

Thursday 25th September 2025

Dear Parents and Carers,

Drinks in Nursery

We would like to let you know about our approach to drinks in Nursery. For organisation and learning reasons, we kindly ask that children do not bring water bottles from home. Instead, we provide regular drinks and opportunities for the children to stay hydrated throughout the day by drinking from an open cup.

At this age, we believe it is important for children to learn the essential skills of drinking from cups. Using cups promotes independence, learning how to pour water into cups themselves building confidence and self-help skills. Pouring water and holding cups will help to develop children's fine motor skills that are crucial as they grow. It also plays a significant role in speech and language development. Drinking from a cup encourages mouth movements that are vital for articulating sounds, ultimately aiding communication skills.

Every child is offered water at snack time, to ensure that everyone has had a drink. Along with snack time children can access fresh drinking water at any point during the day at our drinking station. All children are taught to place their used cup in the sink, where a member of staff will clean the cups to ensure appropriate hygiene.

We understand that the convenience of water bottles is appealing, but our aim is to create an environment where children can thrive socially and developmentally. We truly appreciate your understanding and support in helping the children learn these valuable skills.

We will continue to encourage and remind children to have drinks regularly, especially after active play and during warmer weather.

If you have any questions or would like to discuss this further, please speak to a member of the nursery team or myself.

Kind regards,

Mrs V Bryant
Assistant Principal and EYFS Lead



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