



Windmill Children's Centre News

A SureStart Children's Centre serving Adeyfield, Highfield and St.Pauls



Christmas is Upon us!!



All of us at Windmill Children's Centre would like to wish everyone a Happy Christmas and a very Happy New Year!! We hope that the Christmas period does not prove too stressful and that 2010 brings each and everyone of you good fortune!

Windmill Children's Centre will be **SHUT** from Dec 24th and will **REOPEN** Jan 4th 2010!

We hope as many of you as possible will be able to join us for our **Christmas Party** on the 14th Dec 1-3pm.

This year the party will take place at Highfield Community Centre in

Bellgate. Please book your space in the normal way.

Some of our sessions are getting **VERY** busy now and we are having to restrict numbers due to room size. This leads to some families being disappointed when there are no spaces left when they try to book on. Please can we ask that if you book a place and then can't attend, that you cancel it with us giving us as much notice as you can. We can then offer the place to someone else.

If you see a group that you would like to attend that has a fee that prevents you attending please have a word with us as we might be able to subsidise your place.

We look forward to welcoming a second outreach worker to the team from January 2010! This worker will work 20 hours a week and it is likely that they will be available all day on a Tuesday and Thursday and Friday mornings....look out for more details in February's newsletter which will be out mid Jan 2010!

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Manager - Caroline



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Enjoying books with babies and children

Sharing books with your baby or child and reading aloud with them at bedtime is fun. Just by reading aloud together for 10 minutes a day you will see them grow into eager confident learners; learning how to listen and learning new words. Even babies that are too young to understand the story, will be soothed and calmed by your voice when you share a book with them. Children and babies love routines and rituals. The joy of looking forward to a story makes the bedtime routine so much more fun and exciting and ending the day with loving cuddles and a book

helps a child wind down ready for sleep.

It's never too soon to start sharing books. Babies and children who love books and the pleasure of hearing rhymes and stories have a flying start when it comes to learning to read themselves.

Top Tips: When sharing books sit close together; let your Child choose the book so they feel involved; You don't always have to "read" a book—try talking about the pictures and asking questions; try to relate the story to real life ie " Do you remember when we saw a dog like that...?";

try using different voices—it will make it fun to listen to; read favourite books over and over again so that they begin to remember, try making up stories you could even do this together; for younger children choose books with rhyme and repetition so they can join in! **Bookstart** provides **FREE** books for babies and children under 4. Ask your health visitor or library for more information. For more tips on great rhymes and books to share with your child visit www.bookstart.co.uk or www.bedtimereading.org.uk. Don't forget you can also borrow children's books **FREE** from your local library.



SureStart





What is Coming up at Windmill Children's Centre?



All Windmill Children's Centre activities must be booked

MONDAYS

Sunflower Centre-7th Dec 9.00-11.00
Run by an Independent Domestic Violence Officer offering emotional and practical support for victims of domestic abuse which includes emotional, physical, verbal and/or financial abuse.

Stay and Play-11th Jan 1.30-3.00
Come to this Free session to meet new friends, play with our toys and join in with a craft activity. Cold refreshments provided. Please ring us to book a place.

 **CHRISTMAS PARTY** Mon 14th Dec
1.00-3.00pm At Highfield Community Centre, Bellgate. There will be a disco, puppet shows, games, balloon modelling and Santa will be making an appearance!! Please contact us to book your place. **FREE**

TUESDAYS

Xmas Crafts — 8th Dec 10.00-11.00am.
Why not come along and have a 'crafty' Christmas with us and make decorations to treasure for years to come. **FREE**.

Little Butterflies-Under 21's Baby & Toddler Group - Every Tue except 29th Dec 12.30-2.30pm. The cost is £1 per child or £2 per family. Please phone Mairi (Health Visitor) on 07768 852014 for details.

HartBeeps for mobile babies and toddlers-5th,19th Jan 9.45-10.30am. Music and singing activity session. This ever popular activity costs £2-50 per child and £1-50 for additional siblings.

Childminder Support Network 12 Jan 7.00-9.00pm Great opportunity for Childminders from the area to get together and share good practice, ideas and talk about any issues.

HartBeeps Baby Wonderland

12th,26th Jan 9.45-10.30am Music, singing and activity session especially for the under 1's. £2-50 per child and £1-50 for additional siblings.

Weaning Talk - 26th Jan 11.00-12.00pm Are you worried about weaning? Is your baby ready to be weaned? Do you need some ideas on how to begin? Then come along to this **FREE** session run by health visiting staff. Places are strictly limited so please phone the Children's Centre to book.

WEDNESDAYS

Adult English - Every Wednesday 9.00-12.00pm term time only. Do you want to develop your skills in speaking English? Improve your speaking and listening? Do you want to help your children with their schoolwork? Do you want to get a speaking and listening qualification? Then phone us to book your place on this **FREE** course which is particularly aimed at adults who want to develop their skills in speaking English.

Dinky Dancers - 2nd Dec, 6th Jan 1.30-2.30pm. Come and watch your child's first dance moves! £2-50 per child and £1-50 for additional siblings.

Rhyme Time & Activities - 9th Dec 1.00-2.00pm & **20th Jan** 10-11.30am. Crafts with a nursery rhyme theme, bringing the rhymes to life. **FREE**.

Messy Play - 16th Dec 1.00-2.30pm and **27th Jan** 1.30-3.00pm. Come to this **FREE** session and make messy art. Better still, you don't need to worry about the mess!!

Educational Psychologist - 20th Jan 1.00-3.00pm. Covering your child's education or development and aimed at the age group 0-19. These are one to one, half hour sessions and need to be booked in advance by calling the Centre.

THURSDAYS

Under 1's & Parents to be Group **3rd,17th Dec** 9.30-10.45am & **14th,28th Jan.** 9.30-11am Come along with your babies or bumps to meet other parents at the same stage. **FREE**. **If you plan to stay on for the Well Baby clinic please leave the room and wait in reception until the health visitors call you in.**

HartBeeps Baby Wonderland

4th,10th Dec & 7th,21st Jan 10.00-10.45am Music, singing and activity session especially for the under 1's. £2-50 per child and £1-50 for additional siblings. See bold notice above re leaving the room after the session.

THURSDAYS

Well Baby Clinic - 3rd 10th, 17th Dec 11.00-12.30pm but please note from Jan it will be **EVERY Thurs but the times will change to 11.30-1.00pm**. Come with your babies to have weight checks and see your local health visitors. Also, from Jan there will be a **drop in** between 1.00-1.30pm when the health Visitors will be happy to discuss any general issues. **Please note there will be NO CLINIC on 24th and 31st Dec due to closure of the Children's Centre for the Christmas holiday. Clinic will resume on Thurs 7th Jan 2010.**

FRIDAYS

Walk & Weigh Group - Every Fri except 25th Dec and 1st Jan at 9.15am. Come along and keep a record of your weight. Walk circuits around Adeyfield with other parents (buggies welcome) and finish with a glass of squash. **FREE**. Meet in the Children's Centre.

HartBeeps for mobile babies and toddlers - 11th Dec 10.15-11.00am. Music and singing activity session. This ever popular activity costs £2-50 per child and £1-50 for additional siblings.

First Steps Lunch Club - Every Fri except 25th Dec and 1st Jan 11.45-1.00pm. For toddlers aged between 1 & 2. Bring a lunch along to our picnic and enjoy seeing your child engage with other children of the same age. **FREE**

Tiddlers Yoga with Babs (ran in the same format as Yogabugs) - 11th Dec & 8th Jan 1.30-2.00pm for children from 2 1/2 years old. Come and watch your children enjoy a yoga session! £2-50 per child and £1-50 for additional siblings.

Stay and Play-4th Dec 2.00-3.30
Come to this Free session to meet new friends, play with our toys and join in with a craft activity. Cold refreshments provided. Please ring us to book a place.

PLEASE NOTE THAT WE WILL BE CLOSED FROM 24TH DECEMBER UNTIL 3RD JANUARY FOR THE CHRISTMAS HOLIDAY PERIOD. WE WILL RE-OPEN FROM MONDAY 4TH JANUARY.

