

Kiddicare Parent Handbook

September 2025

"Learning through play, growing with care."

Welcome to Kiddicare Family

We are delighted to welcome you and your child to our nursery family. At Kiddicare, we provide a safe, nurturing, and stimulating environment where every child is valued, respected, and supported to reach their full potential.

Our ethos is built on **respect, inclusion, and partnership with parents**. Together, we help children develop the skills and confidence they need for school and for life.

 Children's safety and wellbeing are at the heart of everything we do.

MAYOR OF LONDON'S



Contact Details

Pinner Branch

Love Lane, HA5 3E

 0208 429 0571



info@kiddicarenursery.co.uk

Barnet Branch

2B Friern Barnet, N11 3DT

 0203 417 3945



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Welcome to Kiddicare Nursery, where excellence meets warmth in childcare. As proud recipients of a 'Good' rating from OFSTED, we uphold the highest standards of care, education, and safety for your little ones. Our nurturing environment fosters a sense of belonging and encourages exploration, ensuring every child's unique journey is supported with enthusiasm and dedication.

Included in our comprehensive parent pack are transparent pricing details and further information, empowering you to make informed decisions about your child's education and well-being. Beyond our esteemed accreditation, Kiddicare Nursery boasts a vibrant community spirit, where morale is high, and support for children is paramount.

Our professional team is not only experienced but deeply passionate about nurturing young minds, creating an inviting atmosphere where children thrive. Join us at Kiddicare Nursery, where every day is an adventure in learning and love.

Kiddicare Nursery Pinner and Friern Barnet are two nurseries owned by the Director Maryam. As a local family-run establishment, we deeply embody and uphold local family values at the heart of our operations. With many years of working in the childcare industry and cultivating a real sense of community, Kiddicare has dedicated herself to providing exceptional care and education for children in the Pinner and Friern Barnet areas.



Our aim is to cultivate a nurturing community where each child feels empowered to explore their potential, supported by dedicated staff who prioritize individual growth and well-being.

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Parent Handbook: EYFS



Children's development and learning

We aim to ensure that each child:

is in a safe and stimulating environment
is given generous care and attention, because of our ratio of qualified staff to children, as well as volunteer helpers
has the chance to join in with other children and adults to live, play, work and learn together
is helped to take forward her/his learning and development by being helped to build on what she/he already knows and can do
has a personal key person who makes sure each child makes satisfying progress
is in a setting that sees parents as partners in helping each child to learn and develop
is in a setting in which parents help to shape the service it offers

Kiddicare Aims:

- provide high quality care and education for children
- work in partnership with parents to help children to learn and develop add to the life and well-being of the local community
- offer children and their parents a service that promotes equality and values diversity

Parents:

- You are regarded as members of our setting who have full participatory rights. These include a right to be:
 - valued and respected
 - kept informed
 - consulted
 - involved
 - included at all levels

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Parent Handbook: EYFS



The Early Years Foundation Stage (EYFS)

At Kiddicare, our care and education for children from birth to five years is guided by the **Early Years Foundation Stage (EYFS)** statutory framework. This framework sets the standards all early years providers follow, ensuring children learn, develop, and stay safe.

The EYFS is built on four principles:

A Unique Child – Every child is recognised as an individual who is constantly learning and capable of being resilient, confident, and self-assured.

Positive Relationships – Children learn to be strong and independent through secure, caring, and supportive relationships.

Enabling Environments – Children thrive in safe, stimulating environments where adults respond to their interests and needs, working in partnership with parents.

Learning and Development – All children develop at their own pace. The EYFS supports the care and education of every child, including those with special educational needs and disabilities (SEND).

What this means for your child

Learning is **play-based, fun, and tailored** to each child's needs and interests.

Practitioners use **professional judgement** to track progress – no need for lots of written "evidence."

Language support is provided, including for children learning English as an additional language.

Safeguarding is central: policies now cover all electronic devices with cameras/sharing functions, and staff follow strengthened child protection and welfare procedures.

All staff hold **Paediatric First Aid (PFA)** training where required, ensuring safety at all times.

From **September 2025**, we will follow the new government guidance on:

-Safer recruitment and child absence monitoring

-Updated **nutrition standards** for meals and snacks

-Clearer standards for privacy, health, and wellbeing

Educational Programmes

Our educational programmes follow the **Early Years Foundation Stage (EYFS) 2025 framework**. They are designed to give every child the skills, knowledge, and confidence they need for school and beyond.

Children learn through **play, exploration, and hands-on experiences**, supported by skilled practitioners who plan around their interests.

Prime Areas

Personal, Social and Emotional Development – self-regulation, managing self, building relationships

Physical Development – gross motor skills, fine motor skills

Communication and Language – listening, attention and understanding, speaking

Specific Areas

Literacy – comprehension, word reading, writing

Mathematics – number, numerical patterns

Understanding the World – past and present, people, culture and communities, the natural world

Expressive Arts and Design – creating with materials, being imaginative and expressive



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Parent Handbook: EYFS

How we provide for learning and development

From birth, children learn by exploring the world around them. At Kiddicare, we build on this with age-appropriate, engaging activities tailored to each child's stage and interests.

The **Areas of Learning and Early Learning Goals (ELGs)** guide what children should achieve by the end of Reception. Practitioners use **professional judgement**, not large amounts of paperwork, to track progress and plan next steps.

Our curriculum is **ambitious, inclusive, and responsive**, supporting all children, including those with SEND.

In line with the **EYFS 2025 framework**, we ensure: Strong safeguarding, including safer recruitment, absence checks, and privacy in toileting

Health and wellbeing supported through new nutrition guidance, safer eating practices, and

paediatric first aid-trained staff at mealtimes

This approach helps children grow in **confidence, knowledge, and skills**, ready for school and beyond.

Our Approach to Learning and Assessment

At Kiddicare, children learn best through **play and active exploration**. By doing, talking, and experimenting, they begin to understand the world around them. We follow the **EYFS statutory educational programmes**, offering a balance of:

Child-led activities that build on children's interests and curiosity

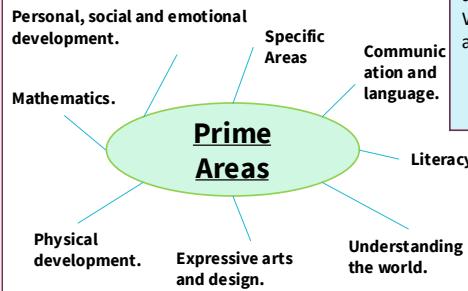
Adult-guided activities designed to extend learning and provide new experiences

Practitioners use their **professional judgement**, supported by curriculum guidance, to observe progress and plan next steps. We do not gather large amounts of written evidence—instead, our focus is on **knowing each child well** and supporting their individual journey.

Characteristics of effective learning

We understand that all children engage with other people and their environment through the characteristics of effective learning that are described in the Early Years Foundation Stage as:

- playing and exploring – engagement
- active learning – motivation
- creating and thinking critically - thinking



Records of Achievement / Learning Journeys

We keep a **learning journey** for each child to celebrate their achievements and support their ongoing development. This record helps us and you to see how your child is progressing and what support they may need next.

Your child's **key person** works closely with you to build this record. Together, we share information about your child's interests, experiences, and milestones. This helps us plan activities that support their wellbeing, learning, and development both in nursery and at home.

We focus on **knowing each child well**, rather than collecting large amounts of evidence, in line with the updated EYFS framework.



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Parent Handbook: Settling info

Working together for your children

We maintain the ratio of adults to children in the setting that is set by the Safeguarding and Welfare Requirements. We also have volunteer parent helpers, where possible, to complement these ratios. This helps us to:

- give time and attention to each child
- talk with the children about their interests and activities
- help children to experience and benefit from the activities we provide
- allow the children to explore and be adventurous in safety

Joining in

Our setting has a rota which parents can join if they would like to help at a particular session or sessions of the setting. Helping at the session enables parents to see what the day-to-day life of our setting is like and to join in helping the children to get the best out of their activities.

Parents can also offer to take part in a session by sharing their own interests and skills with the children. We welcome parents to drop into the setting to see it at work or to speak with the staff/management.

Kiddicare opening times & info

- Kiddicare operates all year-round, with openings every week, **Monday through Friday**.
- We are closed on **Public Bank Holidays**.
- Our hours of operation are from **8:00 am to 6:00 pm**.
- We offer care for children aged **3 months to 5 years old**.
- We are closed for children a week of Christmas for staff training and setting improvement.



How parents take part in the setting

Our setting recognises parents as the first and most important educators of their children. All our staff see themselves as partners with parents in providing care and education for their children. There are many ways in which parents take part in making our setting a welcoming and stimulating place for children and parents, such as:

- exchanging knowledge about their children's needs, activities, interests and progress with our staff
- contributing to the progress check at age two
- helping at sessions of the setting
- sharing their own special interests with the children
- helping to provide and look after the equipment and materials used in the children's play activities
- being part of the management of the setting, where appropriate
- taking part in events and informal discussions about the activities and curriculum provided by the setting
- joining in community activities, in which the setting takes part
- building friendships with other parents in the setting

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Parent Handbook: Settling Info

Key person and your child

Our setting uses a key person approach. This means that each member of staff has a group of children for whom she/he is particularly responsible. Your child's key person will be the person who works with you to make sure that the childcare that we provide is right for your child's particular needs and interests. When your child first starts at the setting, she/he will help your child to settle and throughout your child's time at the setting, she/he will help your child to benefit from our activities.

Learning opportunities for adults

As well as gaining childcare qualifications, our staff take part in further training to help them to keep up-to date with thinking about early years care and education. We also keep up-to-date with best practice, as a member of the Early Years Alliance, through *Under 5* magazine and other publications produced by the Alliance. Occasionally, we hold learning events for parents. These usually look at how adults can help children to learn and develop in their early years.

The setting's timetable and routines

Our setting believes that care and education are equally important in the experience which we offer children. The routines and activities that make up the day in our setting are provided in ways that:

- help each child to feel that she/he is a valued member of the setting
- ensure the safety of each child
- help children to gain from the social experience of being part of a group
- provide children with opportunities to learn and help them to value learning

The session*

We organise our sessions so that the children can choose from, and work at, a range of activities and, in doing so, build up their ability to select and work through a task to its completion. The children are also helped and encouraged to take part in adult-led small and large group activities, which introduce them to new experiences and help them to gain new skills, as well as helping them to learn to work with others.

Outdoor activities contribute to children's health, their physical development and their knowledge of the world around them. The children have the opportunity, and are encouraged, to take part in outdoor child-chosen and adult-led activities, as well as those provided in the indoor playroom(s).



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Parent Handbook: Settling Info

Medicines

All medicines brought into nursery must be recorded and authorised by a parent or carer's signature. Medicines must be in their original container, clearly labelled with your child's name, dosage, and the date prescribed by a doctor. We cannot administer any medicine that does not meet these criteria. We do not give the first dose of a new prescribed medicine. Parents must give the first dose at home at least 24 hours before the child attends nursery, to ensure no adverse reaction occurs. Staff who administer medicines are appropriately trained, and all administrations are recorded and signed.

Illnesses

Please inform the nursery if your child will be absent due to illness. We follow national public health guidance on infection control in schools and nurseries and may extend exclusion periods if necessary to protect children and staff. Children must not attend nursery while infectious. In cases of **sickness or diarrhoea**, children must stay at home for at least **48 hours after the last episode**.

Snacks and Meals at Kiddicare

We provide a **balanced, nutritious, and varied menu** that is appealing to children and supports their health and development. All meals and snacks are planned in line with the **EYFS 2025 nutrition guidance**, ensuring they are healthy, balanced, and child-friendly.

Snack and meal times are a **social part of the day**, where children and staff eat together, encouraging good eating habits, independence, and positive relationships.

Safer Eating at Kiddicare

A **paediatric first aid-trained member of staff** is always present at mealtimes.

Children are supervised closely and sit with adults at the table to reduce choking risks.

We encourage children to try new foods in a relaxed, supportive environment.

Working with Parents

Please keep us updated about **allergies, cultural or dietary needs**, so we can plan safely for your child.

Weekly menus are displayed on the parents' information board in reception.

Food Allergies

It is essential that we are informed of **any allergies, intolerances, or dietary needs before your child starts nursery**. This ensures we can put the right safety measures in place from day one.

The nursery manager and your child's key person will create a **care plan and emergency procedures** with you, based on the information provided. If required, we will also work with health visitors or medical professionals to make sure your child's needs are fully supported.

The nursery cook will always provide a safe and suitable alternative meal, as close to the original menu as possible.

In line with the **EYFS 2025 framework**:

Parents must keep allergy and dietary information **up to date** at all times.

Staff follow strict **food safety and emergency procedures**, with a **paediatric first aid-trained member of staff** present at all mealtimes.

We are a **nut-free setting** and do not use nuts or nut products in any food.

Clothing

We provide protective clothing for messy play and creative activities.

We encourage children to be **independent** by learning skills such as using the toilet, dressing themselves, and putting on outdoor clothes. Clothing that is **comfortable and easy to manage** helps children build these skills with confidence.

We ask parents **not to send children in expensive or delicate clothing**. Sometimes children prefer not to wear an apron, and often they enjoy exploring and getting messy through play. Practical, washable clothes mean they can take part in all activities freely.

For safety, children should wear **sensible footwear** (e.g. no open-toed sandals or slippery shoes).



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Parent Handbook: Policies

Our team is readily available to discuss our comprehensive policies and procedures with you. Copies of these documents are easily accessible in our reception area and office. These policies serve as guiding principles to ensure the delivery of high-quality services and to enhance the overall experience for each child and their parents within our nursery setting. Through collaborative efforts between our staff and parents, we continuously review and refine our policies annually. This process ensures that our policies effectively support our commitment to providing exceptional care and service to our members and the wider community.

Special Educational Needs and Disabilities (SEND)

We are committed to making sure our provision meets the needs of every child, including those with special educational needs and disabilities (SEND). We follow the **SEND Code of Practice: 0 to 25 years (2015)** and the **EYFS 2025 framework**, which require early identification of needs and strong partnership with parents and outside professionals. Our **Special Educational Needs Co-ordinator (SENCo) (Maryam Jafarzada)** works with families, staff, and external agencies to create personalised support plans. Together, we ensure every child can access learning, make progress, and thrive.

Information We Hold About Children and Families – Staff Guide

As part of your role, you will handle personal information about children and their families. It's important that this is done carefully and in line with the **UK GDPR**, the **Data Protection Act 2018**, the **Data (Use and Access) Act 2025**, and the **EYFS 2025 framework**.

What this means for you:

Only collect and use information that is **necessary** for a child's care, learning, or safety.

Use information **only for the reason it was given** (e.g. medical details for health care, contact numbers for emergencies).

Keep records **accurate and up to date** – if you know details have changed, let the manager know.

Store information **securely** – whether it's on paper or online – and never leave records where others can see them.

Share information only when it's right to do so – for safeguarding, medical needs, or when the law requires it.

Always check with the manager if unsure.

What's new (2025 rules):

Parents can ask to see the information we hold about their child (**Subject Access Request**). Pass any request straight to the manager or Data Protection Lead.

If parents raise a **complaint about how their data is handled**, it must be logged and responded to quickly and fairly.

Safeguarding and absence records must be kept private, with access limited to those who need it.

Transition to School

We support children and families as they move on to Reception:

Sharing progress records with new schools (with parental consent).

Encouraging independence skills (self-care, dressing, communication).

Talking about schools through stories, play, and visits.

Inviting teachers to visit children in nursery where possible.

This helps children feel confident, excited, and ready for their next stage of learning.

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Parent Handbook: Policies

Safety, Accident/Incident

Your child's safety and wellbeing are always our priority. In line with the **EYFS 2025 framework**:

We have **CCTV** in place for the safety of children, families, and staff and will be deleted after few days.

Risk assessments are carried out regularly throughout the day, indoors and outdoors, to ensure a safe environment.

A **paediatric first aid-trained member of staff** is always present during meals, activities, and outings.

All staff are trained in **safeguarding, health and safety, first aid, and administering medicines**.

If your child has an accident at nursery:

You will be informed and asked to sign an **accident or incident form**.

For a **head bump**, you will be contacted immediately by phone and your child will be closely monitored.

If an accident causes concern, we may ask you to collect your child and seek medical advice.

All accidents and incidents are recorded, reviewed, and monitored to help us improve safety.

Safeguarding Children

At Kiddicare, safeguarding and promoting the welfare of children is our highest priority. We have a legal duty under the **EYFS 2025 framework** and safeguarding legislation to keep children safe from harm.

In practice, this means:

Safe recruitment – all staff and volunteers are vetted, including references and enhanced DBS checks.

Child absence monitoring – we follow up promptly on unexplained or repeated absences.

Whistleblowing procedures – staff can raise concerns about unsafe practice, and these are taken seriously.

Complaints and allegations – clear procedures are in place to manage concerns or allegations about staff.

Training – all staff receive regular safeguarding and child protection training, with the Designated Safeguarding Lead (DSL) always available.

Privacy and safety – children are given dignity and privacy in toileting and intimate care, balanced with safeguarding best practice.

Working in partnership – we work closely with parents to identify concerns early and provide support. Where needed, we make referrals to external agencies to ensure children and families receive the right help.

Safeguarding is everyone's responsibility. If you have any concerns about a child's welfare, please speak immediately to the **Nursery Manager or Designated Safeguarding Lead (DSL)**.

Parents' Conduct & Zero Tolerance Policy

At Kiddicare, we are committed to providing a safe, respectful, and welcoming environment for children, families, and staff. We ask all parents and carers to support this by following our code of conduct:

Treat staff, children, and other families with **respect at all times**.

Use appropriate language — **abusive, threatening, or discriminatory language or behaviour will not be tolerated**.

Discuss concerns calmly with the nursery manager or staff. We will always listen and work with you to resolve issues.

Respect our policies on safeguarding, confidentiality, mobile phone use, and photography.

Ensure that children are collected on time and that absence is reported promptly.

Zero Tolerance

We have a **zero tolerance** approach to: Violence, aggression, or threats towards staff, children, or other families.

Bullying, harassment, or discrimination of any kind.

Behaviour that puts children and staff's safety or wellbeing at risk.

Any breach of this policy may result in restricted access to the nursery and, in serious cases, termination of your child's place immediately.

We believe a strong partnership between home and nursery, built on mutual respect, ensures the best outcomes for all children.



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Parent Handbook: Fees & Notices

Fees

The fees for contracted sessions must be paid on a **monthly basis in advance by Bank transfer, Standing order, Direct Debit** which will be collected on the **first day of the month**. Late payments will be subject to a charge of up to **£25 per week**.

You will be charged for each session that you have booked, regardless of whether your child attends. For your child to keep their place at our setting, you must ensure fees are kept up to date.

We are in receipt of **nursery education funding for eligible Under two, Two, three- and four-year-olds**. Where funding is received, no charge is made for those funded hours. However, please note that **funded hours do not cover the cost of meals, snacks, or other consumables**. Fees apply for any **additional hours, services or consumables** not covered by funding.

A charge of **£62 per month** is made for meals and snacks. If you do not wish to use this service, you may provide a **healthy packed lunch** for your child instead.

Late Collection of a Child

We understand that sometimes delays are unavoidable. If you know you are going to be late, please let us know as soon as possible.

A charge of **£20 for every 15 minutes** will be applied for late collection.

If you are delayed, we will first contact you and then, if necessary, the emergency contacts listed on your child's registration form.

At least **two members of staff** will remain with your child until they are collected.

If a child has not been collected and we cannot reach you or your emergency contacts, we will follow our **safeguarding procedures**. This may involve contacting **Children's Social Care** or the **local out-of-hours safeguarding team**.

Repeated late collections may result in a review of your child's place at the setting.

Late Collection – Parent FAQ

What should I do if I'm running late?

Call us straight away so we can reassure your child.

Is there a charge?

Yes, **£20 for every 15 minutes** late.

What if no one can collect my child?

We will contact your emergency numbers. If no one is available, we must follow **safeguarding procedures** and may contact **Children's Social Care**.

What if it happens often?

Repeated late collections may lead to a **review of your child's place**.

Notice Period

We require **one full calendar month's written notice** if you wish to cancel your child's nursery place or reduce sessions. If you choose to leave the nursery before the notice period ends, fees will still be charged for the full month.

This applies to **all children, including those accessing government funded hours**.

Please note that funding cannot be transferred mid-month, so notice must be given in advance if you plan to move your child to another setting.

Requests to **change sessions** will be considered but are **subject to availability** and staffing ratios.

Please see our **Terms and Conditions** for full details on withdrawal and changes to sessions.



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Parent Handbook: Starting at our setting

The Initial Days

Your child's comfort and happiness are our top priority as they begin their journey with us. To support this, our staff will work closely with you to create a settling-in plan tailored to your child's needs, routines, and preferences.

We aim for both you and your child to feel confident and secure in our setting. Activities are designed to be engaging, enriching, and developmentally appropriate, helping children settle at their own pace.

Our team is always available to discuss your thoughts, ideas, or any questions you may have — we value open communication and partnership with parents.

If you have any compliments, concerns, or feedback about your child's care or any aspect of our nursery, please speak to the nursery management team or director as your first point of contact. Your feedback helps us continually improve and provide the best experience for all families.

Complaints

If you ever have a concern, please talk to us — we'll listen, work with you to resolve it, and always respond within 28 days.

Most issues can be sorted quickly by speaking to your child's key person or the nursery manager. If you feel your concern hasn't been resolved, you can put it in writing to the manager or director (info@kiddicarenursery.co.uk), who will investigate and respond.

Safeguarding concerns are treated with immediate priority.

If you remain unhappy, you may contact Ofsted on 0300 123 1231 or at www.gov.uk/ofsted. For data or privacy concerns, you can also contact the Information Commissioner's Office (ICO).

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Transition to School

We prepare children for Reception by:
Encouraging independence and self-care skills.
Sharing records with schools (with parental consent).

Using stories and role play to discuss school.
Inviting Reception teachers to visit where possible.

Online Safety & Use of Technology

Staff and visitors cannot use personal phones or cameras in child areas.

Photos are only taken on nursery devices with parental consent.

Images are stored securely and never shared without permission.

Parents are asked not to share photos of other children on social media.

Child Absence & Attendance

If your child will be absent, please let us know by email, phone call or eparents. as soon as possible and give the reason.

Illness — Follow our illness policy before returning.

Planned absences — Holidays and appointments should be shared in advance.

Unexplained absences — If we don't hear from you, we will contact you and your emergency contacts. This is part of our safeguarding duty.





Kiddicare Price List

		Sessions			
Full Day		Morning		Afternoon	
8:00 am – 18:00 pm		8:00am – 13:00pm		13:00pm – 18:00pm	
0 – 2 Years					
Full day rate: £78 Half day rate: £39 Extra Hour: £7.80					
5 full days	£78	£1657.5	5 Half Day AM/PM	£39	£828.75
4 full days	£78	£1326	4 Half Day AM/PM	£39	£663
3 full days	£78	£994.50	3 Half Day AM/PM	£39	£497.25
2 full days	£78	£663			

2 - 5 Years

Full day rate: £75
Half day rate: £37.5
Extra hour: £7.50

5 full days	£75	£1593.75	5 Half Day AM/PM	£37.50	£797
4 full days	£75	£1275	4 Half Day AM/PM	£37.50	£637.50
3 full days	£75	£956.25	3 Half Day AM/PM	£37.50	£478
2 full days	£75	£637.50			

Registration Fee £75 non-refundable

Late Payment Fee £25

Consumable Fee (Meals) £62 per month (Optional)

51 weeks per year
payable monthly by
direct transfer,
standing order or
childcare voucher.

Account details:

Bank details: Kiddicare Nursery LTD

Sort Code: 010246 **Account Number:** 24305219

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Financial Information

Help with Your Childcare Costs

There are different ways you may be able to get support with nursery fees:

Government Funded Hours

All 3- and 4-year-olds are entitled to **15 hours a week of free childcare**.

Eligible working parents can access **up to 30 hours a week**.

Between **April 2024 and September 2025**, funded childcare is being expanded to include younger children, starting from 9 months old.

Tax-Free Childcare

For every £8 you pay into your childcare account, the government adds £2 (up to £2,000 per year, or £4,000 if your child has a disability).

This can be used directly towards nursery fees.

Universal Credit (Childcare Costs)

If you are eligible, you may be able to claim back **up to 85% of childcare costs** through Universal Credit.

Child Benefit

Most families are entitled to Child Benefit if they are responsible for a child under 16 (or under 20 if in approved education or training).

For full details and to check what you could receive, visit:

www.childcarechoices.gov.uk

HMRC Helpline: 0300 123 4097

Funded Early Education and Childcare (Nursery Education Grant – NEF)

All children are entitled to a free, good-quality early education place.

What you can claim

2-year-olds – Some families can access **15 hours a week** of funded childcare (depending on income, benefits, or if your child has SEND).

3- and 4-year-olds – All children are entitled to **15 hours a week** from the term after their third birthday until they start school.

30 hours for working parents – From **September 2025**, eligible working families of children from **9 months to school age** can claim up to **30 hours a week (1,140 hours per year)**.

How hours can be used

Families can “stretch” hours across the year to suit their childcare needs:

30 hours per week over 38 weeks (term-time only)

23.75 hours per week over 48 weeks

22.25 hours per week over 51 weeks

Meals and extras

Funded hours cover childcare only. Parents are asked to contribute to the cost of meals and consumables:

Meals are charged at **£62 per month**.

Alternatively, parents may provide a **healthy packed lunch** if they prefer.

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Kiddicare Menu: Week 1

Meals at Kiddicare Nursery

At Kiddicare Nursery, we provide healthy, balanced meals that meet the requirements of the **EYFS 2025 framework** and follow the **UK's Eatwell Guide**.

Nutrition – Menus are carefully planned to include a variety of food groups in the right balance to support children's growth, development, and wellbeing.

Safety and hygiene – Food is prepared and served to the highest standards, with children always supervised at mealtimes. A paediatric first aid-trained member of staff is present during meals and snacks.

Allergies and dietary needs – Parents must inform us of any allergies or dietary requirements **before their child starts**. We provide safe alternatives for all children and are a **nut-free setting**.

Parental choice – Meals and snacks are charged at **£62 per month**. Parents who prefer may provide a **healthy packed lunch** instead.

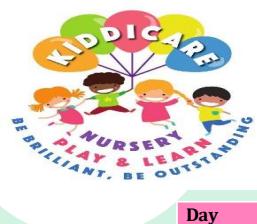
Day	Breakfast	Morning Snack	Lunch & Dessert	Afternoon Snack	Teatime
Monday	Choice of cereals Milk or water	Fresh apple and pear slices Milk or water	Chickpea & sweet potato curry with brown rice Fresh mango cubes	Cucumber & carrot sticks with hummus Milk or water	Tomato & lentil soup with wholemeal bread
Tuesday	Porridge with banana slices	Fresh orange and banana slices Milk or Water	Lentil cottage pie with hidden veg mash Fruit salad	Wholemeal toast with sunflower spread Milk or Water	Quinoa & veg salad wraps
Wednesday	Wholemeal toast with mashed avocado	Melon cubes Or Apple slices Milk or water	Stir-fried tofu with wholewheat noodles & mixed veg Orange wedges	Oatcakes with soft cheese Milk or Water	Wholemeal pitta with Quorn chicken, cucumber & tomato
Thursday	Choice of cereal with milk	Sliced grapes and crackers Milk or water	Mushroom & vegetable risotto Kiwi slices	Seasonal Fruits Milk or water	Mini pizzas on wholemeal muffin with tomato, peppers, cheese
Friday	Oats with Fruits and milk	Seasonal fruits Milk or water	Vegetable pasta bake with whole meal pasta Mix fruits	Yogurt & blueberries Milk or water	Jacket potato with cheese & steamed broccoli

Please Note: All meals are freshly prepared on site and we take into account any children with any allergies or dietary requirements. The above meal may change without prior notice and replace by a suitable alternative.

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Kiddicare Menu: Week 2



Day	Breakfast	Morning Snack	Lunch & Dessert	Afternoon Snack	Teatime
Monday	Choice of cereals	Apple & rice cakes	Vegetable risotto with peas and courgette	Bell pepper strips with hummus	Beans on wholegrain toast
	Milk or water	Milk or water	Melon cubes	Milk or water	
Tuesday	Toast with sunflower spread & sliced banana	Fruit salad	Pizza with veggie toppings on wholemeal base	Plain yogurt with berries	Chickpea & salad wrap or hummus with pitta
		Milk or water	Fresh pineapple	Milk or water	
Wednesday	Oat porridge with cinnamon & pear	Carrot sticks & wholemeal crackers	Quorn stew (egg-free) with couscous Plums	Cucumber slices & cheese cubes	Lentil/tomato soup with pitta bread
Thursday	Choice of cereals	Orange wedges and pears	Chilli cone carne with rice	Tomato slices with oatcakes	Baked potato with veg bean filling
	Milk or water	Milk or water	Apple slices	Milk or water	
Friday	Overnight oats with fruit	Grapes & crackers (low-salt)	Spaghetti with tomato, lentils & veggie sauce	Yogurt with apple	Veg wraps with salad and soft cheese
	Milk or water	Milk or water	Fruit salad	Milk or water	

Please Note: All meals are freshly prepared on site and we take into account any children with any allergies or dietary requirements. The above meal may change without prior notice and replace by a suitable alternative.

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Diversity & Inclusion

Diversity and Inclusion at Kiddicare

At Kiddicare, we celebrate and embrace diversity as a core part of our ethos. Every child deserves to feel **valued, respected, and represented** in our setting.

Our commitment to inclusion is reflected in daily practice and supported by UK legislation, including the **Equality Act 2010** and the **EYFS 2025 framework**.

We create an environment where every child feels a sense of **belonging**, regardless of their background, culture, language, ability, or family structure. Children with **English as an Additional Language (EAL)** are supported through positive language experiences and strong communication with families.

Through positive role models, inclusive resources, and meaningful activities, we help children learn about and respect differences while fostering **kindness, acceptance, and understanding**.

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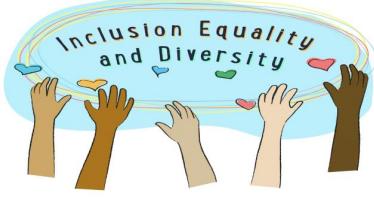
Inclusive learning – Our curriculum includes cultural celebrations, stories, and traditions from around the world, helping children learn about and respect differences.

Support for all children – We provide tailored support for children with additional needs, including those with **English as an Additional Language (EAL)**, ensuring every child can thrive.

Trained staff – Our team receives regular training in equality, diversity, and inclusion, giving them the skills to support children sensitively and effectively.

Partnership with families – We value open communication and welcome input from parents and carers to make sure our practice reflects the needs and values of our community.

By embracing diversity and promoting inclusion, we create a safe and nurturing environment where every child can **learn, grow, and feel proud of who they are**. At Kiddicare, diversity isn't just accepted — it's celebrated.



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Curriculum & Learning

Our Curriculum at Kiddicare

At Kiddicare, our curriculum is carefully designed to meet the requirements of the **EYFS 2025 framework** and reflect best practice in early years education. It supports children's development across all areas of learning, while encouraging curiosity, independence, and a love of learning.

Diversity and inclusion are central to everything we do. We believe children should see themselves positively represented and learn to value and respect others. Our curriculum includes diverse perspectives, cultures, and experiences, helping children to develop empathy, understanding, and respect. Through stories, songs, celebrations, and hands-on activities, children explore different traditions and ways of life. Learning is active, meaningful, and shaped by children's interests, making sure every child feels included and engaged. We also place a strong focus on **school readiness** — supporting children to develop the knowledge, skills, and confidence they need for their next stage of education. This includes building communication skills, independence, resilience, and a positive attitude to learning.

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Our Commitment to High-Quality Education

At Kiddicare, our staff receive regular training and professional development in areas such as **inclusive practice, cultural awareness, and child development**. This ensures they have the skills and knowledge to support the diverse needs of all children.

We are committed to creating an environment where every child feels **valued, respected, and included**, and where differences are embraced as a strength.

Through our inclusive curriculum, we aim to inspire children to become **curious, creative, and confident learners**. Our goal is to provide a high-quality early years education that prepares children not only for school but also for lifelong learning, while fostering a deep appreciation for diversity and inclusion.

Behaviour and Positive Guidance

At Kiddicare, we promote **kindness, respect, and cooperation**. Children are encouraged to share, take turns, and resolve conflicts with support. We use **positive strategies** such as praise, encouragement, and modelling good behaviour. We do **not use any form of physical punishment or humiliation**. Instead, we work with families to support children's emotional wellbeing and positive behaviour.

Outdoor Play and Physical Activity

Children need regular opportunities for **fresh air and physical activity**. At Kiddicare, all children play outdoors daily, whatever the weather.

Outdoor learning helps develop: Gross motor skills (running, climbing, balancing).

Curiosity about the natural world.

Confidence and resilience.

We ask parents to provide suitable clothing for outdoor play in all seasons.



Daily Routine and Parent Communication

Butterfly and Ladybirds Daily Routine:

8:00 - 8:45 AM: Breakfast
8:45 - 9:15 AM: Nappy time / Tidy-up time
9:15 - 9:30 AM: Circle time/ story time/ rhymes
9:30 - 10:00 AM: Focused time in small groups
10:00 - 10:30 AM: Snack time
10:30 - 11:00 AM: Outdoor play
11:30 - 11:45 AM: Group time / Hand washing
11:45 AM - 12:30 PM: Lunchtime
12:30 - 2:00 PM: Sleep time / Quiet play
2:00 - 2:15 PM: Nappy time / Tidying up
2:15 - 2:30 PM: Circle time/ music and movement
2:30 - 3:00 PM: Focused activity
3:00 - 3:45 PM: Tea
3:45 - 4:15 PM: Outdoor play
4:15 - 4:30 PM: Nappy change
4:30 - 5:00 PM: Free play
5:00 - 5:30 PM: Storytelling and free choice play
5:30 - 6:00 PM: Home time / Free play

Caterpillars Daily Routine

8:00 - 9:00 Arrival and greeting babies in & breakfast time
9:00 - 9:30 Playing in a group to develop social skill
9:30-10:00 Playing on the floor/ Baby activiti
10:00 - 10:30 Nappy time & snack time
10:30 - 11:00 Outdoor play/Gross motor activities
11:00-11:30 Messy active
11:30 - 12:00 Song time/ story time/ Lunch time
12:00-2:00 Baby nap time/Quiet play time
2:00-2:30 Nappy time/ Afternoon snack
2:30-3:00 Story time/Group activity
3:00-3:30 Outdoor play
3:30-4:00 Bright baby activity/ sensory play
4:00-4:30 Tea time
4:30-5:30 Baby choice of activity
5:30-6:00 Nursery rhymes /Home time

Parent Communication

We believe strong partnerships with families are key to every child's success. We keep parents informed and involved in a variety of ways, including:
Ey parents system
Daily feedback at drop-off and pick-up.
Learning journals to share your child's progress and achievements.
Newsletters and notices with updates about events, menus, and activities.
Parent meetings to discuss development and next steps.
Phone or email contact if anything important arises during the day.
We also welcome your feedback at any time — working together helps us provide the very best care and learning for your child.

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Healthy Packed Lunch Guide

At Kiddicare, we want to support children's health and wellbeing. If you choose to provide a packed lunch, please follow these simple guidelines to keep it **healthy, safe, and balanced**.

Include:

A main item (sandwich, wrap, pasta, rice).

Fruit and/or vegetables.

A protein source (cheese, beans, chicken, fish).

Water (we provide water throughout the day).

Avoid:

Fizzy drinks, juice, or squash.

Sweets, chocolate, or high-sugar cakes.

Crisps or salty snacks.

Nuts and nut products (we are nut-free).

Foods that pose choking risks (whole grapes, cherry tomatoes, popcorn).

Top Tips

Cut fruit and vegetables into bite-size pieces.

Keep food fresh using an insulated lunchbox and ice pack.

Label your child's lunchbox and drink bottle.

Share any dietary needs or allergies with us in advance.

Together, we can help children build healthy eating habits that last a lifetime.

Waiting List and Admissions

Viewings – Families are welcome to visit by appointment.

Waiting List – You can request to join after your visit.

→ Please note: **being on the waiting list does not guarantee a place.**

How Places Are Offered – Places are normally allocated on a **first-come, first-served basis**. In some cases, **priority may be given to**: Families eligible for funded places, or children with safeguarding or emergency needs.

Registration – A place is confirmed once the **registration form and £75 reservation fee** are received (refunded for funded-only children once they start).

Inclusion – We welcome all children. Reasonable adjustments and additional funding are arranged for children with disabilities or SEND.

Funded Hours – We offer places in line with government entitlements, including **15 and 30 hours** for 2-, 3- and 4-year-olds, and from **September 2025**, up to **30 hours from 9 months to school age**.

Safeguarding – Where relevant, our Designated Safeguarding Lead works with social care to ensure a safe transition into nursery.

Oral Health

At Kiddicare, we support children's **oral health** as part of their overall wellbeing. We encourage:

Drinking water or milk instead of sugary drinks.

Healthy snacks and meals that are low in sugar.

Talking to children about looking after their teeth.

We also share information with parents on good toothbrushing habits at home.

Holiday and Closure

The nursery is open all year round except:

Bank Holidays (closed)

Inset/Training Days (advance notice given)

Emergency closures (e.g. severe weather or health & safety issues — parents will be contacted immediately).

Normal fees apply during planned closures such as bank holidays and inset days, as outlined in our terms and conditions.

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