

Harpenden Children's Centre Newsletter



April/May 2009

Hello Again!

Welcome to our second newsletter. We are now close to launching our new website, where we will be able to provide you with more information and inform you of up and coming events. You will also be able to access our newsletters on the site. Please let us know what content would be of most use to you.

Many thanks to everyone who participated in our consultation; the response rate was very good and we were overwhelmed with parents offering to join focus groups. We are hoping to invite as many people as possible to take part in these groups, and intend to invite the remainder to additional meetings later this year. When the consultation process is complete a summary report will be made available to you all.

Southdown, here we come!

Some more exciting news is that the work is scheduled to start in September on our new building in Southdown (fingers crossed). This will give us a more accessible presence in this area of Harpenden, with an information

and signposting point, in addition to the provision of a small comfortable meeting room. As the new build, will be attached to the Grove Road baby clinic; we look forward to closer working links with the PCT and the sharing of facilities and expertise. Additionally, we will be providing outreach services which will be determined by local need.

Toy library

Did you know that there is a toy library here at the children's centre? We have just invested £2,000 in increasing our stock of toys. To use the library, all we ask is that you register with the children's centre & toy library and pay a small membership fee. You can then have a new toy at home every week for a nominal hire fee. The library is open on Wednesdays during term time between 9.30 and 11.00. Why not pop along and see what we have to offer.



"Children are one third of our population and all of our future."





SureStart

Sure Start is the Government programme to deliver the best start in life for every child. We bring together early education, childcare, health and family support.

Parents Information; Coping with Recession

As families across the country feel the effects of the recession, parent support charity **Parentline Plus** has issued some tips to help them cope. Parentline Plus feels strongly that family life can be tough enough without the added financial pressures and strains that a drop in household income or unemployment can put on them. This sort of pressure leads to a greater risk of stress-related family breakdown. The charity is urging parents not be put off asking for help, because they fear they will be labeled as 'bad parents'. In a stressful situation, asking for help is a sign of parenting strength, and parents should be encouraged to access the support available.

Life is harder for a lot of families at the moment but Parentline want parents to know that they are here to support them and if they are struggling they can give a call on their free confidential, 24 -hour Parentline 0808 800 2222.

For a full run-down on the tips for coping with the recession, visit www.parentlineplus.org.uk/recessiontips.

Have you considered becoming a Childminder?

Are you a "Stay at home Mum" or are you struggling to manage your career and raise your children? Perhaps now is the time to consider a new vocation in life and become a Registered Childminder caring for children within your own home.

Like any career there are obviously pro's and con's;

The childminders income is not huge, however you are rewarded emotionally everyday with smiles, hugs, special pictures and first achievements from the children! Who would want to miss out on that?

Your own children may find it difficult to share - you and their possessions, but it does mean that you are always there for them; and by offering them special moments and encouraging them, they can learn that by caring for other children at home they get more family time

You are your own boss. You plan how to manage your time, you can attend those special events in your child's life maybe with one or two children along too. You can decide what hours you work, when you are having time off, and you do not have to pay someone else to look after your children.

Childminding is no longer just a short-term option for parents of under fives. There are opportunities to gain professionally recognised qualifications, some of which could be funded by your local Early Years Unit

Do you think Childminding is the career for you? If you would like more information about childminding visit <http://www.ncma.org.uk> or watch out for further articles posted on our Children's Centre noticeboard.

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*Making a Positive
Difference to the Lives of
Children*

HEALTH PROMOTIONS AT THE CENTRE

Confused about conflicting advice on healthy diets for toddlers?

The application of common sense will usually lead you to the right decisions, but the following advice from www.direct.gov.uk should assist you in making the right choices.

Toddlers under two years old have small tummies and can't eat large amounts of food all in one go, so they need small meals with healthy snacks in between. Like the rest of the family, your toddler needs to eat a variety of foods from the following four groups:

- dairy foods – milk, cheese, yoghurt, fromage frais
- bread, potatoes and other cereals - including rice, pasta, maize, breakfast cereals, chapatti etc
- all types of fruit and vegetables
- meat, fish and alternatives (one or two portions a day) – including poultry, eggs, beans, lentils and nuts (but not whole nuts for children under five)

Foods containing fat and sugar (e.g. biscuits, cakes, puddings, ice cream, fats and oils) may also be given in limited amounts, but not instead of the foods listed above.

You can give boys up to four portions of oily fish a week (like mackerel, salmon and sardines), but it is best not to give girls more than two portions a week.

If you are bringing up your child as a vegetarian or vegan, make sure you give them two to three portions of vegetables or nuts a day to make sure they get enough protein and iron.

Milk

Milk is still important for children of this age. Whole milk and full-fat dairy products are a good source of vitamin A which helps the body resist infections and is needed for healthy skin and eyes. You can continue to breastfeed after the age of one if you want to, but also give your child full-fat cow's milk in a cup or beaker as their main drink (this should totally replace infant formula now).

Continue to use full-fat milk and dairy products (cheese, yoghurt, fromage frais etc) until your child is two, as up to this age they need the extra fat and vitamins. Semi-skimmed milk can be introduced from two years of age, provided your child is a good eater and is growing well. Skimmed milk is not suitable for any child under five years old.

Car Seats; Carrying Children Safely

Surveys often find that a high proportion of child seats are not correctly fitted for various reasons; because Child is Too Big or Too Small for the Seat, the Child Seat is Too Loose, the child Seat Does Not Rest Properly on Car Seat etc.

Come to our free car seat safety session on **29th April @11.30am** for advice on car seats and a seat check on site.

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
	Autism Class	Magpie Room	Referrals only / Free	1pm – 3pm
Wednesday	Toy Library	Magpie Room	Registration Fee & Hire Cost Applies	10am – 11am
	Postnatal Baby Group	Chaffinch Room	Free	11am – 12.45am
	Baby Clinic	Chaffinch Room	Free	1pm – 3pm
	Opportunity Class	Magpie Room	Supporting young children with significant delay or learning difficulties Referrals only / Free	1pm – 3pm
Thursday	Monkey Club	Magpie Room	Referrals only / Free	9.30am – 11.30am
	Baby Massage starting 7 th May for 3 Thursdays	Chaffinch Room	£15 for 3 sessions	10am – 11am
Friday	Stay and Play	Chaffinch Room	T.B.C	Coming Soon

Other Upcoming Events

La Jolie Ronde French Classes starting Monday 27th April @10.40am and running for 10 consecutive Mondays [ex Bank Holidays] finishing on 13th July.

Health Visitor One-to-One Sessions; Tue 21st /28th Apr
Contact Mary Seckington on 01582 461387

EYFS Training for Childminders; Monday 27th April @19.30pm

NCT Breastfeeding Sessions; Saturday 25th April 10am – 3pm & 16th May 09.30am – 16.30pm

Herts CC Free Car Seat Check; 29th April 11.30am – 2pm

Harpenden Children's Centre Focus Group Meetings; 5th, 7th & 8th May day & eve slots

From Pram to Primary Parenting for 0-6 year olds; 5th/12th/19th May and 2nd/9th/16th June 7.30 – 9.30pm @ Harpenden Children's Centre.

Free 1st Aid Course; Saturday 27th June 10 – 12pm @ Harpenden Children's Centre

Level One Food Safety 2nd September 2009 09.00am – 12.30pm £50 per person

123 Magic for Children with Additional Needs; 6.30-9.30pm on Tuesday 02 June, Tuesday 09 June Tuesday 16 June, & Tuesday 23 June at Redbourn and Villages Children's Centre