



Windmill Children's Centre News

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

Windmill Children's Centre establishes itself in the community!

Windmill Children's Centre's first birthday was a great success. Lots of children and their families came to see how far we have come within a year and to enjoy our party, games, disco and of course, our delicious chocolate fudge birthday cake! It really was a lot of fun and no one could believe a year had passed already!

If you have not had a chance to come up and see what we have on offer, please feel free to pop in at any time. Don't forget that if you have a Dacorum card you can talk to us about getting a reduced fee to some of the activities that have a charge.

Since starting to register families, we have registered 189 families!!!

If you have not registered with us yet, please pop in and collect a registration form.

Our Parent's support group is changing format slightly and starting to run in blocks of 8 weeks. In the 8 weeks you will cover things such as: Being a parent, feeding, sleeping, behaviour (including temper tantrums and aggression, crying and sibling rivalry), and separation. If you would like to sign up for the 8 week group which will be on a Tuesday 1.30-2.45pm, with a free crèche, the first block of 8 weeks will begin on 21st April with the following group starting on June 23rd as the sessions run term time only. For more details or to book a place, call us at Windmill Children's Centre.

We are still desperate for volunteers, so if you fancy helping us out at activities, helping run crèches, planning and carrying out fundraising events, then please let us know. It is a really good opportunity to get some experience if you are thinking of returning to work in the future. We will need you to have a clear enhanced CRB form that we will arrange to get done for you and will offer support and training. Give us a call if you are interested!

Our extended schools co-ordinator at LINK Dacorum has recently got married! We wish them both a very happy future. Lisa is now Lisa Britton and her email address is now esco.linkdacorum@hertsextedschools.org.uk

Choosing a home childcarer?

There are many options available for you when considering childcare including pre schools and day nurseries. In this area we have 3 pre schools, 4 private nurseries and 4 maintained nurseries. If you need more information on these, please give us a call, drop in, or look on our website.

Another option for your childcare is childminding. This can be more flexible than some of the other forms of childcare and also has the advantage of being able to be a bit more spontane-

ous. Registered childminders are regularly inspected by Ofsted, have public liability insurance, enhanced CRB checks, are qualified in first aid, and have to undertake unit 1 of the Diploma in Home based Childcare. They are ideally placed to care for small groups of children and siblings can be cared for together in a home from home environment. Childminders can offer flexible hours and can do before and after school care.

If you are interested in finding out more about what childminders offer, pop into us or call the the NCMA on 0800 169 4486 or www.ncma.org.uk. The Family Information Service (01428 737502) have details of all registered childminders in the area and we have details of some childminders that have vacancies in this area. We also have leaflets that act as a guide for parents when choosing a home based carer.

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Manager - Caroline



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SureStart



What is Coming up at Windmill Children's Centre?

All Windmill Children's Centre activities must be booked

- **Tuesdays - 1.30-2.45pm. Parent Support Group** If you would like to sign up for the 8 week group starting 21st April, please contact us at Windmill Children's Centre. There is a free crèche available by prior arrangement. During the 8 weeks you will cover things such as being a parent, feeding, sleeping, behaviour (including temper tantrums and aggression, crying and sibling rivalry), and separation.
- **Wednesday April 1st — 9.45-1.00pm First Aid for Babies and Children** at Windmill Children's Centre. Call Paradise on 01442-413194 to book your place now
- **Thursday April 2nd/16th & 30th — 10-10.45am. Hullabaloo Babies** Multi sensory play for babies from birth to 18 months. £3.50 paid directly to the facilitator, Sylvia. This session is held fortnightly
- **Thursdays in April — Well Baby Clinic**—11.00-12.30pm. Come with your well babies to have weight checks and see your local health visitors. This is a weekly session
- **Fridays April 3rd/17th & 24th - First Steps Group - 11.45-1.00pm.** For toddlers aged between 1 and 2. A natural follow on to our Bumps and Under 1 sessions. Come along and enjoy seeing your child engage with other children of the same age group.
- Windmill Children's Centre will again host drop in sessions for people suffering from domestic violence. The sessions are run by an Independent Domestic Violence Officer from The Sunflower Centre. The Sunflower Centre offer emotional and practical support for those who are victims of domestic abuse. Domestic abuse includes emotional, physical, verbal and/or financial abuse. The workers can give practical help, support and advice. The session at Windmill runs from 9-11am and will be on **Monday 6th April**, and then will be on the first Monday of every month.

- **Friday April 3rd — 1.30-2pm Yoga Bugs** 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.
- **Wednesday April 8th — 1.30-2.30pm Dinky Dancers**- Come and watch your child's first dance moves! £2.50 per child and £1.50 for additional siblings.
- **Thursday April 9th & 23rd — Under Ones/Parents to be Group** Come along with your babies or bumps to meet other parents at the same stage. Free Fortnightly
- **Wednesday April 15th - 9-11am Childminder's Toddler Group** For childminders and the children they care for based in this Children's Centre area.
- **Friday April 17th - 2.30-4pm Baby Massage** Have a taster session for £4.00. A 4 week course will start on Friday May 8th.
- **Monday April 20th — 10-11.30am. Stay & Play** at the Windmill Children's Centre. Come to this free session and play with our toys.
- **Tuesday April 21st - 11-12.30pm Cooking with your toddler** Come along and learn to make a healthy turkey burger with your child. A free session run by a nutritionist and will be in Broadfield School. Please book via the Windmill Children's Centre. You will need to complete a booking form regarding food allergies **no later than Thursday 16th.**
- Starting on **Wednesday April 22nd - 7-9pm**, and running every Wednesday for 5 weeks concluding on 20th May, **Getting Through The Day**. A free course run by YMCA suitable for parents of 0-3 year olds. It will focus on: Routines and boundaries. Understanding difficult behaviour. Keeping it all going. Faddy eaters and healthier options. Keeping it all going and Looking after ourselves. The course will be held at the Highfield Community Centre. Call us to book your place.

- **Friday April 24th — 10.15-11.00am HartBeeps** Music, singing and activity session. This ever popular activity costs £2.50 per child and £1.50 for additional siblings.
- **Wednesday April 29th — 10-11.30am Messy Play** Come along to this free fun session and make messy art. Better still, you don't need to worry about the mess!!
- The **Educational Psychologist** will be at Windmill Children's Centre on **Wednesday April 29th** between 1-3.00pm, 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.



DATES FOR YOUR DIARIES

- If you have concerns about bullying, Parentline Plus are running a **4 week course** at Windmill Children's Centre covering all aspects of this difficult problem including cyber bullying. This free course begins on **Wednesday 6th May** and continues on **13th & 20th May** and **3rd June**. The sessions are from **9.30-11.30am**. If you would like to book a place, please phone Nicola Fisher, who is a Parent Support Worker for the Link Dacorum Extended Schools Consortium, on 07538 600323.
- **Mums of Steel** is back!!! Post natal exercises designed for all abilities for you to do with your child in it's buggy!! Starting on **Thursday 14th May** in the grounds of Broadfield School. The cost is £3 per session and will run for 8 weeks. You will need to complete a short health questionnaire before your first session. You must be 6-8 weeks post birth but can join at any point throughout the programme.