



newsletter

Harpenden Children's Centres – Summer 2011

A Sure Start Children's Centre

Children's Centre – Summer Opening

During the summer, although the Children's Centre is open, our reception may not always be covered so please give us a call on 01582 714 210 or email admin.harpenden@hertschildrenscentres.org.uk if you planning to visit us to ensure a member of the Children's Centre team will be there.

Toy Library Summer Stay & Play - Reminder

A reminder that we are holding toy library summer stay & play sessions on the following dates from 10.30am-3pm at cost of 50p per family:

Wednesday 10th August 2011

Wednesday 17th August 2011

Wednesday 24th August 2011

Wednesday 31st August 2011

These sessions will provide an opportunity to find out more about our toy library and try out some of the toys. As we are not using the large nursery garden this year, please look out for the signs in the car park directing you to the entrance for these sessions.

Please remember that you do need to be registered to attend and whilst we will be open from 10.30-3pm we would ask that families only stay for part of the day to make this event accessible for other families.

Feel free to bring healthy drinks but please organise your time so that you do not need to bring lunch.



Have you attended a course or session at the Children's Centre recently?

It would be great if you could share with us the ways in which the course/group was able to make things better for you and your family. This information would enable us to continue to provide sessions for other families, improve our services and support us in achieving our goals in line with OFSTED requirements. Please call us on 01582 714 210.

Baby Massage

To book a place on our next baby massage course as below please email us for a registration form.

Starting – Monday 5th September from 2.30-3.30

Takes place each Monday for five weeks (last session – Monday 3rd October)

Cost - £25 (including oils)

This course is suitable for babies under 3 months of age.

admin.harpenden@hertschildrenscentres.org.uk



Helping families to:

Be Healthy
Stay Safe
Enjoy & achieve
Make a positive contribution
Achieve economic well-being

Outreach Surgery – for parents of children 0-5 years

From the 8th September we will be running an outreach surgery from our centre at Southdown. You can book a 30 minute appointment to discuss or obtain support on the following:

- Guidance & signposting relating to family life
- Nursery/school admissions
- Parenting support
- Toddler groups/childcare arrangements
- College access/job centre processes
- Support in understanding/accessing benefits
- Care & education for under fives
- Becoming a childminder



Keeping your child safe around water

Young children can be fascinated by water, and swimming is great for a child's health and fitness. Here are some tips to make sure their time in the water is fun and safe

Did you know...?

Babies and toddlers drown silently and can drown in as little as 5cm of water.

Most drowning's involving two to three year olds happen in the home & garden.

Wind blowing off the land makes the sea look flat and calm but it can sweep airbeds or inflatable toys out to sea dangerously quickly.

Young children can also drown in swimming pools. In the last six years, 30 children under 10 have drowned in a hotel or villa pool abroad.

Toddlers

As babies begin to crawl and then walk they are more and more likely to explore. They may have more control over their limbs but they may not be able to get themselves out of trouble if they go under the water in the bath or fall into the garden pond.

In the bath your child needs you to stay with them at all times. Remember to empty the bath as soon as you've finished.

If you have a pond and a young child or baby they will be safer if you fill it in, fence it off or securely cover it. Ensure your garden is secure so that your child can't get to the neighbours' pond.

It's safest to empty your paddling pool after you've finished using it.

Older children

As children get older they love to test their skills and challenge themselves. They may start to feel confident about swimming but can overestimate what they can do. It's a good idea to teach them about safety around water.

Children under 8 years old need to be supervised around water. They might understand instructions but are likely to forget if they are having fun or are excited.

Encourage children to swim in safe places like swimming pools that have trained lifeguards. *Explain to them that swimming in canals, lakes or rivers is dangerous as there can be strong currents, deep water and objects lurking in the water that you can't see.*

When children and young people are carrying out activities such as canoeing or sailing or are on a small boat, they should always wear appropriate buoyancy aids/lifejackets.

At the beach

Teach your child to swim between the two-coloured red and yellow flags – these are the areas patrolled by lifeguards.

Think twice before letting your child take an inflatable into the sea as it's easy for them to be blown out to sea quickly. An orange windsock flying means it is especially dangerous.

Always constantly supervise children when they are in the sea.

Weekly events taking place at Harpenden Children's Centre

Day	Session	Venue	Information	Time
Mon	Monday Group	Magpie Room	Invitation only	9.45-11.45am
	Opportunity Class	Magpie Room	Supporting young children with significant delay or learning difficulties Referrals only.	1.00–3.00pm
Tues	Monkey Club	Magpie Room	Supported Mother & toddler group. By application only.	9.30-11.30am
	Postnatal Group	Chaffinch Room	A series of information and advice sessions with a different topic each week, usually led by a Health Visitor or Doctor.	Call/see website for the programme.
Wed	Toy Library	Magpie Room	An opportunity for your child to try out new toys. Registration fee & hire costs apply.	9.30-11am
	Opportunity Class	Magpie Room	As above	1.00-3.00pm
Thurs	Monkey Club	Magpie Room	As above	9.30-11.30am
	Opportunity Class	Magpie Room	As above	Every 2 weeks 1pm-3pm
Fri	Postnatal Drop-in	Chaffinch Room	Meet other parents over a coffee and chat to a health visitor if you have any queries.	10am-12pm
	Parenting Support Sessions	Southdown Centre	One to one and small group sessions. By appointment.	10am-12pm

Harpenden Children's Centre
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