

Creating Incredible Impact In Your Practice



Top Tips from my members on
achieving outstanding practice
and embracing hygge.



INTRODUCTION



If you're looking at how you can create amazing impact in your practice and wellbeing that this guide is from you. Learn from my wonderful members that share their secrets to a life changing transformation.

Kimberly x

Hygge in the Early Years

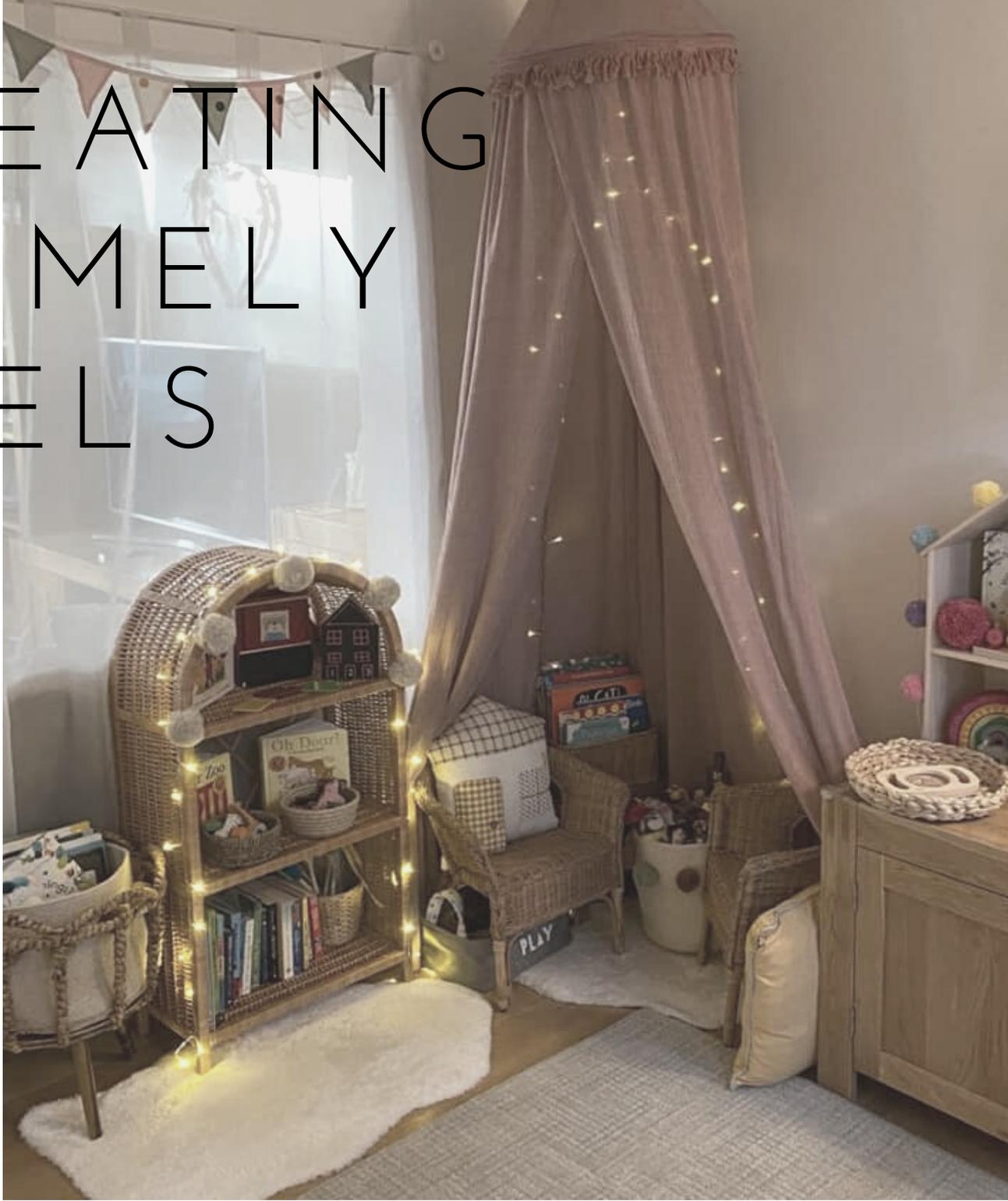


The Accreditation

ENCHANTING PROVISION



CREATING HOMELY FEELS



My childminding ethos has always been based around providing a warm, welcoming and homely setting in which the children are treated like members of my family

HEATHER GIBSON

INVITATION TO PLAY

I'm Heather, a home based childminder and owner of Heather Gibson Childminding. I live in Coventry on the outskirts of the city close to the countryside. I've been a childminder for 8 years now, prior to which I was an Early Years Teacher. While working as a teacher I often felt stressed and overworked with little time for myself or family and friends. As a childminder I feel I can enjoy a good work life balance.

My childminding ethos has always been based around providing a warm, welcoming and homely setting in which the children are treated like members of my family. I focus on creating a safe, caring and calm learning environment. I've always been inspired by the Reggio Emilia Approach and this is how I came across Hygge in the Early Years. I provide care and teaching within a stimulating and fun child led play environment. I have an 'invitation to play' approach to spark imagination and joy and encourage children's natural curiosity and awe and wonder. I like to base my activities on the seasons and the children's interests. I'm passionate about sensory and small world play, process art, books and learning through nature. I love being outside and take the children on regular nature outings.

The Hygge in the Early Years Accreditation training has given me the confidence to slow learning down, which has had an amazing effect on both mine and the children's well being. I've learnt how to use light, mirrors and nature to create enchanting provision and to bring excitement to the children's play. I love creating cosy little spaces for the children to curl up with a favourite book and small worlds for the children to lose themselves in their imaginations!







"I WAS AT ZERO FOR
WORK LIFE BALANCE
AND AT
BURNOUT" SARAH BAKER

MY JOURNEY ON THE HYGGE ACCREDICATION HAS BEEN LIFE CHANGING. YES, I KNOW IT SOUNDS CORNY BUT HONESTLY IT CHANGED EVERY EXCEPT OF MY LIFE.

This February I've been a childminder for 16 years and the changes and support childminders get has virtually disappeared. Training is now left to us to source as well as the cost. With no support from our local authority we collect a lot of information from support groups like early years teachers, childcare groups and other settings on social media. One night I stumbled upon the Hygge Accreditation and Kimberly and I was hooked. I soon signed up and honestly, I have never in my life been so enthusiastic to do any kind of training and learning. The Hygge Accreditation is perfectly put together and so easy to understand with a wealth of teachers with knowledge in the early years that you will never get anywhere else. These educators are from all over the world and you really do get to feel and understand how childcare is delivered everywhere in the world.



Before I started the Hygge Accreditation I was just about burnt out. I work alongside my daughter and we had on role 22 children working 6.30am till 6pm 5 days a week 46 weeks a year. Our work life balance was zero. Friday couldn't come quick enough. Weekends seemed to go very quickly because Sundays were spent setting up our playroom with big displays of what I thought it should look like. The walls were bright and loud with laminates and posters and pictures that the children couldn't see or understand. It didn't work anymore it was cluttered and it was just hectic. Something had to give before we did because we weren't enjoying the job anymore. As soon as I started with Kimberly, I could feel my passion for early years childcare coming back. It was instant every task I completed prompted change. I gained so much knowledge and a greater understanding from the hygge accreditation everything just instantly clicked. I stopped over thinking and really started to feel happy and passionate about each day. My mind was free of over complicated planning instead it was in the moment planning. We quickly re designed and transformed our playroom. Organising and decluttering all the equipment, toys and resources. What I found with the Hygge Accreditation is that when you can visually see another setting you can see how Hygge works. The atmosphere and sense of calmness a Hygge setting offers is so wonderfully calm and cosy. I instantly felt very calm and relaxed and had my spark back. Hygge has really improved my overall wellbeing. Our setting has slowed down with a big emphasis on how we all feel on the day. Our days are decided on the day and we start our day with a very simple question to the children and parents "tell me about your morning/ how are you feeling today"? We have put in place 3 simple hand signals thumbs up, really good. Thumbs down, not good. Palm open and moving, not sure. Put together with our start of the day question. What an impact on our day this has had. The children love it we can gauge how they're feeling, take them off for extra snuggles and just keep an eye on those who are not feeling themselves. It's such a wonderful life skill for our little people to take forward there so comfortable talking about their feelings and today it's so important. There also very mindful of others and we see them giving each other cuddles and asking each other how they feel through the day using hand signals. A kind word or gesture at the start of someone's day can totally change their day.

YGGE HAS TRANSFORMED OUR SETTING AND GIVEN US OUR WORK LIFE BALANCE BACK.

Hygge has really taught me to slow down and appreciate every day. Work wise my setting has transformed it's so calm. Every bit of equipment is used. Children can see all the resources and have free excess to everything promoting high levels of independence.

There's a good mix of real resources mixed in with plastic like our small world animals and lego. We have a tepee it's our cosy nook full of blankets and cushions, this is a den, spaceship, reading corner, doctors anything the children decide on the day. We have our little areas of construction, maths, mark making, playdough station, role play. We love block play I really enjoyed this section I got in touch with the ladies and they recommended a book to get me started this has been so interesting. So many of areas of learning covered with block play I would never had known that. The books I have read from the guest speakers or fantastic. I've learnt so much and I keep going back to it. Going forward our future we are going to expand we want to find premises. That's our vision. We want to make an impact on every child's life that step into our setting. We want to create a replica of our homebased setting. Hygge has transformed our setting and given us our work life balance back. On a personal level my creativity has come back. I'm learning myself in what I'm interested in. I've started calligraphy and created some lovely wall quotes for our setting. Photography is a passion of mine especially in the great outdoors I get out every day its good for my soul. I just cannot stop crafting. I'm a better person its taught me to think about myself and what's important.





A BUSY
ENVIRONMENT TO



A BLANK CANVAS



AMANDA FISHER

I HAVE INTRODUCED A WELLBEING CHECK IN EVERY MONDAY MORNING FOR STAFF, A TEN MINUTE OPPORTUNITY TO SHARE ANY CONCERNS OR ISSUES THAT MAY AFFECT THEIR WELLBEING FOR THAT DAY OR WEEK.

The centre is a hive of activity throughout the week and one of the highlights is the Stay and Play session we offer weekly. We welcome families with children from birth and are privileged to be able to watch them grow and develop into toddlers, pre-schoolers and then wave them off to nursery and school with knowledge that we have supported them to be confident, full of curiosity and with a sense of belief in themselves. We continually look at the children attending and observe their learning styles, their interests, listening to their wishes, their strengths and quickly identify how we can support their development by challenging them. Often this is through random resources staff acquire, in fact we call Monday, 'bag of treasure Monday', I can guarantee staff will arrive with obscure items that were going in the bin or found at the back of a cupboard or a car boot. My husband looked at me astounded when I salvaged a bicycle wheel he was about to dispose of, but when you have a number of children who have a curiosity for anything rotary, this made a perfect resource mounted on a stand thank you to a member of staffs husband. It is currently sparkled up with tinsel, bells and beads and has been an item of intrigue, soothing and mesmerising for many including the children who attend our additional needs group. Transporting the free piano I located was a bit more of a challenge but we succeeded and it is now located outside after a little transformation and has provided opportunity to explore sound.

Wellbeing is an important aspect of the centre, not only for the families but staff too and another reason the Hygge Accreditation is so appealing. I have introduced a wellbeing check in every Monday morning for staff, a ten minute opportunity to share any concerns or issues that may affect their wellbeing for that day or week. I have also provided an area for 5 minute reflection, recharge and refocus which is sometimes needed in the work we do to support families. The ethos of the centre is largely focused on well-being of all, parents are welcomed warmly, it is their centre, tea is always on offer and I am a hugger, so in times of need and support if a hug is needed, they are given freely. My top tips for working in a deprived area are 1. Value everyone, 2. Listen, really listen, 3. Ask We also place huge emphasis to support the families to access the community and all it offers, we have carried out autumn treasure walks, visits to the library, activities at the local garden centre, a football match at MK Dons and over the summer a trip to a pig sanctuary more often than not possible due to generosity from organisations who fund these opportunities. What next? As festivities loom we have lots planned, a spot on the bandstand with our centre friends Ragdolly Anna's along with the children and families singing our favourite songs, no doubt baby shark will be requested at Bletchley Christmas Light switch on, Christingle Service at the local church,, Christmas parties, Centre Christmas event with a live nativity and we will close the festivities on Christmas Eve with breakfast at the centre for children and families served by friends and supporters of the centre, a perfect way to wish all a joyful, warm few days and ensures that despite challenges of life all attending have one moment of togetherness knowing that there are people who care, and for the final treat I will publish on Facebook the staffs recording of a story for bedtime on Christmas Eve, last year was The Wonky Donkey, this year's story is yet to be chosen.



TOP TIPS



TIP 1

CREATE A HOMELY FEEL

Create an environment that belongs to the users. It should connect with their feelings, experiences and joys.

TIP 2

SLOW LEARNING DOWN

Build your learning and curriculum in the now and slow down the learning process to allow you to flow with the child.

TIP 3

LEARN TO SAY NO

Say no to anything that doesn't bring you and the children joy.

TIP 4

DE-CLUTTER

Focus on having open ended resources with a less is more approach.



Takeaways

What are your biggest take aways from this session? Use the space below to record your thoughts.

Handwriting practice lines with arrows at the ends.

Actions

Make sure you're accountable for your training and write down the actions you will take as a result of this session to move you forward.

Action	Steps To Take...	Completion Date