



Volume 1

Issue 1

Autumn 2023

Welcome to our NYLO Newsletter

Our aim is to keep you up to date with all things NYLO. Read on to hear about upcoming groups, catch-up sessions and some other fun-filled news you won't want to miss!

Upcoming Dates

Our next 8 week NYLO group programmes will be running on:

Monday 16th October - 11th December 2023

(no session 30th October)

9.30-11.30am

Butetown Pavillion, Dumballs Road, Cardiff, CF10 5FE

Thursday 19th October - 14th December 2023

(no session 2nd November)

4-6pm

Eastern Leisure Centre Llanrumney Avenue, Cardiff, CF3 4DN

Get in touch to book on.

Coming Soon

Catch-up with NYLO

For those who have completed the NYLO course previously. Come and check in with the NYLO team and try some new activities!

Keep a look out for upcoming dates for these.

Try these at home!

Jumping Beans Activity



How to play

The leader (or parent) calls out different types of beans and the child/children listen and complete the movement that matches.



Jumping Bean
jump on the spot



Jelly Bean
shake your body



Chilly Bean
shiver and shake



Baby Bean
crawl on the floor



Baked Bean
lie on the floor



Runner Bean
jog on the spot

Visit the website for lots more activities and recipe ideas.



This is a great game to help meet the recommended 180 minutes of activity a day!



www.NYLO.co.uk

Cooking at Home

Lots of recipes on the internet can be quite high in fat, salt or sugar. Websites like **First Steps Nutrition** have recipes especially tailored to early years.



Our **Get Cooking** course can support you with healthy balanced meals on a budget too!

Try these at home!

Mini Pizza

Serves: 4 little ones
Prep Time: 10 mins



Ingredients:

- 4 teaspoon tomato puree
- 2 bread muffins cut in half
- 4 tablespoons grated cheese
- Selection of vegetables and cooked meats for toppings

Little ones can help add their own toppings to experiment with tastes and textures.

How to make it:

1. Preheat oven to 180°C/160°C Fan
2. Spread the tomato puree over the muffin halve
3. Sprinkle the cheese over the top
4. Add toppings of choice
5. Cook in the oven for 10-15mins until cheese is slightly melted and muffins are toasted.

This recipe is adapted from our Get Cooking recipe book.



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Keep your eyes peeled for our seasonal blog posts for more recipes!



Ask the NYLO Team

We've answered some of our most common questions from session this term below.

Q: "What kind of cups and bottles should I be offering my child?"

A: "From 6 months, using an open cup or a free-flow cup without a valve will help your little one learn to sip. We know learning to drink from a cup takes time, but we encourage that as soon as your little one has learned how to drink, to "lift the lid" and use an open top cup. Milk and water are the healthiest drinks we can offer."

Q: "What about using straws?"

A: "There's some mixed messages out there about the use of straws. We encourage the use of open top cups because these teach little ones to sip, rather than suck, which is a useful skill for their oral development and is better for their teeth. "

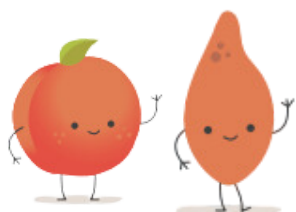
Get in Touch with Us

We'd love to hear from you, whether that's an update on how you are doing since finishing NYLO, for information on some of our other courses or to answer any questions you have.

Email: Nutrition.Skillsforlife.cav@wales.nhs.uk

Call/text: 07972732614

Website: www.NYLO.co.uk



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NHS
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Cardiff and Vale
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Cardiff & Vale
Nutrition and Dietetics
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