



## Bambinos Childcare Centres

Summer, summer,  
summer time.....

We can provide children with sun cream this year. It is Soltan Baby Factor 50+ Please speak to your child's key worker to fill in the permission slip and pay £10 for a year's supply of nursery sun cream. As the weather is getting much warmer, we ask for a sun hat to be brought in each day to protect your child from the strong sunshine.



### Celebrating the Queen's Platinum Jubilee

As we have the Platinum Jubilee this month, we will be looking at the Union Jack flag, talking about the Queen and who else is part of the Royal Family. We also be creating our own royal tea parties and lots more!

Keep an eye out for some photos to show off all our wonderful activities.

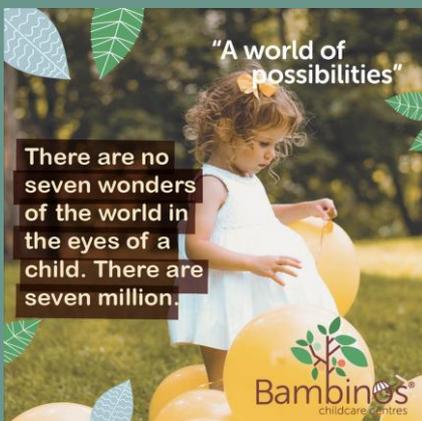
# Welcome to June Newsletter

## Bambinos Top Tip for Parents

### Notice and Praise Good Behaviour

Sometimes it is easy to ignore your child when they are behaving well, and only notice them when they are misbehaving. Children love their parents' attention, and if they have to behave badly to get it, they will. Give them lots of praise when they are behaving well, rather than focussing on misbehaviour.

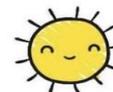
- Rewards do not have to be material things.
- Real praise and encouragement is the best reward as it can boost a child and build self-esteem and confidence.
- Try not to stress over the little things. If you are praising things they are doing well, and ignoring the small niggles, your child will learn that unacceptable behaviour no longer gets them the attention.



## Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Find social groups that help them feel like they belong.



Focus on articulating feelings.  
"I am angry."  
"I am sad."

Set aside time for low-stress or solo activities.

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Recognize toxic stress events.

Encourage your child to focus on the moment.



Establish a self-care routine.

Blessing Manifesting

Cultivate interests and hobbies.

## Dish of the Month

### Chicken Pakora



#### Ingredients:

- 700g boneless chicken, cut into bite-sized pieces
- 2 tbsp cornflour
- 50g rice flour
- 40g gram flour, sieved
- 3 dried chillies, crushed or 3 green chillies, finely chopped
- ½ tsp chilli powder
- ½ tsp curry powder
- ½ tsp ground coriander
- ½ tsp cumin
- 2 small onions, chopped
- Small bunch of coriander, finely chopped
- Vegetable oil, for frying

#### Method:

1. Put the chicken in a large bowl, then use your hands to coat the pieces in the cornflour. Mix in the rice flour, followed by the gram flour. Add the chillies, spices, onion, coriander, and 1 tsp salt.
2. Gradually add around 150ml water until the ingredients have become moist and ever so slightly wet.
3. Fill a deep pan no more than a third full with vegetable oil and heat to 180C.
4. Squeeze a small amount of the pakora mixture together before carefully lowering it into the hot oil with a spoon.
5. Fry for 8-10 mins, turning regularly, until cooked through and browned all over.
6. Set aside on a plate lined with kitchen paper while you repeat with the remaining mixture, frying in small batches.
7. Serve hot with mango chutney.

## Book of the Month



George wished he wasn't the scruffiest giant in town. So when he sees a new shop selling giant-sized clothes, he decides it's time for a new look: smart trousers, smart shirt, stripy tie, shiny shoes. Now he's the smartest giant in town...until he bumps into some animals who desperately need his help - and his clothes!

All children will love *The Smartest Giant in Town*, a funny and warm-hearted tale from the unparalleled picture-book partnership of Julia Donaldson and Axel Scheffler, creators of *The Gruffalo*.

## Review us on....

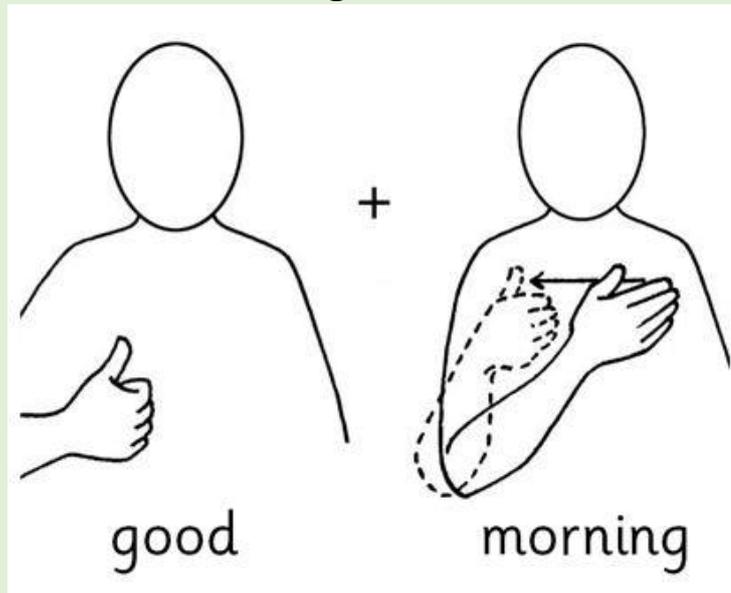
<https://www.daynurseries.co.uk/>

The leading nursery review website.

Please leave a review for Bambinos Childcare Centre. You can do this by using the email address provided above. Your feedback is always very much appreciated, and we value our partnership highly.

Thank you

## Makaton Sign of the Month



Like us on Facebook  
Bambinos Childcare Centres

