

# THE NANNY movement

what we

OFFER



## COMPREHENSIVE NANNY TRAINING PART 1

- 10 Qualities a nanny should have
- Boundaries when working with kids
- Screen time
- Guidelines and hygiene when feeding a baby or toddler
- Water safety
- Child safety
- How to change a nappy
- Safety tips for bath time
- What to do in an emergency
- Emergency contact list
- Crime prevention
- How to fill in a daily report card
- Serve and Return interaction
- Baby stimulation & care
- Gross motor skills
- The importance of fine motor skills
- Speech and Language development
- Sensory & messy play
- How to support development naturally
- and so much more!

## COMPREHENSIVE NANNY TRAINING PART 2

- Recap of the characteristics of quality caregivers & boundaries when working with kids
- Tips & tricks for introducing solids
- Sleep Safe
- Toilet training and toilet use procedures
- Importance of routine
- Time management
- Work ethics for nannies on outings/holidays
- Areas of development
- Supporting the areas development
- Milestones
- Structured and unstructured play
- Self-regulation, Dysregulation and "Fight or Flight"
- Help children understand and learn about emotions
- Organise and create playroom/space
- Recipes
- Toys made from household products
- Planning a well-rounded day & activities

## CHILD NUTRITION ESSENTIALS TRAINING

- How to raise healthy eaters
- Basic kitchen safety rules
- Preparing baby food
- Fussy eaters
- Foods to avoid before 1
- Toddler food pyramid
- Meal planning
- How to make food fun
- Portions and their sizes
- Family recipes
- Food safety and hygiene
- How to use measuring cups and spoons
- Lunch, snacks, and lunchbox ideas
- Toddler approved recipes

WAIT,  
THERE'S  
more!



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## PRE-SCHOOL ASSISTANT WORKSHOP

- Qualities of preschool assistant
- Boundaries when working with Children
- Duties and skills
- Confidentiality
- The importance of being professional
- Personal hygiene and health
- The importance of hygiene
- Nappy-changing steps in a childcare facility
- Ouchie Report
- Toilet training and procedures regarding toilet use
- Discipline
- Time management skills
- Childcare for children with special needs
- How to talk to children
- Learning areas
- Serve and return interaction
- Structured and unstructured play
- Baby care & stimulation
- Self-regulation & Emotions
- Sensory overstimulation
- Development terminology
- What is messy or sensory play?
- Speech and language development with babies & toddlers

## SPECIAL NEEDS WORKSHOP

- What does a special needs caregiver do?
- Skills of a special needs caregiver
- Responsibilities of a special needs caregiver
- Types of special needs
- Sensory system
- Different types of therapists and what they specialize in
- Social stories
- Toilet training
- Language and speech development
- How to enhance communication
- Attachment
- Visual supports to aid in communication
- Self-care and burnout
- Fine & Gross motor skills
- Helping a child with needs thrive
- When you help too much
- Importance of speaking up
- Behavioral or Sensory meltdown/reaction?
- How to play with a child with special needs?
- How does sensory processing work?
- Developmentally appropriate chores

## CLEVER COOK WORKSHOP

- Kitchen appliances and utensils
- Airfryer cooking
- Breakfast, family meals & sides
- Basic cooking equipment and appliances
- How to use measuring cups & spoons
- Organizing the kitchen for efficiency and safety
- Basic kitchen safety rules
- Food safety and hygiene
- Basic cooking techniques
- How to set the table
- The importance of using fresh seasonal ingredients
- How to make a shopping list
- Selecting/storing food
- How to read a recipe
- Meal planning
- Baking
- Understanding ingredient substitutions and allergens

## NEWBORN CARE ESSENTIALS

- Introduction to newborn care
- Physiology & development
- Feeding and nutrition
- Health & hygiene when working with newborns
- Stimulation
- Special situations
- Sleep & comfort
- Safety & emergency procedures
- Travelling with Babies
- Health monitoring
- Emotional & social development
- Communication/record keeping

## DOMESTIC QUEEN WORKSHOP

- Morning start-up routine
- Safety and security
- Time management
- Personal Hygiene
- Work plan and shopping list
- Cleaning modules
- Kitchen clean-Queen
- Cleaning the living areas
- Attention to detail
- Preparing for guests
- Boundaries
- How to communicate
- Money matters
- Conversation points for check-ins
- Code of respect
- Know your & your employers rights



Each participant will receive a certificate at the end of the workshop.

Everything they need for the workshop and refreshments will be provided.