

A parent asked us....

“Do you think Samira might get sick playing with water in the cold weather?”

‘I’d rather she didn’t do it in the winter.’

The idea of this column is to say how we replied to a question from a parent on the spot. So, the answers are not exhaustive, but enough to respond to the query in the moment.



Tazmin Rahman is a Lead Early Years Educator in the 2-3 year old provision at Sheringham Nursery School and has been working at Sheringham for the last 8 years. She is in her final year of studying Education Studies.

Tazmin: *I can see why you feel like that, but we always make sure the children keep warm enough and dry off well if they get wet. We like it if all children enjoy water play all year round – it’s so good for their development and learning.*

Samira’s mum: *Why – what do they learn?*

Tazmin: *Well, it’s a fun way to socialise with other children. When Samira talks and listens to other children and the staff, she’ll learn new words and phrases.*

Samira’s mum: *But she’ll do this anyway, without playing with water. I don’t see why water’s so important.*

Tazmin: *Well, yes, lots of different activities support communication development. But water play is so much fun for many children; it’d be a shame to not allow Samira to join in. Also, it will help develop arm and hand muscles when she pours and lifts.*

Samira’s mum: *No, I don’t want her to feel left out or miss out, especially if she enjoys it.*

Tazmin: *Yes, Samira really does. She loves filling funnels with water and watching the water flow into different size bottles. This helps with her maths, science, and language.*

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Samira's mum: *Well, it sounds like Samira has a good time and is learning. I'm happy to give it a go for a few weeks and see. But she must be kept warm and dry. Can I be certain she will be?*

Tazmin: *Oh, that'd be great. And, yes, we always give them aprons and show them how to roll up their sleeves. Samira is now rolling her sleeves up when she washes her hands, so she's clearly learning about how to stay dry.*

Samira's mum: *That's probably because I hassle her so much about it at home (laughs).*

Tazmin: *Well, she's certainly becoming more independent!*

This conversation helped reassure Samira's mum about the benefits of water play.

It is an example of how a conversation can help parental anxiety and develop partnership between the nursery and home.

By Tazmin Rahman

Useful reading:

PACEY: [Working in Partnership with Parents](#)

[NHS guidance](#) on Water Play

Tiny Happy People: [Encouraging learning with water play - BBC Tiny Happy People](#)