



**Volume 1**

**Issue 5**

**Spring 2025**

## **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!

### **NYLO Upcoming Dates**

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

**Monday 3rd February – 31st March 2025**

4-6pm

Canton Uniting Church Hall, Canton, CF5 1LQ

Our upcoming groups at St Pauls Community Hall, Tremorfa Nursery and Trelai Primary School are all fully booked for this term - we can't wait to see some of you there!

### **Get Cooking**

Get Cooking is a free 8 week cooking course for mums, dads and other carers. The sessions are run once a week for two hours each. Experienced and new cooks are welcome!

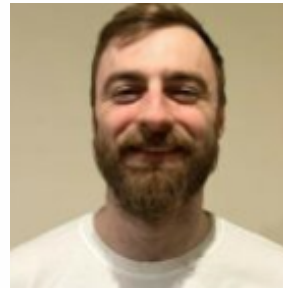
If you would like to be added to the waiting list for future courses please call or text us on 07972732614.



# What's New at NYLO?

## We have some new team members!

We are happy to introduce a few new members to our early years team. Sarah and George are looking forward to seeing you very soon.



## Did you spot any of the NYLO team over the winter?

The Early Years team hosted the Winter PIPYN event which over 100 children and families came to! We had a variety of activities on offer such as Snowman Skittles, festive football and Icy rice play!

We also had fun making fruit kebabs, a creative and fun snack for children to get involved making and definitely eating! If you want to make fruit kebabs or any of our other recipes you can find them and the activities we used on the NYLO website.



Visit the website for lots more of our food play ideas!

Check our "Meet the Team" page on the website to learn more about our team members.



[www.NYLO.co.uk](http://www.NYLO.co.uk)



We had a wonderful time making snowmen snacks at our 'Catch up with NYLO' session in November.

**This session's theme was messy play. We love messy play at NYLO because it gives children exposures to different foods and textures. Messy play encourages exposures to different foods without the pressure of tasting it!**

### Crazy Crackers

This snack is packed with nutrients to support healthy growth and development and is easy for the little ones to get involved with.

#### Ingredients

Cream Crackers

Hummus, cream cheese, guacamole or tomato puree

Chosen toppings for example chopped peppers, tinned sweetcorn, grated carrot, sliced strawberries, halved grapes, blueberries etc

#### Method

1. Take a teaspoon of the base (hummus, cream cheese) and using the back of the teaspoon spread it over the cracker.
2. Place the prepared toppings on the crackers in the design of your choice!



Snacks like these are great for promoting independence with food!



[www.NYLO.co.uk](http://www.NYLO.co.uk)

Want to learn some more recipes like these? Sign up to join our next *Get Cooking*.



## Ask the NYLO Team

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

**Q:** I'm worried that my child isn't eating enough what should I do?

**A:** It is better to look at your child's food intake over a week rather than a day - it can help to make a list of what your child eats over a week. This can put eating in to perspective, they might be eating more than you think!

Use your child's hand as a guide, there's also portion guides on the NYLO website to show how much of each food group they should be eating.

**Q:** My child refuses new foods, what can I do?

**A:** Keep offering the foods that the child likes alongside a new food that they can try. Children go through phases of fussy eating where foods they previously enjoyed are refused, a calm environment can help a child to feel relaxed when eating and they are likely to try new foods.

## 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](mailto:Nutrition.Skillsforlife.cav@wales.nhs.uk)

**Call/text:** 07972732614

**Website:** [www.NYLO.co.uk](http://www.NYLO.co.uk)

