Cymru
National Day Nurseries Association

Taflen ffeithiau

Astudiaeth Achos Datblygu darpariaeth a phrofiadau awyr agored o ansawdd i blant

Cymru

Astudiaeth Achos

Datblygu darpariaeth a phrofiadau awyr agored o ansawdd i blant, gan gynnwys mynediad i chwarae mentrus.

Mae Meithrinfa Dydd Tiny Tots yn feithrinfa gofal dydd llawn croesawgar a llachar, sydd ar safle agored ac eang. Mae wedi ei lleoli ym Mhrestatyn, Gogledd Cymru. Mae'r feithrinfa wedi ei chofrestru ar gyfer 86 o blant ac maent yn derbyn plant o 3 mis hyd at 11 mlwydd oed. Mae gan y feithrinfa ddwy acer o dir diogel a lle chwarae allan lle gall plant fforio a dysgu o'r dewis eang o brofiadau sydd ar gael. Mae'r feithrinfa wedi bod yn rhan o'r gymuned leol ers 40 mlynedd ac yn uchel ei pharch.

Beth oedd y lleoliad yn gobeithio ei gyflawni

Mae plant sy'n mynychu Meithrinfa Tiny Tots Nursery wedi arfer cael mynediad i amgylchedd chwarae awyr agored ardderchog ac mae'r lle chwarae allan wedi rhoi cyfle iddynt allu dewis eu cyfleoedd chwarae eu hunain. Roedd y lleoliad eisiau cynyddu'r amrediad o weithgareddau ar gael a'r buddion o'r gweithgareddau yma - gan ganolbwyntio ar ddarparu'r plant gyda sgiliau bywyd gwerthfawr fydd yn cyfrannu at eu datblygiad a'u hyder. Mynychodd staff Tiny Tots amryw o gyrsiau Chwarae Mentrus Tu Allan, ac o ganlyniad, roeddynt yn gallu adnabod y prif fanteision sydd ynghlwm â chwarae tu allan megis gwell sgiliau echddygol a budd ychwanegol i'w iechyd a'u lles.

Fodd bynnag, roeddynt am gynnig mwy i'r plant. Roedd Tiny Tots eisiau annog eu plant i ddatblygu gwytnwch, bod yn hyderus yn eu gallu a deall yr hyn maent yn abl i'w wneud ar hyn o bryd, er mwyn eu galluogi i asesu a dod i benderfyniad eu hunain am risg ac o ganlyniad, i wthio eu datblygiad sgiliau ymhellach. Gyda hyn mewn golwg, roedd Tiny Tots eisiau dysgu plant sut i wneud tân, sut i goginio tu allan, sut i ddefnyddio morthwyl neu lif, i adeiladu cysgodfan a mwy - gan ddysgu plant bod canlyniadau i bob gweithred wrth ddatblygu cyfrifoldeb personol. Roedd Tiny Tots yn frwdfrydig dros annog plant i beidio bod ofn tywydd gwael, i fod yn hapus i chwarae a bod y tu allan pan nad yw'n haul neu pan mae'n bwrw. Y prif beth roedd Tiny Tots eisiau ei gyflawni oedd helpu plant i ddatblygu cariad tuag at y byd tu allan.

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Cynllunio: beth oedd y camau cyntaf?

Y cam cyntaf i Tiny Tots oedd ymchwilio lleoliadau awyr agored eraill ar hyd a lled y wlad, gan nodi ymarfer da er mwyn datblygu eu cynlluniau. Edrychodd Tiny Tots ar amrediad mawr o leoliadau a darpariaethau ar draws y wlad, gan gynnwys blaenoriaethau lleoliadau heb lawer o le y tu allan, i leoliadau oedd yn cyfarfod gydol yr amser yn yr awyr agored, sut roedd hyn yn cael ei reoli a'i weithredu yn ddiogel ac effeithiol i'r plant yn y lleoliad.

Yr ail gam, ac yn bwysicach oedd i Tiny Tots drefnu cyfarfodydd gyda'r plant a'r teuluoedd oedd yn defnyddio'r feithrinfa ar y pryd, i glywed eu barn am yr hyn roeddynt hwy ei eisiau mewn lleoliad awyr agored. Roeddynt yn teimlo bod y plant, yn fwy na neb arall, yn y sefyllfa orau i ystyried sut roedd lleoliad awyr agored cyffrous yn edrych ac yn teimlo.

Wedi derbyn y canlyniadau a chwblhau'r ymgynghoriad gyda'r plant a'r rhanddeiliaid, datblygodd Tiny Tots y tu allan gan ddefnyddio targedau **SMART** (Penodol, Mesuradwy, Cyraeddadwy, Perthnasol, o fewn amser penodol) ar yr hyn roeddynt am ei gyflawni. Rhoddwyd ystyriaeth i argaeledd staff, gofod, cyllid, sgiliau ac amser yn ogystal â gofynion ar gyfer mynediad, alergeddau ayyb. Unwaith roedd y cynllun terfynol mewn lle, roedd gan Tiny Tots a'u staff ffocws clir er mwyn dod a'u syniadau nhw a syniadau'r plant yn fyw.

Drwy gydol y broses datblygu, ceisiodd Tiny Tots gynnwys y plant gymaint ag oedd yn bosibl yn y siwrnai, yn y broses adeiladu heriol yn ogystal â'r cynllunio, a thrwy gydol yr amser, ceisiodd Tiny Tots sicrhau nad oedden nhw yn colli'r un cyfle i sicrhau bod y plant yn dysgu.

Canlyniadau gwell i blant a'u teuluoedd: sut mae'r datblygiad wedi effeithio yn bositif ar y plant?

> **"Fedrai'm cychwyn deud wrthoch chi faint o falchder rydym yn ei deimlo o weld y llwyddiant anhygoel ddaeth drwy ein gwaith. Mae hyn wedi cael ei gefnogi drwy adboth positif cyson. " Ben Williams, Meithrinfa Tiny Tots**

Rydym wedi parhau i gofnodi wrth arsylwi ar ddysgu'r plant ac mae gwelliant pendant wedi bod yn ymddygiad y plant yn yr ysgol, yn y cartref ac yn y lleoliad. Y prif welliannau rydym wedi ei weld yn y plant

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yw: cynnydd yn yr hyn mae bechgyn a merched yn ei gyflawni, datblygiad mewn sgiliau personol a chymdeithasol

Gan gynnwys cynnydd mawr mewn hyder ac annibyniaeth, datblygiad corfforol, datblygiad yn eu sgiliau echddygol bras a mân, cynnydd yn eu gwybodaeth a'u dealltwriaeth o'r awyr agored, gan gynnwys ymholi a darganfod gwyddonol, cynnydd yn eu diddordeb mewn chwarae creadigol a dychmygol a sgiliau asesu risg annibynnol.

Trafferthion a sut cawsant eu goresgyn

Cafodd rai lleoliadau drafferthion perswadio staff i wneud mwy o ddefnydd o'r awyr agored, ond gan fod Tiny Tots wedi cynnwys staff a rhieni yn y broses o'r cychwyn, roedd pawb yn glir beth oedd y disgwyliadau a'r buddion fyddai i'r plant. Mae Tiny Tots yn parhau i gefnogi eu staff drwy gyfarfodydd tîm a hyfforddiant, yn ogystal â sicrhau bod rheolwyr yn gosod y cyfeiriad, drwy fodelu profiadau dysgu a rhyngweithio â phlant yn yr awyr agored.

"Y prif her oedd ceisio cynnal rhaglen effeithiol pob dydd fel wrth i'r rhifau gynyddu. Mae mor bwysig i beidio gadael i safonau gael eu heffeithio. O ganlyniad, mae gennym nawr gyfyngiad ar y nifer o blant rydym yn eu derbyn yn ddyddiol. Mae'n broblem braf i'w chael!" Ben Williams, Meithrinfa Tiny Tots

Y cam nesaf : sut bydd Tiny Tots yn defnyddio'r hyn maent wedi ei ddysgu i barhau i wella canlyniadau i blant a theuluoedd.

Mae Tiny Tots yn bwriadu parhau i weithio tuag at safonau ardderchog a pharhau i wella'r hyn maent yn ei gynnig, gyda'u hamcanion i'r plant a'u hethos, yn greiddiol i'r hyn maent yn ei wneud; mae'r holl waith datblygu yn cael ei wneud er mwyn y plant. Eu bwriad yw i'w helpu cymaint ag sy'n bosibl i'w paratoi ar gyfer yr heriau sydd o'u blaenau mewn byd sy'n brysur newid ac mewn amgylchedd sy'n gyffrous ac yn hwyl - amgylchedd sy'n datblygu gyda'r plant.

Bwriada Tiny Tots gwblhau adolygiadau amserol o'u cynllun datblygu a pharhau i gymryd rhan mewn datblygiadau ac addysgu proffesiynol er mwyn sicrhau eu bod yn parhau i gynnig amgylchedd awyr agored addysgiadol, a phrofiadau lle mae'r plant yn gallu cael eu herio fel rhan o'u datblygiad.

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Cefnogaeth ychwanegol ac adnoddau NDNA

- **Taflen ffeithiau NDNA -** Cwestiwn ac Ateb gyda Big Ben o Tiny Tots. Rhannu profiadau ar yr awyr agored gydag ymarferydd blynyddoedd cynnar. www.ndna.org.uk/factsheets <http://www.ndna.org.uk/factsheets>
- **Taflen ffeithiau NDNA –** Taflen wybodaeth i Rieni – Buddion Chwarae Awyr agored a Chwarae Mentrus: www.ndna.org.uk/factsheets
- **Taflen Ffeithiau NDNA -** Chwarae Awyr Agored Tymhorol – sut i gynnal diddordeb yn yr awyr agored drwy’r flwyddyn : www.ndna.org.uk/factsheets
- **Taflen Ffeithiau NDNA -**Syniadau Da ar gyfer Datblygu'r Awyr Agored ar Gyllideb Isel:www.ndna.org.uk/factsheets

Cyhoeddwyd Ebrill 2021

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*Meddwl mwy disglair ar gyfer y blynyddoedd cynnar

Taflen ffeithiau

Caiff ein tafleni ffeithiau eu hysgrifennu gan arbenigwyr blynyddoedd cynnar ar gyfer y gweithlu blynyddoedd cynnar. Mae'r rhan fwyaf o'n tafleni ffeithiau am ddim ar gyfer ein haelodau.

NDNA yw'r elusen genedlaethol a'r gymdeithas aelodaeth sy'n cynrychioli meithrinfeydd plant ar draws y DU. Rydym yn elusen sy'n credu mewn safon a chynhaliadwyedd felly rydym yn gosod busnesau ein haelodau wrth galon ein un ni.

Ni yw llais y sector meithrinfeydd a'i 21,000 o aelodau, ac yn ran o fywydau dros filiwn o blant ifanc a'u teuluoedd. Rydym yn darparu gwybodaeth, hyfforddiant a chyngor i gefnogi meithrinfeydd a'r 250,000 o bobl sy'n gweithio ynddynt i ddarparu dysgu cynnar a gofal plant o safon rhyngwladol.

Gwelwch yr ystod lawn o dafleni ffeithiau NDNA ar www.ndna.org.uk/factsheets

Mae'r wybodaeth ddarparwyd yn y daflen ffeithiau yma at ddefnydd ymarferwyr blynyddoedd cynnar yn unig. Ysgrifenwyd y daflen gan arbenigwyr blynyddoedd cynnar ond ni ddylai gael ei ddefnyddio fel allddodyn i gyngor proffesiynol. Mae NDNA wedi ymdrechu i sicrhau cywirdeb y wybodaeth gyflwynwyd yn y daflen ffeithiau. Nid yw NDNA yn atebol yn gyfreithiol nac yn gyfrifol am eich dehongliad nac eich defnydd o'r wybodaeth a ddarperir

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Factsheet

Case Study: Developing quality outdoor provision

Wales

Case Study

Developing quality outdoor provision and experiences for children, including access to risky play

Tiny Tots Day Nursery is a bright, spacious and welcoming full day care nursery located in Prestatyn, North Wales. The nursery is registered for 86 children and accepts children aged 3 months to 11 years. The nursery boasts a large secure two acres plus outdoor space where children can explore and learn from the wide range of experiences on offer. The nursery has been a respected part of the local community for the last 40 years.

What the setting hoped to achieve

Historically, children attending Tiny Tots Nursery have had access to fantastic outdoor play environment and the outdoor space has presented them with freely chosen play opportunities. The setting wanted to increase the activity range on offer and the benefits from these activities - with a focus on providing children with valuable life skills that would enhance their confidence and development. The staff at Tiny Tots attended various Outdoor and Risky Play courses and through these, they were able to identify the key benefits that come with outdoor play such as improved motor skills and increased health and well-being benefits.

However, they wanted to offer their children more. Tiny Tots wanted to really encourage children to build resilience, be confident in their capabilities and understand their current limits, to enable children to assess and make their own judgements about risk and consequently push their skill development further. With this in mind, Tiny Tots wanted to teach children how to make fires, how to cook outside, use a hammer or a saw, to make shelters and more - alongside teaching children that there are consequences to every action to develop personal responsibility. Tiny Tots were enthusiastic about encouraging children not to be afraid of bad weather and to be happy to still play and experience the outdoors when it's not sunny or raining. But the most important achievement Tiny Tots wanted to make was to help the children develop a love for the great outdoors.

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The planning stage: what were the first steps?

The first step Tiny Tots made was to research other outdoor settings around the country, taking note of good practice in order to shape and inform their development plans. Tiny Tots looked at a wide range of settings and provision across the country, from the priorities of settings with limited outdoor space to those settings that operate completely outdoors for the entirety of the day, and how this was managed and delivered safely and effectively for the children in the setting.

Secondly, and most importantly, Tiny Tots arranged meetings with their current children and families to listen to what they wanted in an outdoor setting. They felt their children, perhaps more than anyone else, were best placed to consider what an exciting outdoor setting looked and felt like.

From the result and consultations with children and stakeholders, Tiny Tots developed an action plan with staff for the development of the outdoors with **S.M.A.R.T** targets (**S**pecific. **M**easurable. **A**chievable. **R**elevant. **T**ime-bound) on what they hoped to achieve. Considerations were included regarding the availability of staff, space, budget, skills and time as well as requirements for accessibility, allergies etc. Once the final plan was in place, Tiny Tots and their staff had a clear shared focus to bring theirs and their children's ideas to life.

Throughout the development process, Tiny Tots tried to involve the children as much as possible in the journey, in the challenging building process as well as the planning stage, and at every step Tiny Tots tried to ensure they did not miss any learning opportunities for the children.

Improved outcomes for children and their families: how has the development positively affected the children?

> **"I actually can't begin to tell you of the immense pride we have from seeing some of the amazing success stories through our work. This has been backed up by consistently positive feedback." Ben Williams, Tiny Tots Nursery**

We have continued to record observations of the children's learning and there has been a definitive improvement in children's behaviour both in school and at home as well as in the setting. The biggest

improvements that we have observed in the children have been: increased attainment for boys and girls, development in personal and social skills including a huge boost in confidence and independence, increased physical development, both gross and fine motor skill development, improved knowledge and understanding of the outdoors including scientific inquiry and discovery, increased interest in creative and imaginative play and design, and independent risk assessing skills.

Difficulties encountered and how these were overcome

Some settings face difficulty with getting staff on board to an increased use of the outdoors, however, as Tiny Tots including their staff and parents in the process from the start, all parties were clear on what was expected and the benefits that it had for the children. Tiny Tots continue to support their staff through team meetings and training, along with management setting the tone with modelling learning experiences and interactions with children in the outdoors.

"The biggest difficulty we had was trying to maintain an effective programme each day as the numbers increased. It's so important not to let the standard of care we deliver be affected. Consequently, we now have a cap on the number of children we accept daily. It is a nice problem to have!" Ben Williams, Tiny Tots Nursery

The next steps: how Tiny Tots intend to use this learning to continue to improve outcomes for children and families.

Tiny Tots intend to continue to strive for excellence and keep improving what they deliver, with their aims for the children and ethos at the core; all the development work is to ultimately benefit the children. Their aim is to help them in every way they can and prepare them for the challenges that lay ahead in an ever-changing world in an environment that is both exciting and fun - an environment that develops along with the children.

Tiny Tots plan to carry out timetabled reviews of their development plan and continue to take part in professional learning and development to ensure they continue to offer an outdoor learning environment and experiences where children can be challenged in their development.

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Further support and NDNA resources

- **NDNA factsheet -** Q&A with Big Ben from Tiny Tots. Shared experiences from an early year's practitioner on the outdoors: www.ndna.org.uk/factsheets
- **NDNA factsheet -** Info sheet for Parents- Benefits of Outdoor and Risky Play: www.ndna.org.uk/factsheets
- **NDNA factsheet -** Seasonal Outdoor Play - how to keep high engagement levels all year round in the outdoors: www.ndna.org.uk/factsheets
- **NDNA factsheet -** Top tips for developing the outdoors on a low budget: www.ndna.org.uk/factsheets

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*Brighter thinking for early years

Factsheet

Our factsheets are written by early years experts for the early years workforce. Most NDNA factsheets are free to our members.

NDNA is the national charity and membership association representing children's nurseries across the UK. We are a charity that believes in quality and sustainability, so we put our members' businesses at the very heart of ours.

We are the voice of the 21,000-strong nursery sector, an integral part of the lives of more than a million young children and their families. We provide information, training and advice to support nurseries and the 250,000 people who work in them to deliver world-class early learning and childcare.

See the full range of NDNA factsheets at www.ndna.org.uk/factsheets

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