

# Harpenden Children's Centre Newsletter



**A Sure Start Children's Centre**

## NEW YEAR 2010

Hello again! I hope 2010 has started really well for you. At Harpenden Children's Centre we have lots of plans to help you have fun with your children no matter what life throws at you!

This month's initiative is to develop our Dad's group; with a new look webpage recently added to our website full of helpful tips and websites for your partners to look at. Why not encourage Dads and Grandads to come in and have a chat with us to help put the session together?

Now that the days are longer and we all have a little more time, why not look at making some changes which will boost your energy, your confidence and your joie de vivre? Check out the Physio advice session on staying healthy and getting back into shape; come along on the 23<sup>rd</sup> February for professional advice on all aspects of fitting fitness in with a young family.

Our first Boys Development Programme finished In December. This 4 week course is for mums with boys under five; it's not a parenting course, but a course about boys. Boys are different to girls and that's official!! We can't change that and wouldn't want to; however if we understand how boys tick we can best help them manage their behaviour and help them grow into happy motivated young men. The first course was well received with comments such as *'it was an absolutely brilliant course, thank you. So many of my friends now would like to do go on it. They were very jealous'* Look out for future dates in March 2010; we will be posting them on our website and at the centre.

Have a great January & February and we look forward to seeing you soon!



*Don't forget to visit our website for up to date information on our classes and other local events*

[www.hertschildrenscentres.org.uk/harpenden](http://www.hertschildrenscentres.org.uk/harpenden)



# SureStart

Sure Start is the Government programme to deliver the best start in life for every child. Harpenden Children's centre is a Surestart centre bringing together early education, childcare, health and family support.

## Family life getting tough?

A new Extended Telephone Support service could help

### What is Extended Telephone Support?

This free telephone support offers any parent or carer, up to six free, 45 minute weekly sessions on the telephone, with a specially-trained worker, who will also be a parent. This support can help those with children, to find ways to overcome some of the tough times.

### How does phone support work?

Sessions take place weekly at a time to suit you. Whatever the problem, large or small - if it's bothering you and affecting family life, then this service can help you. Calls are confidential. All you need is a phone, some privacy and time to take the calls.

### Does it make a difference?

Parents who have used the service say:

It helped me through a period which would otherwise have been unbearable. The support worker called me each week, exactly on time with no expectations. This meant a lot.

I really looked forward to talking to him - almost counting down to when I spoke to him. I learnt to cope again.



### How do I get this support?

Ask a member of staff at the place where you got this leaflet. They'll contact Parentline Plus on your behalf. Within 7 days Parentline Plus will contact you and arrange convenient times for the phone support worker to call. Or email [ets@parentlineplus.org.uk](mailto:ets@parentlineplus.org.uk), saying where you picked up this leaflet.

Other support services available are

- Family Information Service Telephone 01438 737500
- Parentline Plus free confidential 24/7 helpline 0808 800 2222
- Website information with parenting information: [www.hertsdirect.org/fsd](http://www.hertsdirect.org/fsd) [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

These services are funded by the Department for Children, Schools and Families



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## Achieve Economic Wellbeing; No Cost Ways to Save Energy & Money

**Heating;** Turn the room thermostat down by 1 °C. This can save up to £30 a year. Don't put curtains or furniture in front of a radiator - they will block the heat. Pull on a jumper or warmer layers rather than turning the heating up.

**Hot water;** Turn the thermostat on your hot-water tank down to 60 °C rather than add lots of cold water to your bath. Saving: £10 a year. Put the plug in the basin or sink, especially when running hot water. Otherwise you are pouring money down the drain.

**Cooking;** Match the size of the ring to the size of the saucepan or you will be paying to heat air. Put a lid on saucepans so the contents heat quicker and you use less energy.

**Appliances;** Switch off appliances; such as microwaves, TVs, stereos and computers. 85% of the energy used by a DVD player is wasted when it is on standby. Saves up to £11 a year. Unplug equipment once fully charged otherwise they keep drawing electricity.

**Refrigeration;** Avoid leaving fridge doors open. Each minute the door is open takes three minutes of energy to cool down again. Avoid putting hot or warm food straight into the fridge. Allow it to cool first. Defrost your fridge regularly to keep it running efficiently and cheaply. If it seems to frost up quickly, check the door seal. Keep the freezer in a cool room **or garage**.

**Washing Machine & Laundry;** Wash laundry loads on the low-temperature programme. Don't dry clothes on a radiator. It stops heat reaching the room, creates damp and encourages mould.

**Lighting;** Mirrors and light-coloured walls reflect daylight, making maximum use of natural light. De-clutter window ledges to get the most daylight in your home.

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## **Be Healthy; \*Swine Flu & Breastfeeding**

Breastfeeding may not prevent babies catching influenza viruses such as the current swine flu, however, being able to sustain breastfeeding if you catch swine flu is important, as the best available research suggests that exclusive breastfeeding is important in reducing the risk of associated complications such as pneumonia and chest infections, if the infant also catches swine flu.

Antiviral treatments can be taken, as the amount of the medicine transferred through breastmilk is too low to affect the baby. Exclusive breastfeeding may help so the baby gets as many maternal antibodies as possible.

If the mother becomes too ill to feed then expressing milk may still be possible. If the baby becomes too ill to breastfeed then expressed milk should be used.

Swine flu vaccine can be given to breastfeeding mothers. It is not being given to babies under six months as the swine flu vaccine (as with seasonal flu) does not produce enough of an immune response in children under six months to provide protection. For the latest information on swine flu and pregnancy visit [http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_108153](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_108153). \*Dept of Health 2009

## **Staying Safe in the Playground**

Playgrounds are fun! Your child gets the chance to explore, test his or her skills, and meet other children. But playgrounds can also be dangerous ☹ Many children get hurt when they fall from equipment.


✓ **Before you go to the playground, check your child.** Take off anything that could strangle your child.

✓ **Check the playground before your child plays.** Look for a deep, soft surface or rubber surface. This will help protect your child when he or she falls. If your playground does not have a deep, soft surface, keep your child on equipment that is close to the ground.

✓ **Supervise your child closely.** Stay close enough to stop him or her from falling off equipment.

### **Teach your child the rules of playground safety**

- Wait your turn
- Slide down feet first
- Do not go up the slide ladder until the other person has gone down the slide
- Hold on to railings
- Sit down on swings and slides
- Keep away from moving swings and the bottom of slides



Helping Families to  
Be Healthy, Stay Safe,  
Enjoy & Achieve, Make  
a Contribution, &  
Achieve Economic  
Well-being

## Regular events taking place at Harpenden Children's Centre

Day	Session	Venue	Cost	Time
Monday	Childminders Group	Magpie Room	Free	10am – 11am
	Opportunity Class	Magpie Room	Supporting young children with significant delay or learning difficulties Referrals only / Free	1pm – 3pm
Tuesday	Monkey Club	Magpie Room	Supported Mother & Toddler Group By Application Only / Free	9.30am – 11.30am
	Post-natal classes	Chaffinch	Free informal themed sessions, call for programme	
Wednesday	Toy Library	Magpie Room	Registration Fee & Hire Cost Applies	9.30am – 11am
	Baby Massage	Chaffinch Room	£5 for 5 sessions	10.30am – 11.30am
	Baby Clinic	Chaffinch Room	Free	1pm – 3pm
	Opportunity Class	Magpie Room	Referrals only / Free	1pm – 3pm
Thursday	Monkey Club	Magpie Room	Referrals only / Free	9.30am – 11.30am
	Opportunity Class	Magpie Room	Referrals only / Free	Every 2 weeks 1pm – 3pm Starting from 14 <sup>th</sup> Jan
Friday	Post-natal drop-in	Chaffinch Room	Free	10am – 12pm

### Other Upcoming Events

**First Aid;** We still have a few places on our January First Aid session. Held on Saturday 23<sup>rd</sup> from 10am – 12pm, this is a basic 2 hour session in the morning which may be followed up by a resuscitation course in February dependant on interest. Phone for details.

**Boys Development Programme;** A free 4 week course to provide mums with an understanding of their son's development & behaviour. If you would like to be registered for our new course in March, please contact Jackie or Rachel on 01582 714210

Our course of Postnatal Sessions starts again on January 26<sup>th</sup> for 8 consecutive Tuesday's\* [\*Resuscitation will take place on a Monday, 1<sup>st</sup> March]. These are open to all parents of new babies in the area; parents are welcome to attend, even if they have come to a previous 2009 session. No pre-booking is required.

NCT Antenatal Programme running on various Saturdays throughout the coming months. Phone Zoe Smith Doe on 0844 243 6892 for details of what's on when.