



A Sure Start Children's Centre
Beeford

WINTER/SPRING TERM PROGRAMME 2017

Beeford and surrounding area
Children's Centre Tel: 01262 481699

Term-time sessions from
Monday 9 January – Friday 7 April



Family Links Nurturing Programme

Children are rewarding, stimulating and fun – but looking after them can be stressful and challenging. The Family Links Nurturing Programme helps deal with those challenges so that you can have a calmer, happier family life.

The programme helps us think about what we do, why we do it and how it makes us feel.

Over the 10-week programme you will look at lots of different topics including:

- Understanding why children behave as they do
- Recognising the feelings behind behaviours (ours and theirs)
- Exploring different approaches to discipline
- Find ways to develop co-operation and self-discipline and children
- The importance of looking after ourselves.

This term we will be running a course together with Hornsea children's centre – partners are welcome and it's also fine to come on your own or with another relative or friend. If you are interested please contact the centre.

To book for Family Links or ask about any of our sessions, support or services please do not hesitate to ring or pop into the centre.

100 things to do before you are six!!

part one



'spreadthehappiness.co.uk' have compiled a list of 100 things to do before you are six. So celebrate childhood with your children, or let out your inner child, by trying these ideas – we'll be giving you part two next time!

1. Make a scrapbook of your favourite things or people
2. Play Jack in the Box in a large cardboard box
3. Have a themed birthday party
4. Do one kind act for others each week of a whole year
5. Grow tomatoes and eat them
6. Stay up late to look at the stars with a night time picnic
7. Visit a 'pick your own' farm and pick your own!
8. Play apple bobbing
9. Toast marshmallows on a fire pit outside
10. Jump on your bed
11. Ride on a carousel horse at the fair
12. Eat ice cream from an ice cream van
13. Bash a piñata
14. Play party games like pass the parcel or musical chairs
15. Slide down a garden water slide
16. Slide full body on a muddy field
17. Be a pirate for a day, build a ship, dig for treasure
18. Explore your garden looking for mini-beasts
19. Make a sock puppet and do a show
20. Do a coin rubbing with paper and crayons
21. Go for a ride on a train – a steam train even better
22. Visit old people and tell them a story or sing them a song
23. Chalk on the pavement
24. Learn to play hopscotch
25. Go rock pooling – catch a crab in a bucket
26. Feed the ducks
27. Learn a poem
28. Make perfume with flower petals and bottles
29. Eat at a restaurant – not a fast food one!
30. Bake fairy cakes and lick the bowl
31. Have a tea party for your toys
32. Sing out loud and dance as often as possible
33. Take part in a show
34. Learn to swim
35. Hold a sparkler and write your name in the air
36. Run so fast you think you can fly
37. Go to a pantomime
38. Roll boiled eggs down a hill
39. Bottle feed lambs
40. Play pooh sticks on a bridge over a river
41. Throw leaves in the air
42. Crunch through autumn leaves
43. Grow a seed into a plant – sunflowers are great
44. Walk bare foot in mud / sand or even jelly!
45. Hunt for conkers
46. Write a message and put it on a helium balloon – let it go!
47. Post a card to a family friend
48. Make bread from scratch
49. Jump in the waves
50. Fish with a fishing net ...

... to be continued in our next newsletter!

Time	Activity	Description	Where?	Book?	Dates
MONDAYS					
9.00 – 10am	Let's Play	<i>For parents and carers of children who are confident toddlers upwards: join us for imaginative and messy play, stories and singing. Younger siblings welcome. With Take and Make, Toy Library available, Term Time.</i>	Brandes-burton school	✗	Fortnightly 16 & 30 Jan 13 Feb 6 & 20 Mar 3 Apr
9 – 11am	Baby & Toddler Play Group ♦	Community based Weekly play session run by parents. With Children's Centre Take and Make and Toy Library joining you on ...	Long Riston Village Hall	✗	27 March
1.30 – 3pm	Infant Massage	<i>A five week course for babies age 6 weeks to crawling to promote bonding and relaxation. Plus support on early days as a new parent, keeping safe and early learning.</i>	Children's Centre	To book	16 Jan – 13 Feb 6 Mar – 3 Apr
6 – 8pm	Family Links	A 10 week course for parents / carers to make the most out of family life including managing children's behaviour. Telephone Beverley 01482 880066	Beverley Children's Centre	To book	16 Jan – 27 Mar (Term-time)
6 – 8pm	Home Births	<i>For all parents-to-be at any stage during pregnancy: midwifery-led information sessions to find out more about giving birth at home. Call 01482 382658 to book.</i>	Beverley Children's Centre	To book	9 Jan, 13 Feb, 13 Mar, 10 Apr
TUESDAYS					
9 – 10.30am	Let's Play	This session is for parents / carers with children under 5. Fun activities promoting child development. Aims to ease the transition to pre-school / Nursery for you and your child. With Children's Centre Take and Make and Toy Library.	Wawne Primary school	✗	Fortnightly 17 & 31 Jan 14 & 28 Feb 14 & 28 Mar
9-10.30am	Let's Get	<i>For parents and carers of children who are confident toddlers upwards: join us for imaginative and messy play, stories and singing. Younger siblings welcome.</i>	Children's Centre	✗	Weekly Starts 10 Jan (Term-time)
1-3pm	Our Time	Five week course for mums with low mood to increase confidence, reduce stress and anxiety and meet other mums. Limited crèche places available.	Hornsea Children's Centre	To book	Dates to be confirmed
WEDNESDAYS					
9 – 11am	Community Play Group ♦	Community based Weekly only play session run weekly by childminders and parents. Supported by the Children's Centre with Take and Make joining you on ...	Brandes-burton Methodist Hall	✗	29 March
9.00 – 10.30am	Babies Playing / Creepy Crawlies	<i>Babies: birth to crawling. An opportunity to meet other new parents over activities to stimulate your baby's development.</i> <i>Babies: crawling to confident toddling: With soft, sensory and messy play to encourage your child's development</i>	Children's Centre	✗	Weekly starting 11 Jan (Term-time)
9.30am – 11.30am	Healthy Child Clinic	Speak to a health visitor or children's centre team about your child's health and development.		✗	Monthly 1 Feb 1 Mar 5 Apr
10.30 - 11.30am	Breast Feeding	An opportunity for expectant and breastfeeding parents to meet new people and gain support. None breastfeeding families welcome.	Children's Centre	✗	Weekly starting 11 Jan
9.30 – 11.30am	Tots Stop Play Group ♦	Community based Weekly play session run by childminders and parents. Supported by the Children's Centre with and Make joining you on ...	Leven Recreational Hall	✗	22 Mar
9.30 – 11.30am	Jelly Tots Play Group ♦	Community based Weekly play session run by parents. Supported by the children's Centre with Take and Make joining you on ...	North Frodingham Village Hall	✗	15 Mar
9.30 – 11.30am	Play Group ♦	Community based play session First and Third Wed of the month run by Rev Andy Simpson. For more details Tel: 01964 564634. Supported by the children's Centre with Take and Make joining you on ...	Skirlaugh Parish Church	✗	5 Apr
1.30 – 3pm	Talk Time	6 week programme , support for children with language and early communication difficulties. <i>(If you would like advice on your child's language and communication development, contact the centre and ask to speak to a member of staff).</i>	Children's Centre	By invite	11 Jan – 15 Feb 1 Mar – 5 Apr

THURSDAYS

9 – 10.15am	Let's Play	This Monthly session is for parents / carers with children under 5. Fun activities promoting child development. Aims to ease the transition to pre-school / Nursery. With Children's Centre Take and Make and Toy Library.	Leven Primary School (In the school hall)	✘	Monthly 12 Jan 9 Feb 9 Mar 6 Apr
9.30 – 11am	Baby & Toddler Play Group ♦	Community based weekly play session run by parents. Supported by the Children's Centre with Take and Make and Toy Library joining you on ...	Long Riston Village Hall	✘	2 March
1.30 – 3pm	Baby & Toddler Play Group ♦	Community based weekly play session run by parents. Supported by the Children's Centre with Take and Make joining you on ...	Beeford Community Centre	✘	23 March
6 – 8 pm	Family Links	A 10 week course for parents / carers to make the most out of family life including managing children's behaviour. Working in partnership with Hornsea Children's Centre.	Beeford Children's Centre	To book	12 Jan – 16 Mar (Term Time)

FRIDAYS

9.45 – 11.15am	Let's Play	This session is for parents / carers with children under 5. Fun activities promoting child development. Aims to ease the transition to pre-school / Nursery. With Children's Centre Take and Make and Toy Library	Skipsea Primary School	✘	Weekly 13 Jan -7 Apr (Term-time)
1.45 – 3.15pm	Once Upon a Story	<i>For parents, carers and children under five:</i> Join us in bringing stories to life with story time and singing, puppets and crafts. With Toy Library and Take and Make! Also opportunity to join for free and explore the mobile library.	Children's Centre	✘	Monthly 13 Jan 10 Feb 10 Mar 7 Apr
2.30 – 3.30pm	Let's Play	This session is for parents / carers with children under 5. Fun activities promoting child development. Aims to ease the transition to pre-school / Nursery. With Children's Centre Take and Make!	Skirlaugh Primary School	✘	Fortnightly 20 Jan 3 & 17 Feb 3, 17 & 31 Mar

SATURDAYS

10.00 – 11.30pm	Saturday Club	Stay and Play sessions for male carers and their children up to 9 years.	Children's Centre	✘	Monthly 7 Jan 4 Feb 4 Mar 1 Apr
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♦ **Services in the community are not endorsed by the Children's Centres, nor do the centres accept any liability for any service provided by a voluntary agency / groups at the centre.**

✘ **Drop in – no need to book: activities / sessions & Groups.**

Please note that all children must be accompanied by a responsible adult at all times

OTHER SERVICES AVAILABLE THROUGH BEEFORD CHILDREN'S CENTRES

Antenatal Support	The children's centre can offer support and information for preparation for your baby. We can also signpost you to sessions at Beverley and Hornsea Children's Centres.
Sensory environment	A place where children can explore and develop their senses and skills in a stimulating yet calming atmosphere. Ideal for children with additional needs. Simply call the centre to book when available.
Home learning	Bags of support, play advice, activity cards, story sacks and Book start to support your child's learning and development at home.
Take and Make & Toy Library	A selection of toys to borrow and cheap craft resources to buy, with ideas to help you have fun with your child ... creating the next masterpiece!
Clothes Swap	Call into the centre and have a look. Why not bring in clothes your child has grown out of. Also, take a look at what we have and the clothes are free to take away.
Public Access computer	If you need to access the internet, support with CV writing or adult education opportunities, Please ring for availability or information.
Advisory Board	Advisory Board meetings are held 4 times a year, and give partners the opportunity to support and challenge service developments. Parents are welcome to join us to represent parents in our community.
Volunteering	If you are interested in volunteering, please contact the centre for more information and complete an application form.
Transition to school	Is your child due to start Nursery / School? Are you and your child ready for the transition? For more information contact the centre for support with school readiness, filling application forms with child development skills such as getting out of nappies, drinking from a cup, holding a pencil, establishing good bedtime and morning routines and much much more.

SESSIONS UPDATE

Children's Centres reaching out in the community:

We are pleased to announce that the centre continues to reach out to the community with a range of activities for young children. Support and information is available and starts from antenatal stage and continues as your child grows, so register at the earliest opportunity with your centre and join us on your Children's Centre journey.

Infant Massage: Massage is beneficial for all babies. Long before babies are able to speak, they communicate with the world around them through touch. The power of touch to soothe and heal is instinctive. If a baby cries, we often cuddle them or stroke their back. Massaging your baby is an extension of this natural impulse and by joining other parents in the group you will be able to share your experiences and well as learn about the benefits of massage.

Saturday Club: Dads Group continues on a monthly basis and feedback from those who come along has been extremely positive: Saying "it's good to have somewhere to come to play with my Grandson, where there are other men spending time with their children". If you're a Dad, Grandad or male carer why not come along and check it out!! First Saturday of the month from 10 – 11.30am.

CHANGE OF DAY ...

Babies Playing / Creepy Crawlies – Please note that this session now takes place Weekly term time, on Wednesdays at the Children's Centre from 10-11.30am. Once per month it is combined with the healthy child clinic, so whilst you stay and play and meet other parents, you can also speak to a Health Visitor.

Let's Get – now takes place weekly at the centre on Tuesday mornings from 9-10.30am

BOOK START CORNER ...

This programme is completely free to you!

"Children who read regularly at home with their parents have better communication skills, and increased attention span and are more creative and imaginative".

A member of staff from the children's centre who is trained in the Book start programme will:

- Visit you at home up to four times.
- Gift your child/ren free books and mark making materials.
- Help you with fun new ideas for sharing stories, books and rhymes with your child/ren.



Remember our one-to-one support!

You can drop in to Beeford Children's Centre and ask to speak to a member of the team for information and advice on a range of issues such as weaning, behaviour, getting ready for starting school, budgeting, parenting and much more.

For more information about any of our services and activities, or to book onto any of our sessions please contact:

Beeford and surrounding area Children's Centre

Main Street, Beeford YO25 8AY

Tel: (01262) 481699

Other services may be available at other Children's Centres and local venues.

For further information please contact the Families Information Service Hub (FISH) on (01482) 396469



Tel: (01482) 396469
E: fish@eastriding.gov.uk
W: fish.eastriding.gov.uk

East Riding of Yorkshire Council will, on request, provide this document in Braille, large print or in audio. Please call **0800 849 5060** if you require this.



Jesteśmy tu, by Tobie pomóc. Naszym celem jest udzielenie każdej osobie dostępu do naszych usług. Jeśli życzysz sobie tł/umacza, prosimy zadzwonić na ten numer **0121 377 2880**.