



Windmill Children's Centre News

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

New Preschool open in Highfield

A new preschool called **Highfield Play Group** will be opening after the October half term on Tuesday, Wednesday, Thursday and Hopefully Friday from 9.30 - 12pm.

They will be taking children aged between 2 - 5 yrs. The Play group will be based at The Heights Community Hall. For more details please call Sarah Solts [manager] on 01442 409645.

Changes to booking Antenatal Classes

To book your antenatal Classes you now have to book them online. To download a form, please go to:

www.westhertshospital.nhs.uk/clinicalservices/women-services/maternity/parent-education/booking.asp

Parents will need their Hospital number for the form.

Dads Parent and Toddler Group

If you are a dad interested in a Dacorum weekday Parent & Toddler group please let us know as we are looking into the possibility of setting one up in Dacorum, but we need to know if there is a need

There will be a **parents Forum** at Windmill Children's Centre on the 23rd November 10 - 11.30am we need to know what you would like the Windmill Children's Centre to offer in the future and give us feedback on the services we offer and how they could be improved. A free Crèche and Cake will be available. Come for as long or as short a time as you can!

Windmill Children's
Centre

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Change for life

Fun, Free and Easy ways to get your kids happy and healthy. We all want our children to grow up to be happy, healthy adults. But it can sometimes be hard to know how. So here are 7 easy tips to help you keep your kids feeling great:

1. **Sugar Swaps;** Swapping sugary snacks and drinks for ones that are lower in sugar can make a huge difference to kids' calorie intake. Not only that, but it's better for their teeth too.

2. **Meal Times;** It's important for kids to have regular, proper meals as growing bodies respond better to routine.

Try to organise the day around three regular mealtimes.

They call breakfast the most important meal of the day and it's certainly a great way to give kids the energy they need to give them a kick start, so don't let them skip breakfast.

Eat together whenever you can. Kids copy parents, brothers, sisters & friends - so when they see other people happily eating lots of different, healthy foods, they'll follow suit.

3. **Me size meals;** Even though they're growing, it's important to make sure kids get the right amount for their age - not too little and not too much. Remember an Adults tummy is bigger than a kid's tummy - try and give them a portion that matches their size.

It's also healthier to give a smaller portion to begin with, and then let them ask for more if they're still hungry.

Watch packaging sizes. Lots of foods and drinks are designed for adults or for sharing.

4. **Snack Check;** Many snacks are full of the things that are bad for us - sugar, salt, fat and calories. So try and keep a careful eye on how many the kids are having.

5. **5 A DAY;** It's easier than you think to give your kids five portions of fruit and veg a day. For kids, one portion is roughly a handful. Frozen & canned fruit and veg count too. An unsweetened fruit juice or one smoothie a day count as one of the five.

6. **Cut back fat;** We all know too much fat is bad for us. But it's not always easy to tell where it's lurking. Cut down on snack foods as they're often jam - packed with fat. Try and keep foods like crisps, buns, cakes and biscuits as occasional treats.

7. **60 Active Minutes;** Kids need to do at least 60 minutes of activity a day to help them stay happy and healthy. But it doesn't have to be sport - running around and having fun outside count too.

Walk instead of taking the car - if it's walkable, walk it.

Get them splashing about. Whether it's lengths of the pool, or just playing in the shallow end, a trip to the pool is a great way to get them moving and wear them out.



Manager - Caroline



Outreach Worker - Karen
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SureStart



What is Coming up at Windmill Children's Centre?

All Windmill Children's Centre activities must be booked

Stay & Play - Mon 2nd 10.00-11.30am. Come to this **FREE** session to meet new friends, play with our toys and join in with a craft activity. Cold refreshments provided.

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

Adult English - Every Wednesday 9.00-12.00pm. Do you want to develop your skills in speaking English? Improve your speaking and listening? Do you want to help your children with their school-work? 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 - Wed 4th 1.30-2.30pm. Come and watch your child's first dance moves! £2-50 per child and £1-50 for additional siblings.

Under 1's & Parents to be Group - Thurs 5th & 19th 9.30-11.00am. Come along with your babies or bumps to meet other parents at the same stage. **FREE**.

Well Baby Clinic - Every Thurs 11.00-12.30pm. Come with your babies to have weight checks and see your local health visitors.

Walk & Weigh Group - Every Fri @ 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.

If you are unable to attend a session you have booked the please can you call us on 01442 426303 to cancel. This is so we can offer the place to someone on our reserve list. Thank you.

HartBeeps Baby Wonderland - We now have alternate Thurs and Alternate Fri sessions on: **Thurs 12th, 26th**, 10.00-10.45am. **Fri 6th & 20th** 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.

First Steps Lunch Club - Every Fri 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**

Baby Massage - Fri 6th 1.30-3.00pm. The last session of this popular course costing £5-00 per session.

HartBeeps for mobile babies and toddlers - Fri 13th & 27th 10.15-11.00am. Music and singing activity session. This ever popular activity costs £2-50 per child and £1-50 for additional siblings.

Yoga Bugs - Friday 13th 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.

Rhyme Time & Activities - Wed 18th 1.00-2.00pm. Crafts with a nursery rhyme theme, bringing the rhymes to life. **FREE**.

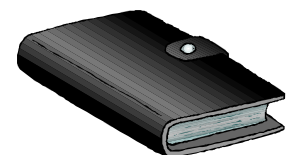
Parents Forum on your Children's Centre - Mon 23rd 10.00-11.30am. Have **your** chance to shape the future of your Children's Centre by giving us our views on the services we offer and, what you would like to have on offer in the future.

Talk on Weaning - Tues 24th 11.00-12.30pm. 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 local Health Visitors. Places are strictly limited so please phone the Children's Centre to book.

Sunflower Centre - Mon 7th December 9.00-11.00am. 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.

Messy Play - Fri 27th 2.00-3.30pm. Come to this **FREE** session and make messy art. Better still, you don't need to worry about the mess!!

Educational Psychologist - Wed 25th 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. **There is one appointment left for November. Please call us as soon as possible if you wish to book a slot for December 30th.**



Dates for your diary

Fri 4th Dec— Stay and Play 2-3.30

Wed 9th Dec—Rhyme Time 1-2

Fri 11th Dec—Yoga Bugs 1.30-2