



**Volume 1**

**Issue 2**

**Spring 2024**

## **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 NYLO Group Programme Dates**

Wednesdays at Castleland Community Centre (Barry)  
17th April - 12th June 9:30-11:30am  
(no session 29th May)

Thursdays at Ely and Caerau Children's Centre  
18th April - 13th June 4:00-6:00pm  
(no session 30th May)

Tuesdays at St Pauls Church  
23rd April - 28th June 9:30-11:30am  
(no session 28th May)

Fridays at Eastern Leisure Centre  
26th April - 22nd June 9:30-11:30am  
(no session 31st May)

# What's New at NYLO

Thank you to all families who attended our winter *Catch-up with NYLO* sessions. We love to see how everyone is doing since finishing the NYLO programme with us! See dates on the next page for our next sessions.



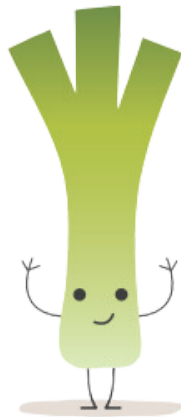
We made indoor snow and tried making our own indoor snowmen.



We had lots of fun playing with the parachute.



Well done to all the little ones who tried something new on their fruity snowman faces!



**NYLO** Nutrition for Your Little One  
Maeith i'ch un bach



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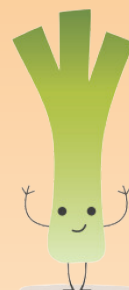


Our winter blog post went live on the website in November. You can find lots of fun filled ideas to do at home when it's colder and not so easy to get outside. You may even find some nutritious wintery snacks in the blog too! Watch this space for the Spring blog very soon.



Catch up with

**NYLO**



## **Completed NYLO with us before?**

Anyone who has completed NYLO is invited to catch up with us on:

Wednesday 13th March 4:00-6:00pm  
St Pauls Community Hall

Thursday 14th March 9:30-11:30am  
Eastern Leisure Centre

Thursday 21st March 9:30-11:30  
Barry Island Community Centre

This free 2 hour session is a chance to get together with the NYLO team and other families, and for you and your child to participate in some fun activities together.



# Try This at Home!

Looking for some different ideas to get your little ones active? Why not give our nature walk bracelets a go. This is a great way to promote physical play whilst developing curiosity.

Search for leaves, petals, grass and more to add them to their bracelets

## What you need :

Masking Tape  
Scissors

## Instructions:

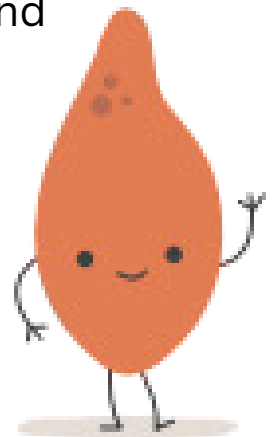
Cut a piece of masking tape long enough to fit around your child's wrist.

Wrap the tape around their wrist with the sticky side up.

Get outdoors and find lots of different object to stick to the bracelet. Extend their language skills by talking about colour, shape and where things grow.



Having the opportunity to be exposed to nature and the outdoor environment not only encourages little ones to become more physically active, it also helps to make sense of the world. This provides huge benefits to well-being as well as their physical health.





# Springtime Flower Bread

Why not try making this springtime flower using the *Nutrition Skills For Life*, **herby cheesy bread** recipe? The recipe can be found by either scanning the QR code below or by clicking the link.

It is so easy to make and we would love to see what you can make at home!



recipes <https://nutritionskillsforlife.com/healthy-recipes/>



from this

to this



send the NYLO team your bread roll creations for the chance to be featured in the next newsletter!



## ASK THE EXPERT

See some of our most asked questions below, answered by the NYLO team.

**Q: “is organic milk a better choice for my child?”**

A: “ Both have similar nutritional qualities and can be part of a healthy diet. The main difference between organic and non organic milk is the way that it is produced. It is a matter of personal preference, however organic milk can be much more expensive. If using a plant based alternative, the organic varieties do not always have added vitamins, so make sure to buy plant based drinks with added calcium if opting for dairy alternatives.”

**Q: “is unsalted butter okay for my child?”**

A: “Butter whether it is salted or unsalted is high in saturated fat and therefore not recommended as part of a healthy diet. Swapping to an unsaturated, plant based spread can be a quick and easy swap to support our little ones to have a balanced diet.”

Milk and dairy products are a great source of protein and calcium.

For strong bones and teeth don't forget to include 3 portions of dairy every day.



**NANCY**  
Nectarine



**YUSUF**  
Yam



**LLEWELLYN**  
Leek



**OLA**  
Orange



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Cardiff & Vale  
**Nutrition and Dietetics**  
**Maetheg a Dieteteg**  
Caerdydd a'r Fro