infants are dependent on the adults around them. You can do a lot to support children to recognise their feelings, find coping strategies and self-regulate. It is a modelling process by the adults around a child to teach them the skills and strategies needed to be able to regulate their own emotions. This begins in the very early on between the caregiver and the baby through helping them to soothe and calm their feelings through positive and warm interactions. The adult needs to be tuned in to the child's emotions and able to respond sensitively and swiftly to reduce the child's stress.

Adults who are emotionally responsive and caring to children's needs in an upsetting and overwhelming moment, help the child to manage their stress. This process happens through coaching and modelling how to understand, express and control thoughts, feelings, and behaviours. Tuning in and reliability helps the child to know their needs will be met and they learn the ability to calm themselves.

Co-regulation is the starting point for young children to learn how to manage their feelings and emotions through their interactions and relationships with supportive adults. The adult helps the child to soothe developing their ability to build the essential skills to self-soothe.

"Punishment is making a child suffer for having a problem. To raise problem solvers, focus on solutions, not retribution." - L.R. Knost.

These early experiences set out the foundations for self-regulation. Through having their needs met, children begin to make connections in the brain about soothing feelings. The adult is providing the support, coaching, and modelling to help the child understand their feelings and behaviours. Children with this positive experience of consistent care learn that over time the adult is there to offer support if needed. They then learn to develop self-soothing skills, such as thumb sucking or having a favourite blanket to snuggle as the beginnings of self-regulating their emotions and as they grow and develop, they have less dependence on others.

Top tips to help children to self-regulate

1. Get your own needs met so that you can support children and be a positive role model.
2. Provide warm, responsive relationships where children feel respected, comforted and supported in times of stress.

3. Name emotions to help children understand what they are feeling.
4. Validate children's feelings to teach them emotions are perfectly okay.
5. Make a safe space in your environment where children can go to help control their emotions.
6. Teach children the skills they need to stay calm, cope, and adapt. When children learn how to cope with stress, their behaviour will improve.
7. Have realistic expectations. Only demand from children what they can handle to avoid placing undue stress on them.
8. Be supportive and encouraging and help children to develop a toolbox of coping strategies to use when dysregulated.
9. Ensure that children's resource pool for regulation is regularly replenished. Partnership working with parents can benefit children's essential needs, such as sleep, a balanced diet, and regular exercise.
10. Be consistent. When children know what is expected of them. Predictability helps to decrease stress.

Children who experience nurturing and stable caregiving, go on to develop greater resilience and the ability to self-regulate uncomfortable and overwhelming emotions.

Strengthening staff practice

[Keep Your Cool Toolbox](#) developed by Dr Mine Conkbayir, offers effective ways you can access free, to help young children and teenagers to better manage their emotions. Give it a go!

[The Handy Brain Model](#) adapted by Dr Mine Conkbayir, provides an easy way to understand what happens in the brain when a child or teen 'flips their lid' due to feeling dysregulated. Watch the short video on the webpage.

Katrina McEvoy gives the lowdown on self-regulation in her article [What Is Self-Regulation? | Family](#).

Watch Dr Mine Conkbayir and Ursula Krystek-Walton who explain how neuroscience, self-regulation, and a thoughtful approach to training made a huge difference to the children Betram Nursery Group care for on [Family Sessions: Let's Start A Self-Regulation Revolution | Family](#).

The pamphlet [Nurturing self-regulation – A Froebelian approach](#) looks at connections between children's environments, experiences, emotions and behaviours. Using case studies from practice, the authors consider how educators can connect with the child's unique world. They suggest ways to create a harmonious, democratic and empathetic community, in which children and adults develop the skills in self-regulation.

Dr Lynn McNair and Carol Cerdan share their Froebelian perspective on children's self-regulation: how to use reflection and freedom with guidance to create more harmonious and inclusive relationships. Watch a [Froebel Trust | Nurturing self-regulation](#) webinar recorded on 30 March 2022.

Support tool - Inclusion and Special Educational Needs and Disabilities Practice Audit

We have developed a new audit tool to help you reflect upon best practice in the early years to promote inclusion, diversity and support for children with Special Educational Needs and Disabilities (SEND). A commitment to valuing and respecting the diversity and needs of individuals, families and communities must sit at the heart of good early years practice to ensure every child can participate and succeed in their learning journey.

In recent local Ofsted inspections, we have seen recommendations raised on providing children with richer experiences to learn about different cultures and the world they live in. It is important to consider how a varied cultures and family dynamics are reflected in your setting. How do you help children to learn about each other and develop a positive understanding and appreciation of different people. Children must be supported with their self-identity throughout the year, not just for key celebrations.

The audit also provokes thinking about early identification of SEND and the processes you have in place to meet each child's needs. It helps you to consider how you ensure children with SEND are learning and developing effectively and progress is being made.

If you are keen to read more about [How to explore race and diversity in the Early Years \(blossomeducational.com\)](https://www.blossomeducational.com) have a look at this ten-minute read with Laura Henry-Allain MBE, global award-winning educationalist, storyteller, producer and consultant.

The audit will be sent via email shortly for you to use in your own setting if you wish.

Public Health Information - Heatwaves and extreme heat

During the last high heat spell in North Northamptonshire a high proportion of those presenting to A&E departments and urgent care being very poorly children with avoidable heat issues including sunburn, dehydration, and sunstroke. This put immense pressure on the healthcare system across Northamptonshire.

Refer to [Looking after children and those in early years settings before and during hot weather: teachers and other educational professionals - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/looking-after-children-and-those-in-early-years-settings-before-and-during-hot-weather) from UK Health Security Agency. This guidance is for those who manage or work in schools or early years settings and offers advice for looking after children in these settings during hot weather.

Children can be at risk from hot weather because of their physiology, behaviours and activity levels. Children potentially at greater risk include those aged under 4 years, with health conditions or taking certain medications.

Thank you for playing an important part in teaching our young North Northants residents about how to stay safe in the heat, and for your support in getting our Public Health messaging out to parents and other caregivers during the recent hot weather.

Heatwaves and extreme heat - Recording from Workshops for Schools and Early Years Providers

It is important that schools and early years settings think about the risks associated with extreme heat and develop local plans and protocols for how to adapt. Much of this will be highly specific to each school or setting based upon the structure of specific buildings and the makeup of the children who attend.

To help you start to think about the risks for your school or setting NNC Schools Resilience team have been hosting several virtual workshops, via MS Teams, to discuss the risks and mitigation plans for heatwaves and extreme heat in a bit more detail.

These workshops have now finished. If you did not manage to join any of these sessions or you would just like to remind yourselves of the details shared, please use the link below where you can see the whole presentation inclusive of the slides.

<https://www.youtube.com/watch?v=nIQgoJy2Mx4>.

If you wanted to use the 'Beat the Heat' poster titled 'Heat Related Illnesses in Children' in your school or setting which was shared in the workshop presentation, please access it using this link: [poster--01.jpg \(2481×3628\) \(who.int\)](#).

There is further guidance available at [Beat the heat: staying safe in hot weather - GOV.UK \(www.gov.uk\)](#).

which provides advice for everyone on how to stay safe during hot weather.

New guidance from the Department for Education promoting oral health

Promoting oral health in early years is essential to protecting young teeth and establishing good habits from an early age. It is a requirement of the Statutory framework for the Early Years Foundation Stage that providers must promote good oral health of children who attend their setting.

Tooth decay is a serious problem in the UK but is preventable if children are taught good habits whilst they are young. Toothache can cause serious problems for early years children such as eating, sleeping, socialising and learning.

The Department for Education (DFE) have published new guidance on promoting good oral health in early years settings.

The guidance [Oral health - Help for early years providers - GOV.UK \(education.gov.uk\)](#):

- explains the importance of good oral health for early years children
- helps practitioners to meet the oral health requirement in the Early Years Foundation Stage statutory framework
- includes practical tips and activities to use in early years settings

- links to further reading and resources

Progress check at age two - What to do when you have concerns

The 0-19 health visiting team within Northamptonshire have developed a simple process for sharing and submitting the Progress check at age two with the health visiting service via the 0-19 Admin Hub. This process supports partnership working and promotes the implementation of the integrated two-year review locally. Previously the sharing of information has been a challenge, however, an electronic link has been created to simplify the process of submitting Progress checks to the 0-19 Admin Hub directly for those children whose development is not following the expected milestones.

The Progress check and Health Visiting Health Assessment are both necessary for an accurate picture of a child's health, growth, and development. Both parties should value the contribution of each other's assessment, encourage parents to take up both elements and emphasise the importance of sharing the outcomes with all parties. Early years settings must gain consent from parents or carers for sharing information using their Progress check. For situations where additional information is required to be shared between services, consent must be gained. The safeguarding of the child is paramount and child protection concerns must be shared regardless of the parent's willingness to do so in line with local policy.

Health visitors will contact early years settings by telephone with parental or carer consent if a child's two-year Health Visiting Health Assessment identifies they are not following their expected developmental milestones or circumstances indicate partnership working may be beneficial. Early years settings are expected to contact a child's Health Visitor where the Progress check has identified a child's development is not following expected milestones. For children meeting their expected milestones no sharing of information is required.

Early years settings can send the Progress check form electronically to the 0-19 Admin Hub via a link on the [NHFT website](#), the 0-19 Admin Hub can be contacted on 0800 170 7055 (option 4) for advice on this process if required. Any Progress check submitted must make it clear that further assessment is needed.

Ensure you are aware of the supporting non-statutory document [Progress check at age 2 - GOV.UK \(www.gov.uk\)](#).

Early years settings should encourage parents to access/seek support from their local 0-19 service and Strong Start Team where appropriate. If actions are required by the health visitor following the sharing of the EY Progress Check these will be actioned by the Health Visitor accordingly and the Health Visitor will contact the early years setting directly if deemed necessary to gain additional information or when partnership working is indicated to support the child and family.

Contact for SEND Information, Advice and Support service (IASS)

If you live in Corby, Kettering, Wellingborough or East Northants, IASS are your impartial SEND [Information, Advice and Support service \(IASS\)](#) that operates at arm's length from the local authority. Added link to website page

They are a FREE service, and legally trained to support you with queries regarding education, health and social care. They can provide confidential and impartial advice.

HOW TO CONTACT

NORTH NORTHANTS

SEND IASS





Call:
0300 373 2532
Mon-Fri 9:30-4:30pm



Email:
SENDIASS@northnorthants.gov.uk



Social Media:
@NNCSENDIASS



Write:
**Cedar Drive,
Thrapston,
Northamptonshire, NN14 4LZ**

Department for Education Consultation: contribute to the Early Years Foundation Stage framework (EYFS) consultation

The Department for Education has launched a new consultation on changes to the Early years foundation stage. They say, 'We're proposing changes to the EYFS framework to make it more practical for different types of EYFS providers.'

The aims are to:

- offer providers more flexibility
- reduce known burdens
- enable practitioners to provide high-quality early education
- make it easier for practitioners to join the workforce and progress their careers

The suggested changes will affect both group settings and childminders and the consultation is your chance to have your say.

The consultation closes at 11:45pm on 26 July 2023. Give your views by completing the online survey [Early years foundation stage \(EYFS\): regulatory changes - Department for Education - Citizen Space](#).

Learning through landscapes - Grant opportunity for outdoor equipment and training

Open to schools and early years settings* in England, Scotland, and Wales, this outdoor learning grant fund has two elements – The grants provide an assortment of nature equipment up to the value of £500 and a two-hour training session for staff.

*early years settings must have a dedicated building and employ at least 5 members of staff.

The application cut-off date for this round is 8 September 2023. Learn more about the grant, the eligibility criteria and how to apply by visiting [LTL | Nature Grant](#).

Leisure team - Get ready for summer in North Northants!

Are you ready? This year the offer to young people is better than ever. North Northamptonshire Council (NNC) have a wide range of exciting activities planned for young people across North Northants delivered by the leisure team and partners.

From Monday 24 July, join in the array of fun activities at leisure centres, community centres, parks and open spaces.

Activities available include:

- Holiday clubs
- Free turn up and play sessions in all areas.
- Arts and crafts
- Sports including football, table tennis, diving, and cricket

For four weeks of the summer holidays there will be 'FREE' swimming at all NNC pools and a 'FREE' play day in Corby, Kettering, Wellingborough, and East Northants.

Find out more on the Council's website page [Summer activities](#). Follow us on social media Facebook @NNLeisure Twitter @NN_Leisure

North Northamptonshire Leisure

Changes to the Designated Officer/LADO Service Referral Process

The LADO service has been a paper-based service. This has meant that historic referrals are not easy to search for, cases are more difficult to track, and reporting was manually generated.

From 1st January 2023, the LADO service changed the way referrals and consultations are received. This will have had some impact on external partners, and as we continue to improve our service, we want to support you to make sure that communications with LADO gets to the right place when you need it.

These changes are designed so that all referrals are received in one place, and can be responded to in a timely manner, and can also be tracked / reported on. The new process also ensures that referrals which require an outcome letter will be sent one within 5 days of the final Joint Evaluation Meeting (JEM).

From July 1st, 2023, all LADO referrals will need to be completed via the online referral form. They should no longer be sent by e-mail to the LADO referral inbox, as they cannot be processed from there.

The online form can be found via this link [Referral Form](#). The online referral will be uploaded by MASH to a confidential database. You should be able to download a copy for your records and will receive an automated response, with date and time stamp, with reference number for audit trail purposes.

Previous versions of the LADO referral form will no longer be used.

If you require LADO consultation in respect of threshold prior to submission of a referral, please use the consultation form on the [NSCP website](#) and send to LADOConsultations@NCTrust.co.uk. LADO will contact you with next steps.

If you need to speak to a LADO, please e-mail LADOConsultations@NCTrust.co.uk in the first instance, using the consultation process set out above, and they will contact you. Please refer to recently updated website information for [LADO contact details](#).

Please ensure your Safeguarding policy contains up to date contact information and referral processes.

Childminders - Over 16s and new adults in the home

All new adults and children ages over 16 working or living in your home must complete an enhanced, home-based DBS application and submit an application to be listed on your Ofsted registration.

Guidance on how to tell Ofsted about how to report new adults in the home can be found here online [Childminders: report new adults in the home - GOV.UK \(www.gov.uk\)](#).

Individuals can apply for a DBS here online via [Ofsted DBS Application - Security Watchdog - Welcome](#). An identity check must be completed. Details of how to do this are available on the Capita website. If the ID check and section Y is not completed within six months of the start of the application, Capita will close this DBS application. The person will then have to start a new DBS application and pay another fee. Your registration may also be at risk of cancellation as it is a requirement to supply Ofsted with this information.



Meeting the requirements of the Early Years Register

If you are registered on the Early Years Register, you must meet the requirements of the Early Years Foundation Stage (EYFS) statutory framework at all times: [Early years foundation stage \(EYFS\) statutory framework - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/early-years-foundation-stage-eyfs-statutory-framework).

If you are registered on the Childcare Register, you must comply with the requirements for ongoing registration on the relevant part(s) of the Childcare Register at all times: [Childminders and childcare providers: register with Ofsted - Registration requirements - Guidance - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/childminders-and-childcare-providers-register-with-ofsted-registration-requirements-guidance).

These requirements apply even if you have no children on roll as you are still a registered provider. This includes maintaining an appropriate first aid qualification and public liability insurance. If you are unable to meet the requirements of the EYFS and/or the relevant part(s) of Childcare Register if applicable, you should consider resigning your registration or Ofsted may take steps to cancel it. Email resignation requests to: enquiries@ofsted.gov.uk

Northamptonshire safeguarding in education bulletin

[Northamptonshire Safeguarding in Education Monthly Bulletin](#)

This bulletin contains cross Northamptonshire information as well as specific information about North or West Projects.

[Go to this Sway](#)

Northamptonshire Safeguarding Children Partnership (NSCP) Newsletter

[July 2023 NSCP Newsletter](#)

Click here to read the latest news from the Northamptonshire Safeguarding Children Partnership (NSCP). Please disseminate the messages in the newsletter to other professionals in your organisation as well as the families you are working with.

[Go to this Sway](#)



North Northamptonshire key contacts for early years providers

Early Education and Childcare Advisory Service

We offer information, advice and challenge to help you to achieve and maintain a 'good' or 'outstanding' Ofsted outcome with a strong focus on successfully implementing the Early years foundation stage (EYFS). We are here to give guidance to develop your practice and provision and ensure you meet all the EYFS statutory requirements to reach the highest standard.

Email: eecadvisers@northnorthants.gov.uk

Website: [Advice and support for early education and childcare providers | North Northamptonshire Council \(northnorthants.gov.uk\)](https://www.northnorthants.gov.uk/advice-and-support-for-early-education-and-childcare-providers)

Early Education and Childcare Funding, Business and Compliance Support Service

North Northamptonshire Council take part in the Government Funding Programmes for 2, 3, and 4-year-old children in the county. We have a dedicated team to support you with any queries related to funding streams.

Email: eecfunding.ncc@northnorthants.gov.uk

Website: [Funding information for childcare providers | North Northamptonshire Council \(northnorthants.gov.uk\)](https://www.northnorthants.gov.uk/funding-information-for-childcare-providers)

SEND Support Service (SSS)

The SSS team support children aged 0 to 19 years who have additional educational needs, developmental delay or disability.

Email: SSS.NCC@northnorthants.gov.uk

Website: [SEND support for children and young people - Special educational needs and disability \(SEND\) support \(northamptonshire.gov.uk\)](https://www.northamptonshire.gov.uk/send-support)

Links to Local Safeguarding Partners

Northamptonshire Safeguarding Children Partnership (NSCP) has local procedures, safeguarding toolkits, training and documents for you to access keep your knowledge up to date.

Website: [Childcare and Early Years Professionals - Northamptonshire Safeguarding Children Board \(northamptonshirescb.org.uk\)](https://www.northamptonshirescb.org.uk)

Northamptonshire Children's Trust are a not-for-profit company set up in November 2020 to deliver the best possible opportunities for the children in Northamptonshire. They hold the responsibility to deliver children's social care and targeted early help services on behalf of North Northamptonshire Council and West Northamptonshire Council. This is where you will find the online referrals to report a concern about a child or an allegation against an adult.

Website: [Northamptonshire Children's Trust \(nctrust.co.uk\)](https://www.nctrust.co.uk)