



Rockmybaby®

In Home Care ★ Nannies ★ Babysitters ★ OSCAR

ISSUE 8 | WINTER 2017



FREE
PLEASE
TAKE
ONE

www.rockmybaby.co.nz

Welcome

I personally love winter, especially those crisp mornings when you can wrap up warm, head outside, and there is an instant brrrrrr in my voice. Words like warm blankets, good books, crackling fire, chocolate, flannelette blankets, cosiness - 'Hygge', snuggling with the children all come to my mind when asked what winter means to me. We often hear within this profession that it is way too cold to take the children outside... there is that good old saying "there's no such thing as bad weather, only bad clothes". Children need fresh air, need to experience the wonders of winter, see the magic of Jack Frost, enjoy talking on those foggy mornings and watching the 'dragon's breath' appear, listening to the crunching of the frosted grass.

Our programme focus this term has been 'learning through play', this has been a huge success and a personal favourite of mine. Play is a crucial part of brain development and supports its growth, development of imagination, resilience and grit in individuals. Play is a healthy, essential part of childhood. Infants explore their world through their senses while adults in their world foster their development and learning through playing games with them. Toddlers engage in pretend play when they imitate actions and events they have experienced in their family life. As they grow into four and five year olds, young children engage more and more in play activities that expand their knowledge of the world around them, develop their motor skills, and focus on their peers.

“Play is the highest expression of human development in childhood for it alone is the free expression of what is in a child’s soul”

FREIDRICH FROBEL

In May we were fortunate enough to hold a professional development evening for our teaching team, educators and whānau with the highly sought-after guest speaker, Kimberley Crisp. Kimberley bases much of her knowledge and passion on the work of Dr Emmi Pikler from Budapest, Hungary. Aligning with our programme focus – 'learning through play' Kimberley covered the importance of play, the adult's role in a child's play, resources, environments and experiences. Kimberley recommends focusing on the 'urges' that a child is trying to fulfil in their play, as opposed to the usual 'interests.' She highlights that often when we are so busy focusing on the object that a child is playing with (eg a dinosaur), we are missing the 'urge' that they are demonstrating and said to instead observe what the child is trying to *do* with the object. If we watch for these urges, we can then decide on different resources that may support this urge and then add them to the environment. www.kimberleycrisp.com

On a global level – Rockmybaby® has grown from strength to strength. No matter where in the world you may be, we can find a childcare solution for you.

Chat soon.

Ursula

Ursula Maidens
Founder & Managing Director



“Play is often talked about as if it was a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.

FRED ROGERS

Rockmybaby® have offices throughout London, Switzerland, Israel and Australia

We are proud to be an innovative industry leader providing total childcare solutions and household staffing for all our clients globally and within New Zealand. Our kiwi dream started in Havelock North and is now available in these locations.



No matter where you are in the world, we can find you a childcare solution!

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All other areas within Australia	1800 118 262	info@rockmybaby.com.au



Homebased Regional Updates

Our education programme

Rockmybaby® employs qualified, experienced visiting teachers who are committed to the provision of top quality care and education for all tamariki.

Our visiting teachers work alongside our team of passionate educators, and in collaboration with whānau. This ensures we deliver a strong, bi-cultural programme that recognises the principles and strands of Te Whāriki – The New Zealand Early Childhood Curriculum.

Rockmybaby® supports and empowers our educators to create respectful and nurturing relationships and learning environments, focusing on the interests and abilities of each individual child.

We are dedicated to ensuring the tamariki in our programme grow as confident, competent, lifelong learners.

**“Play is the
real engine for
learning.”**

**KIMBERLEY CRISP,
2017**

Auckland

Winter has approached us, in what seems to have been in a very quick fashion. Cushla and I are always working hard to bring our nannies and families together and ensure we are able to help you build long lasting, nourishing relationships.

In this newsletter update, Cushla and I would like to highlight some benefits of having different aged nannies working within your home and caring for your children, and in some cases your family pets too!

Recently Cushla interviewed and placed a very young nanny, fresh from nanny academy into a live-in position. Up until she accepted the job, she had been living with her parents. The benefits of having a young ‘green’ nanny is that not only is she is passionate about her role and adores children, but by being part of a family, it can mean that she is willing to take guidance from the mother in certain areas that she may not have had much experience in, such as meal preparation and/or household management jobs. The parents are able to brief her on their specific family needs and values, essentially moulding her to their needs and way of doing things. In most cases, young green nannies are eager to please, are hard working, and conscientious.

We also love the other end of the age bracket, and have some wonderful mature nannies. They often have had their own children, have worked in many different family environments in the past, but are still very fit and active, and pride themselves on this fact. They are generally more present with the children and will organise many homebased activities. They like to get down on the floor and spend time interacting with the children in their care whether it be painting, arts or crafts or including the children in baking or helping with the meal prep. We have also found that many of these older nannies tend to be very proactive when it comes to what needs to be completed around the house to keep it ‘ticking over’ and use their initiative on many occasions.

Bay of Plenty & Waikato

Kia ora whānau and educators,

Wow! I can’t believe that we have already hit winter! The year seems to be flying by and with this being said – each month that goes by has me seeing the children I visit continuing to grow and develop, right before my eyes.

This term we have been focusing on ‘learning through play’ and what this looks like in our care and learning environments. With so many amazing educators in our region I have thoroughly enjoyed having reflective conversations around play that they have observed and what they have done to support this by providing different resources and experiences for the children to explore.

We are all aware that children learn best through play and that by providing them with time and space they will flourish into unique, capable and imaginative individuals ready to take on and further understand the world around them.

I hope you all stay well and make the most of the cool winter months with wonderful routines and rituals that warm you up and prepare you for the days ahead. Making soups and stews together, or snuggling up with warm drinks are a sure way to create lasting winter memories. Cherish the small moments.

Liss

Hawke’s Bay

Kia ora whānau and welcome to winter! We can’t believe how fast this year is going and how busy the last few months have been for our region. Hawke’s Bay has experienced considerable growth this term, so we would like to extend out a warm welcome to all our new amazing educators, families and children – welcome to the family! We are really excited to have you all on board and look forward to getting to know each and every one of you. We recently held a ‘meet and greet’ evening here at our head office for our new and current educators. This was a highly successful evening which gave us the opportunity to discuss compliance regulations and listen to the needs of our educators. Here at Rockmybaby® we really value input and feedback so we can grow and continue to deliver a high quality programme.

Our topic focus this term, ‘learning through play’, has been a huge hit, and we have seen some amazing play spaces being created. To support our topic, we were fortunate enough to have Kimberley Crisp facilitate a professional development workshop around play, as a way of extending our knowledge and how we, as educators, can incorporate this into our environments and teaching practices.

Kimberley is a leader in Early Childhood Education so it was an absolute honour to have her share her knowledge with us.

We also held a ‘resource making and collection day’ where educators and children were able to come and have a go at making some resources of their own and be able to take home some natural resources we have collected. This was to support and encourage our new learning around the importance of open-ended resources to foster children’s imagination. We love inspiring our educators and can’t wait to see the different ways the children use these resources in their play.

Ange, Sharni, Katie, Jess, Kaya and Hannah



Educator Spotlight

★ Rockmybaby® loves to celebrate the commitment, passion and professionalism of our educators. Georgia, Martha and Claire are some of our homebased educators and nannies that excel in their roles.

Our team has a strong commitment to children's wellbeing and development that contributes to positive learning outcomes for our individual children.

Rockmybaby® visiting teachers work collaboratively with educators and whānau to provide quality education and care that ensures our children grow into confident, competent, lifelong learners.

★ Georgia Auckland

Georgia is a kind and nurturing young nanny. She grew up on dairy farms, helping her family with the milking and care of the animals. She has always had a passion for children and loves to see them develop their understanding of things around them. She spent a lot of time with the neighbour's children which inspired her to start babysitting for a few more local families. With this experience under her belt, she decided to complete the NZ Certificate in Nanny Education at the Ashton Warner Nanny Academy. This then led her to looking for her first nanny role, which she found through Rockmybaby®. She now works as a live-in nanny in Birkenhead, with a wonderful family. Her nanny skills have really come into play as she cares for a two year old girl and a newborn boy, whom has just arrived. Georgia likes to get home to the farm in the weekends when she isn't needed for work and enjoys baking, playing squash and catching up with friends and family.



★ Martha Waikato

Martha is a nanny to two young girls in the rural Waikato region. She has a very calm and patient manner when working with children and prides herself on supporting the aspirations of the whānau she works with. Keeping in line with the family's beliefs, Martha is currently following Magda Gerber's RIE philosophy, which is based on respect and seeing babies and young children as initiators, explorers and self-learners. This philosophy requires educators to trust that children are capable and for children to be provided with sufficient time to complete and master any task. Since day one Martha has taken this philosophy in her stride and the evidence of her work can be seen in the fabulous relationships she has with the children and their parents.

Martha has a lovely manner and is an inspiration to observe in her teaching practices. We are very lucky to have her as part of the Rockmybaby® team.



★ Claire Hawke's Bay

Claire lives in the beautiful village of Haumoana, is a Mum to two daughters and has been a home educator for over 16 years. She holds a National Certificate in Early Childhood Education & Care (Level 3) and has had many years' experience in the ECE field.

Claire believes it is essential for children to experience respectful and caring relationships with people, places and things and enjoys meeting with our other Rockmybaby® educators or going on beach and bush walks. Routines and rituals are an integral element of her practice and she believes children should be free to unfold at their own pace. Claire is a passionate educator who loves watching the children grow and develop, and values and respects the relationships she has with the children and their families.



★ Become an educator

We are currently looking for professional educators and experienced nannies to join our growing team. If you are interested in finding out more email info@rockmybaby.co.nz or call 0800 762 569 to discuss further.

PLAY

“He taonga te mokopuna, kia whāngaia, kia tipu, kia rea
A child is a treasure to be nurtured, to grow, to flourish

TE WHĀRIKI, 2017

This term Rockmybaby® has been focusing on one of the most important, yet often undervalued parts of early learning and development... PLAY.

Often when we think of play we associate it with fun and laughter, so how could this possibly be learning? Right? Wrong.

Let us assure you, the action of 'play' in early childhood, plays a vital role in brain development and in amongst all that 'fun' are the endless opportunities for children to engage in positive interactions with others, develop their curiosity, exploration, creativity, concentration, engagement and risk taking, and fulfill natural 'urges.' All of which support the holistic development of a child.

A time for reflection

When you think back to your childhood – what are the fondest memories that come to mind?

Are they the activities where you were asked to sit down and copy pieces of paper or colour in between the lines? Or are they the times you could think freely, use your imagination and create your own fun and games - either alone or with siblings and peers?

For many, it is the memories of climbing trees, running around outside, collecting and gathering the taonga from Papatuanuku that we could find along the way, and creating 'potions' with it. This may have included water, dirt and any natural twigs, leaves, petals or objects that could be found in the garden. None of these experiences were ever 'scheduled' or 'planned,' but instead were simply about a child enjoying the freedom of play.

So why then, in our already fast-paced and competitive environments, are we living in a culture where we are in a race to 'teach' our children to read, write and 'be school ready' as early as possible? Don't steal away early childhood by limiting play opportunities. Allow children to learn at their own pace and provide them with the time, space and resources to flourish and show us their full potential.

Whether your child is an infant, toddler or young child... there is no age range where play will start or stop.

It is a very natural aspect of human development and will occur in one way or another. However, the trick is to ensure that as adults we are educated on the benefits that this 'play' can offer and what we can do to best support this crucial part of learning and development.

PLAY IS THE HIGHEST
FORM OF RESEARCH
Albert Einstein

What can we do to support children and their ability to 'play'?

PROVIDE an environment where children have the space and time to create their own meaningful learning experiences. Empower them to take responsibility and lead their own play.

ENSURE that your learning environment offers a variety of open-ended resources (resources with no fixed purpose) so that the child can engage their imagination and use them as they please.

OBSERVE the play that is unfolding and find ways that this can be supported and have value added to it.

For example:

- ★ If children are enjoying imaginative play; provide 'real' pots, pans, blankets and utensils. Then, if you see the play continuing to unfold you can add different resources such as bowls of rocks, sticks, stones and shells and place them nearby. You don't need to say anything but will soon be able to witness their imagination unfold and see where their play takes them next.
- ★ Limit screen time. This is a big one. Technology not only has the ability to stop boredom – but it also stops creativity and imagination in young minds. Ask yourself – is it necessary or does the child have a well-resourced environment to play in?
- ★ Head off for a walk in your local community, park or walkway and follow the pace of the child. Let them stop when something catches their eye. Let them ask questions if they wish and show them that you are patient and supportive of their natural curiosity.
- ★ Don't be too quick to rush in and take over the child's play or provide a commentary of what is happening. Simply sit back, watch and listen. Unless the child invites you into their play, you are at a real risk of popping their play bubble.

★ PLEASE NOTE: It is still our role as an adult to ensure that the child is kept safe, so continue to be mindful of this while also ensuring that we don't crush their ability to take risks.

What does play need?

There are many things that authentic play needs – but all are very simple if we are in tune to them and remain prepared and present.

These include:

- ★ Love and care
- ★ A peaceful and homely environment
- ★ Free flow indoors and out
- ★ Security
- ★ Time
- ★ Rhythm
- ★ Peaceful adults
- ★ Space
- ★ Nature and loose parts (simple, open ended resources)

What is the adults' role?

As adults it is important to be available to the child, but not to 'take over' their play, as well as being close enough to observe the children but ensuring you are not interrupting and popping their play bubble. In other words, quietly busy yourself with something nearby (such as raking leaves or refreshing the environment), but don't be too quick to rush in and fix, sort or solve any issues that may arise during the play. Step back and allow the child time to fix it themselves or seek support. You can then validate their emotions and show that you are present, without taking over.

Your main role as the adult is to be prepared in head, heart and hand and have your peaceful environment ready.

What resources should we use?

Being organised and having resources readily available is very important in order for play to unfold. Use a 'less is more' approach, where the child isn't bombarded with lots of different choices, but instead has lots of the same thing so that they can fulfil their urges to do things such as transport, line up, gather, collect and construct.

Use open ended resources – or resources that are not one dimensional and hold only one purpose, these open-ended resources can be described as 'passive' objects and it is with passive objects that the imagination works best.

What should our learning environment look like?

Keep your learning environment peaceful and homely. As educators, we can provide the perfect environment that supports calm and nurturing interactions as well as play (all vital for brain development).

Ensuring that there is a free flow between the indoor and outdoor environments is also best, and remember - there is no such thing as bad weather, just bad clothing, so dress appropriately and enjoy all of the colours, temperatures and resources that nature has to offer.

WHEN WE ARE PREPARED,
CHILDREN WILL GET THE
GIFT OF OUR PRESENCE
Kimberley Crisp

**Let the uniqueness of the
child guide our work**

Mā te ahurei o te tamaiti
e ārahi i ā tatou mahi
TE WHĀRIKI, 2017

Introducing Darcie

Child Cancer Foundation National Ambassador Darcie is peeking out through the window of the playhouse in the Auckland Family Place, trying to surprise our photographer and giggling like crazy.

Darcie's Mum Cheryl sits nearby and comments that her cheeky personality is just one of the things she loves about her daughter. Darcie's hair has started to grow back after her last round of chemo, and the family are cautiously optimistic about the positive scans that came through shortly afterwards, showing she is in remission.

Darcie spent six months in Christchurch Hospital away from her home in Dunedin, following a diagnosis of Burkitt's Lymphoma in February 2016. Scans showed seven aggressive tumours invading her small, three-year-old body. Cheryl and Darcie's father Steven faced information overload and decisions that had to be made.

Cheryl says: "The treatment (chemo) was as scary as the cancer itself and especially its horrendous side-effects. One of the consultants described it as Darcie getting all of the ammunition they could throw at her."

Visits from Darcie's older brothers Harry (10) and Jessie (7), were one thing guaranteed to bring a smile to Darcie's face. "Her face would just light up the second they walked in the door," says Cheryl. Harry and Jessie stayed in Dunedin during her treatment, but along with Dad Steven, they travelled to Christchurch to visit whenever possible.

Darcie tolerated the last two rounds of chemo better than the first four and Cheryl says that since then her personality has blossomed again, although Cheryl says she feels reluctant to say life is back to normal. "It's a weird time of the year at the moment, but Darcie has started doing full days at kindy, we are back in Dunedin and the next chapter has begun."

For families like Darcie's it is so important for siblings to feel supported while their brother or sister is going through treatment.

Child Cancer Foundation is grateful to Rockmybaby® for the babysitting service provided to many of our families – just one of the seemingly small things that can make a huge difference for families on the child cancer journey.



You may want to hunker down when the weather turns colder, but the children still can - and should - be swimming at Hilton Brown Swimming in the winter.

Three key reasons your children should still swim in the winter...

1 Jumper weather is still togs weather at Hilton Brown Swimming

Just because you're bundling up the children doesn't mean they need to miss out on swimming! Little ones won't be shivering since our water temperature is set to 32 degrees, which makes the air temperature on the pool deck nice and warm too!

We have showers and changing rooms, too, so bundling up and getting ready to go home is much more convenient.

2 To stay on track

When children take a break from swimming during winter, they may have to spend some time reminding their muscles what to do when they jump back in the water.

Repetition is best when learning any skill, including swimming, so continuing lessons through winter helps children stay on track with their improvements and see those extraordinary results.

3 To keep the kids safe

As it's not summer anytime soon, you might think the children don't need swim lessons. But many families visit indoor water parks or pools – or even head off on a tropical island getaway!

Swimming is a lifelong, life-saving skill that all children should have – and lessons are important even if a child 'knows' how to swim.

During each lesson at Hilton Brown Swimming, our instructors teach children to always know how to be safe in and around the water - giving them 'lessons for life'.

Book online today for a FREE trial swimming lesson*

Or call us on:

Havelock North (06) 877-7202

Hamilton (07) 855-8666

Albany (09) 414-5484

Newmarket (09) 529-0177

One Tree Hill (09) 582-1111

Hilton Brown SWIMMING
Lessons for life

*Terms and conditions apply

www.hiltonbrownswimming.co.nz



Meet the Rockmybaby® team

This amazing team works in the engine room providing support and guidance to our educators and families - not only here in New Zealand, but also to Rockmybaby® globally.



Ursula Maidens
FOUNDER/MANAGING DIRECTOR

Ursula has worked in the childcare industry for the past 25 years and with three children of her own, understands the challenges of balancing career with family life.



Fleur Verhoeven
PA/OFFICE ADMIN

Fleur is the office administrator and Ursula's personal assistant. Her role is very diverse and she is able to support in different areas within the Rockmybaby® business.



Maylene Houltham
ADMINISTRATOR

After moving to Hawke's Bay in 2007 Maylene was asked to undertake Homebased Childcare Administration and now works as the Administrator for Rockmybaby®.



Sharni Woodward
SENIOR VISITING TEACHER

After 16 years of teaching and managing corporate childcare centres and with three children of her own, Sharni now works as the senior visiting teacher and Consultant for Rockmybaby®.



Amy Williamson
VISITING TEACHER

Amy's love for children started at a very young age. With a Diploma in ECE and Bachelor of Education, Amy now works as the visiting teacher in the Auckland region.



Liss Browne
VISITING TEACHER

As a fully registered teacher, with a Diploma of Teaching and with over eight years' experience, Liss now works as the visiting teacher for BOP/Waikato region.



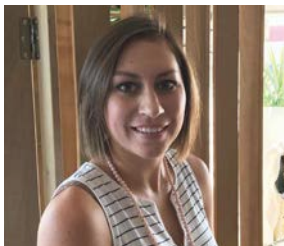
Jess Sheppard
VISITING TEACHER

Jess completed her Bachelor of Teaching in 2013 and with over 10 years' experience in the EC sector, now works as one of the visiting teachers in Hawke's Bay.



Katie Matson
VISITING TEACHER

Having worked with children for over 20 years and with a Bachelor of Teaching, which she gained in 2014, Katie is one of the Hawke's Bay visiting teachers.



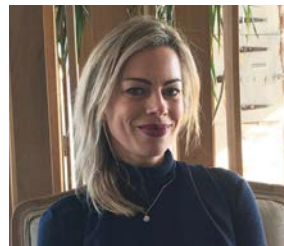
Kaya Brophy
VISITING TEACHER

With over eight years of experience, including a Bachelor of Education (ECE), Kaya is very passionate about learning and development in the early years.



Angela Stone
VT & CHILDCARE CONSULTANT

With a Bachelor of Teaching, Angela's role is as a consultant and visiting teacher in Hawke's Bay, working closely with both families and educators.



Hannah Mortimer
VT & CHILDCARE CONSULTANT

With a double major in Psychology and Human Development and a Graduate Diploma in Education (Early Childhood), Hannah brings a passion for supporting children and families to her role.



Cushla Bower
CHILDCARE CONSULTANT

Cushla is the Auckland consultant at Rockmybaby® and her role revolves around understanding a family's or educator's needs and ensuring that those are met.



Lisa Culphey
CREATIVE

Lisa joined Rockmybaby® on a contract basis in 2014 and is involved with all things creative and marketing.

Great things in business are never done by one person. They're done by a team of people.

STEVE JOBS

SPECIAL FOR
Rockmybaby®
CLIENTS
1 FREE SITTING
until 1 October 2017

PORTRAITURE WITH **FLEURVERHOEVEN** **RICHARDWOOD**

Fleur Verhoeven. BAVI(Photog.), Winner Canon EyeCon 2011.
Richard Wood. BDes(VCD), BBS(Mktg), GMNZIPP, NZIPP NZ Photographer of the Year 2011, 2014.

As a special offer for Rockmybaby® clients we would like to waive our \$395 sitting fee until the 1st October, 2017. With years of experience as photographers and working with children, we believe in the importance of capturing your child in the most genuine and relaxed way. We do not simply supply digital images. We see the real value and meaning of portraiture and that is a final piece of art for your wall. Creating artwork to walk by every day and be reminded by 'those eyes' or 'that smile' in the most beautiful way we can. All wall hangings are crafted and printed by us here in our studio onto fine art paper stock on our in-house large format fine art printer.



WWW.FLEURANDRICHARD.CO.NZ/PORTRAITURE



Total childcare solutions

Homebased Childcare

Need in-home childcare?

Rockmybaby® provides in-home care and education for pre-school children with a homebased educator or nanny. We are fully funded by the Ministry of Education which allows us to provide families enrolled in our programme access to Work and Income subsidies and 20 Hours ECE.

Babysitters

Need a night out?

Do you want some well-deserved time out or need an emergency babysitter to cover for unexpected situations? We place babysitters at the last minute, as temporary cover for a sick nanny, and for events, weddings and that special night out! Our innovative online booking system operates 24/7 - our screened babysitters are available 7 days a week, every day of the year!

Nannies

Looking for a nanny?

Pre-school through to intermediate years, Rockmybaby® can support you with a nanny solution, whatever your childcare needs. We have an extensive database of professional nannies available today. Our team conducts a three stage process to find the best nanny candidates for you to choose from.

Recruitment

Seeking work?

If you are wanting to join us as a nanny, babysitter or homebased educator and have relevant childcare experience and/or qualifications, call us today and we can help with all stages of the recruitment process.

OSCAR Programme

Require out of school care?

Out of school care and recreation is available for primary and intermediate aged children before and after school, and during the school holidays. Care is provided in your home or a homebased educator's home to meet the care and activity needs of your children. OSCAR Work and Income subsidies are also available for eligible families.



Rockmybaby® Head Office

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www.rockmybaby.co.nz

