

What to Expect

Here at t4Nanny we pride ourselves in providing an excellent service that ensures that your children are getting the best care whilst you enjoy the slopes.

This guide is to help you prepare for your holiday, let your nanny know some additional information and hopefully answer any questions you may have.

What should I do first?

Double check your invoice, please check that the following things are correct:

- Start Date
- Contact Number-This should be the one you can be contacted on in resort.
- Accommodation Name-Please give location details if you have them.

If any of these need to be changed please contact t4Nanny by phone or email as soon as possible. We will do everything we can to change the date if needed but please note it may not always be possible.

What Should I bring?

We know it can be rather stressful packing for your children so here are a few essentials that we think are important:

- Travel system (If Applicable) - Buggy or Sling t4Nanny DO NOT supply these so please bring what you need. Contact t4Nanny if you need further advice.
- Sunglasses- The sun reflects off of the snow and can be incredibly powerful, we recommend sunglasses for all ages from newborn+, if you have a buggy with a sun shade this is also advisable as a bonus but not an alternative. Our nannies will aim to give children of all ages experience in the snow and that involves taking them out of their buggy.
- Footwear- There are many different outdoor activities for your children to take part in and even to get to indoor activities sometimes involves walking through snow, please bring appropriate warm, waterproof boots. **Snowsuit (For younger Children)**-If you have a child who is yet to take their first steps we recommend you bring a snowsuit that has feet and if you do not have this please bring some boots for them.



- Water bottle- The mountains can be a very dry environment, we always recommend that children have access to water at all times so please bring a water bottle for your child that your nanny can take out with them.
- Sun cream/Lip balm- Please bring high SPF, 5 star sun cream so that our nannies can ensure your children's skin is safe whilst they are out having fun.
- Swimwear- Your nanny may take your children swimming, there are often baby swim sessions where the pool is heated a few extra degrees.

When will I find out who my nanny is?

Your nanny will contact you the week before you arrive, she will firstly attempt to message you through Whatsapp, if you do not have Whatsapp they will text. Please let your nanny know you have received your message, if they do not hear back from you they will email. Please let us know if you have not heard from your nanny 3 days before your booking start date.



When will we first meet our nanny?

You can organise this when you talk to your nanny, our nannies may offer to meet you on the evening of your arrival to talk about your child's routine and get all the information they require before your booking starts the next day. Please note this is not always possible due to your location, other bookings or the time of your arrival. In which case your nanny can arrive slightly earlier in the morning to make sure they have time for a thorough hand over.

What information does our nanny need?

Please see the information form also attached to this email, it would be great if you could fill this in and bring it with you or email it back to us. It has all the questions our nannies will ask, there is also an allergy form if any child that will be in your nannies care has an allergy please fill in this form.

What does our nanny do with the children for lunch?

There are many different options for lunch a few are below:

- The nanny could bring the children to meet you for lunch. (If you request the nanny to stay you should pay for the nannies lunch also)
- The nanny can take your children out to a cafe or restaurant for lunch.
- You could give the nanny some money and they can go to the shop and get a simple picnic lunch for the children, this can then be eaten in either the chalet or out and about.
- You may already have food available in your accommodation, you just need to let your nanny know what they can or can't use.

What will our nanny do with our children?

We treat every child as an individual and we understand that not every activity is suitable for every child. We aim to do at least one indoor and one outdoor activity every day.

We tend not to bring lots of toys with us and instead have a range of craft materials and games such as Dobble and Uno. We do a range of different activities such as making our own treasure hunts and going on a pirate adventure, snow painting and an old favourite, paper airplanes.



All of the resorts we work in have different activities, some of those on offer are as follows:

- Sledging
- Outdoor parks
- Igloos
- Gondola Rides
- Soft Play
- Swimming
- Climbing
- Trampolining



Does our nanny need additional money?

If your nanny is to do any activities(e.g. Swimming, trampolining or Ice Skating) that cost it is your responsibility to pay for these. Other things that the nanny may need money for is lunch, or trips out and treats such as hot chocolates or crepes.

What if I want more childcare?

If you have decided you need additional hours before your holiday please contact t4Nanny. If you are on your holiday and need additional hours please ask your nanny, if additional hours are completed you will be asked to sign an hours form to confirm, this is then sent to the office and you will then be invoiced at the end of your holiday.

Can I swap my daytime hours for babysitting?

Nannies get paid differently for daytime and babysitting hours. Due to this we do not allow families to swap their daytime hours for babysitting unless organised directly with t4Nanny before your holiday.



Finally...

Our nannies are all Level 3 qualified and/or have at least 2 years experience working with children. They have a Paediatric first aid certificate and 2 outstanding references.

We expect our nannies to show all our clients respect and we expect this in return, if this is not the case the placement may be reviewed.

We look forward to meeting you all and providing your children with a magical experience in the Alps.

Yours Sincerely,

t4Nanny Management Team

This child has the following allergies:

Name:

DOB:




Photo

● Watch for signs of ANAPHYLAXIS (life-threatening allergic reaction)

Anaphylaxis may occur without skin symptoms: ALWAYS consider anaphylaxis in someone with known food allergy who has **SUDDEN BREATHING DIFFICULTY**

- | | | |
|---|---|--|
| A AIRWAY <ul style="list-style-type: none"> • Persistent cough • Hoarse voice • Difficulty swallowing • Swollen tongue | B BREATHING <ul style="list-style-type: none"> • Difficult or noisy breathing • Wheeze or persistent cough | C CONSCIOUSNESS <ul style="list-style-type: none"> • Persistent dizziness • Pale or floppy • Suddenly sleepy • Collapse/unconscious |
|---|---|--|

IF ANY ONE (OR MORE) OF THESE SIGNS ABOVE ARE PRESENT:

- 1 Lie child flat with legs raised** (if breathing is difficult, allow child to sit)



- 2 Use Adrenaline autoinjector without delay** (eg. EpiPen®) (Dose: mg)
- 3 Dial 999** for ambulance and say ANAPHYLAXIS ("ANA-FIL-AX-IS")
***** IF IN DOUBT, GIVE ADRENALINE *****

AFTER GIVING ADRENALINE:

- Stay with child until ambulance arrives, **do NOT stand child up**
- Commence CPR if there are no signs of life
- Phone parent/emergency contact
- If no improvement **after 5 minutes**, **give a further adrenaline dose** using a second autoinjectable device, if available.

You can dial 999 from any phone, even if there is no credit left on a mobile. Medical observation in hospital is recommended after anaphylaxis.

● Mild/moderate reaction:

- Swollen lips, face or eyes
- Itchy/tingling mouth
- Hives or itchy skin rash
- Abdominal pain or vomiting
- Sudden change in behaviour

Action to take:

- Stay with the child, call for help if necessary
- Locate adrenaline autoinjector(s)
- **Give antihistamine:**

(If vomited,
can repeat dose)

- Phone parent/emergency contact

Emergency contact details:

1) Name:



2) Name:



Parental consent: I hereby authorise school staff to administer the medicines listed on this plan, including a 'spare' back-up adrenaline autoinjector (AAI) if available, in accordance with Department of Health Guidance on the use of AAIs in schools.

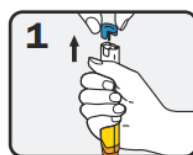
Signed:

Print name:

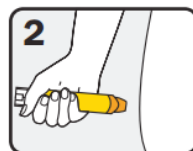
Date:

For more information about managing anaphylaxis in schools and "spare" back-up adrenaline autoinjectors, visit:
sparepensinschools.uk

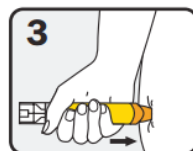
How to give EpiPen®



PULL OFF BLUE SAFETY CAP and grasp EpiPen.
Remember: "blue to sky, orange to the thigh"



Hold leg still and PLACE ORANGE END against mid-outer thigh "with or without clothing"



PUSH DOWN HARD until a click is heard or felt and hold in place for **3 seconds**. Remove EpiPen.

Additional instructions:

This is a medical document that can only be completed by the child's healthcare professional. It must not be altered without their permission. This document provides medical authorisation for schools to administer a 'spare' back-up adrenaline autoinjector if needed, as permitted by the Human Medicines (Amendment) Regulations 2017. During travel, adrenaline auto-injector devices must be carried in hand-luggage or on the person, and **NOT** in the luggage hold. **This action plan and authorisation to travel with emergency medications has been prepared by:**

Sign & print name:

Hospital/Clinic:



Date:



Family Information Form

Contact Information:

Accommodation Name:

Door Code:

<u>Child's Name and D.O.B</u>	<u>Parent/Guardian Name</u>	<u>Contact Number</u>

Dietary Requirements:

Child's Name	Dietary Requirements/ Food Allergies

Milk

Recipe(e.g. 1 scoop:30ml):

Time	Amount

Medical Information:

Child's Name	Medical conditions	Extra Information (medication/ history)

Comforters:**Photos:**

I give permission for my nanny to take photos of the following children:

- 1.
- 2.
- 3.
- 4.

Signed:

I give permission for my t4nanny to post pictures of the following children on t4Nanny social media accounts:

- 1.
- 2.
- 3.
- 4.

Signed:

Any Additional Information we may require:

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