



# Helena Kowalewska

Supporting multilingual children in an inclusive environment

## Impact...

- Flourishing language skills in bilingual children, boosting confidence in both languages
- Strong family partnerships that extend beyond daily care
- Growing children's understanding of diverse backgrounds
- Lasting friendships that bridge cultural differences

“We particularly like the way Helena is able to tailor the activities to our daughter's needs and interests while also educating her in worldwide cultural celebrations.”

## Background

Meet Helena, a passionate Cardiff childminder who's transforming the way young children develop their language skills. Inspired by caring for little ones from diverse linguistic backgrounds, she turned a challenge into an opportunity. After investing in specialist training, including 'English as an additional language', Helena now offers something special; a nurturing, one-to-one environment where children can flourish.

## What are they doing differently?

Helena has implemented several inclusive practices by:

- simplifying her language and allowing extra processing time
- using pictures and labels in both the child's home language and English to help with recognition and vocabulary
- incorporating bilingual books, YouTube channels and interactive language tools
- using activities, such as a toy grocery shop, to teach new vocabulary
- celebrating the children's cultural festivals and traditions

Helena adapts activities to each child's needs, using visual cues, simple language, and extra processing time when necessary. This approach has led to positive outcomes, including improved language development, enhanced cultural awareness, stronger family partnerships, and increased confidence and social interaction among children from diverse backgrounds.