

READING ROOM

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Oscar's

8 - 6

Plan



Started July 2004

INTRODUCTION

Because I am only nine months old this plan has been written by my Mummy and Daddy, and my big sister Milena. The plan has been written to help people who are caring for me to understand who I am, and to understand what is important to me and what works best in supporting me.

This is my first plan which will be used for my childminders Julie and Clare. Julie and Clare will be able to add to the plan for me after talking to my Mummy and Daddy, as what is important to me at home may not always be the same as it is at my childminders.

My plan will change as I grow up and I am expecting my Mummy and Daddy to keep it up to date as they continue to find out with me, what is important to me and how best to support me.

This is an 8 – 6 plan which identifies what is important to me and how best to support me. This information is not a replacement for the details maintained by my childminder with details of contact numbers etc, but it is meant to build upon those details providing fuller/richer information.

What People Like and Admire about Oscar

* He's enchanting *

* He's absolutely beautiful *

* He's very brave *

* He's really determined *

* He's Gorgeous *

* He's a little chuckler *

* He's my osky posk *

* Oscar copies me*

* When he laughs, he makes me laugh *



What is Important to Oscar

What we need to know to be successful in supporting Oscar

About Family and Friends

Talking to Oscar about what he does when not being cared for away from home will help you to understand who Oscar is. We will occasionally send photographs in or pass on messages about things going on in the family. This information will help you understand who other people are in Oscar's life.

Oscar lives with his Mummy and Daddy, and Sister Milena. Oscars Uncle Paul stays with us for at least one night a week every week, and we also go away on holiday with Paul for a week every year.

Oscar visits his Grandma and Grandad Samuels every two weeks, as well as his Uncle John and Auntie Lois, and cousin Lydia.

Oscar sees his Great Grandparent Kirby's approximately once a month.

Oscar is also close to his Mummy and Daddy's friends Uncle Graham and Auntie Debra who he sees every week.

Oscar has a baby sitter called Selina who he sees during University Holidays.

Oscar has some family members in Devon who is visits once a year, they are Auntie Debbie, Auntie Sue, Uncle Pete, Auntie Janet, Auntie Mary, and cousins Molly and Issy.

About breakfast routines.

Oscar enjoys being part of the crowd. He needs to be sat in his high chair with others when having his



Between 8am and 9am Oscar has his breakfast.

breakfast. Because of his size he uses a booster chair.

Oscar should only be given the food that is sent in for him, or that which has been agreed by us

If having cereals, half of his prepared warmed milk should be used to make his breakfast. He likes to drink the rest from his bottle.

If Oscar has food around his mouth after his breakfast, only wipe it gently with a slightly damp cloth.

Mid Morning Routine.

After his breakfast, Oscar likes to play for an hour or two.

Oscar is currently exploring just about everything, and experimenting with standing up. He therefore needs supporting in keeping safe. This is particularly relevant when his sister Milena is round, as she like to 'help' him explore!

Oscar currently likes noisy toys, and toys that he can chew.

Morning Sleep.

Oscar needs a sleep at around 10am.

You can tell when Oscar is tired, as he will usually get irritable, and/or want a cuddle. If Oscar is rubbing his eyes or starts to scratch his face at around this time, it is often a sign that he is tired. If he is sucking his thumb, that is definitely a sign.



Putting Oscar in a cot, somewhere quiet with a small soft toy to hold is how he gets himself to sleep. His most favourite comfort toys are 'Paddington', 'Funny Rabbit', and 'Winnie'. If these aren't available then any cuddly toy small enough for Oscar to hold easily will be good enough substitutes

It is not helpful to Oscar to let him get overtired, as stress causes his eczema to flair up. If Oscar does become upset because he is overtired, he will need a cuddle to calm him down before he can get himself to sleep. If left to cry on his own, Oscar will scratch and hurt himself.

Similarly, Oscar will shout to let you know he is awake. It is important that someone goes to him before he becomes distressed, or again he will scratch and hurt himself.

Lunch Time

Oscar must only be given the food that is sent in for him at lunch time. Again he likes to be with others and to be in his high chair. Oscar has a drink of juice with his lunch, as with his food Oscar must only have the juice that is sent in for him/or agreed by us.

Afternoon Play

Oscar is very sociable; he really likes to join in, and to be the centre of attention. Oscar likes to clap whilst being sung songs and rhymes to, and to dance to most types of music. Oscar also like his bouncer but gets



tired and frustrated after 10 – 20 minutes

Oscar is a very quick crawler, and he is beginning to pull himself up on any anything. To keep Oscar safe you will need to know where he is and that things he is pulling himself up on are sturdy and not going to slip.

Afternoon Milk

Oscar needs his bottle at 3.30pm he usually likes to try to drink it without coming up for air, but he does need short rests. After his bottle he likes to have a sleep, using the same routine as the morning sleep.

About Oscars Health

Looking after Oscar's skin is very important for him, he has a special Skin Care routine that must be followed

Oscar's eczema means that he has very dry and sensitive skin.

It is vitally important that his skin is kept moisturised with the creams provided. Currently these are Emulsifying ointment and Doublebase gel. The creams need to be applied at least 3 hourly (about 11am and again about 2pm). At any point that Oscar's skin seems dry, more doublebase gel should be applied. Because Oscar's skin is prone to infection, he needs you to wash your hands before applying his creams. The cream needs to be applied either by patting it on or using gentle strokes in the direction of hair growth. Massaging cream into Oscar's skin will inflame it



and cause Oscar to itch.

If you feel that Oscars hands and face are dirty before applying his cream, then only wash him very gently with plain cool water, pat dry and apply cream straight away. Any soap products will dry Oscar's skin, and other products could cause an allergic reaction.

Should Oscar have a cut or graze and you feel that he needs antiseptic cream, only a very small amount should be applied along with Doublebase gel. Please watch for any adverse reactions from the antiseptic. Any bumps and bruises can be treated with Arnica cream (supplied).

When changing Oscar's nappy a small amount of nappy cream should be applied if his bottom looks sore (supplied).

It is important that no other products are used on Oscars skin without consulting his parents first due to possible allergies and skin sensitivity.

When in the sunshine please help Oscar to keep his hat on, and always use sun screens that are supplied.

If Oscar gets too warm, this makes him feel uncomfortable and usually leads to him scratching. Ensure Oscar continues to have long trousers and long sleeves on to protect his limbs from being scratched, but take off outer layers if possible and move him to a cooler place.



Asthma

Oscar has a contact allergy to some pets, so please ensure that he does not come into contact with animals or their hairs/feathers. He also has a reaction to some washing powders so please send any dirty clothes or bibs home unwashed.

Oscars asthma is controlled by 2 inhalers, he will only ever need to use his ventolin (Blue inhaler provided) whilst with you. Oscar's asthma is triggered by exposure to cigarette smoke, dust, pet hair and feathers that we know of.

When Oscar needs to use his ventolin his breathing will become shallow, with shorter breaths, and a rattle in his chest, usually accompanied by coughing.

Oscar will require one puff of his inhaler, distributed through his spacer (provided) once dispersed please keep the spacer to Oscars face for a count of 15. It is a good idea to rest Oscars head in the crook of your arm holding the spacer against his face with the same arm.

Hay Fever

We believe Oscar has hay fever, unfortunately until he is one year old he is unable to have any treatment for this. Please try to keep Oscar away from fresh flowers, and newly mown grass. If Oscars eyes become red and swollen, please bathe them with cool boiled water.

