

Children's Centres Family Fun



July/August 2020 04 edition



**giving
your child
a better
start**

Hip, hip hooray! It looks like the sun has finally got her hat on, so it must be time to come out to play! With all the stresses we've faced over the past few months, we're sure a little

sunshine is welcomed by us all. Having been cooped up at home for so long, it's been lovely to venture out and take in the beautiful world around us and appreciate life. We've all faced struggles and it's been impossible to avoid the changes that have happened but hopefully, you've adapted well and can safely move forward with enjoying life.

So, grab your little ones and get outside to take in the scenery!





Baby and me

Have you ever noticed how your baby's beautiful face, those chubby cheeks, sparkly eye's and that mischievous smile is somehow more fascinating to watch than even the best Oscar-winning film? That's no coincidence. The two of you are hardwired to thoroughly enjoy each other's company. And if you follow your instincts and develop a great rapport now, you could set them up for a lifetime of amazing relationships.

Snuggling, playing, and even making goo-goo eyes at your baby are all key to healthy development. Here are some ways to bond with baby

Breastfeed your baby. It's not just about nutrition, when your little one snuggles up against you to feed, they hear your heartbeat, smell your scent and are reassured by skin-to-skin contact.

Give a massage. The benefits of massaging your baby are staggering, and you'll feel like a superhero as they giggle and coo in delight. Find out more about the benefits here nct.org.uk/baby-toddler/everyday-care/baby-massage-tips-and-benefits

Sleep when they sleep. Do not feel guilty for hitting the sack early. A well-rested parent is a happy parent and your baby will benefit most from that.

Do something sweet for your partner. Whether you realise it or not, your baby is picking up on the bond their parents share. Strengthen it by making a special dinner or taking the time to watch a movie together...just like old times!

Make an appointment with a book. It's never too early to share a book. Bonus points if you can put on a different voice for each character.

Make a playlist and channel your inner Beyonce. Pick five of your favourite tunes- play them for baby regularly and sing along. You'll get a kick out of it when they start to bounce along eventually, and it's always good for them to hear your voice.

Take pleasure in the poop. Yeah, we said it. The nappy change gets a bad rap, but you can make it fun by singing a happy song while you wipe, marvelling at how cute your baby's smile is when they hear your voice. The National Literacy Trust has some lovely clips and information about talking with your baby smalltalk.org.uk

If you go down in the woods today...

On Friday 10 July, Lambeth Better Start Area Children's Centres hosted our first ever virtual Teddy Bear's picnic to celebrate national Teddy Bear's picnic day!

All five of the Better Start Areas came together to host an action packed hour filled with songs, games and stories. We really enjoyed listening to 'The hungry caterpillar' story and how he munched his way through so much food to become a beautiful butterfly.

We also had lots of fun on our bear hunt, twirling and whirling through our shaving foam snow-storm and swishing and swooshing through the glittery grass! We hope you were able to join us but don't worry if you didn't make it, you can catch up on all the fun we had by visiting the **Lambeth Children's Centre's Teddy Bears Picnic** at bit.ly/3fKriMa

Bored at home with your little one? Why not make some simple, homemade musical shakers and have a good, old boogie together?

Get a small, empty, plastic bottle (1 pint milk cartons are perfect for younger children to hold and grip). Make sure the inside is clean and dry then fill the bottle with some rice, lentils, or kidney beans. Make sure the lid is on tightly then secure it with some duct tape to ensure it is childproof.

Next, get your child to decorate by gluing and sticking decorative materials, stickers or simply drawing and colouring the bottle. Now, you're ready to shake, rock and roll!



Let's make French Toast

School readiness, starting with language and communication

Reading books and singing songs with your child is great for many reasons. It's fun, good for bonding and is also an excellent way to develop your child's speech and language skills. Stories and songs are very repetitive and contain lots of the first words that children use. Pictures and actions can also help children learn new words.

Read and rhyme together anywhere you are, whenever you want. You don't need lots of equipment or even a fantastic singing voice! Try making up your own songs to help with daily routines like brushing teeth or getting dressed.

Use actions when singing together. Your child might be able to join in with the actions before they can join in with singing. Repeating the same songs or stories often will help your child to learn those new words.

For more information on speech and language, please visit:

Chattertime Live!

Tuesdays 10.30am and Thursdays 2.15pm, virtually through Facebook. Live on [facebook.com/EvelinaLondonSLT/](https://www.facebook.com/EvelinaLondonSLT/)



Prep time: 5mins - **Cook time:** 5-10 mins - **Equipment:** Large bowl, large frying pan, whisk/fork, spatula - **Ingredients:** 3 slices of bread 1 egg 60ml milk (1/4 cup) 1 tsp oil Topping of choice (fruit, cheese, etc.)

1. In a large bowl whisk together the egg and milk until they are well combined
2. Pre-heat a large frying pan over medium heat, if the pan is non-stick you will not need oil, if it is not, you may want to add 1 tsp oil.
3. Take a slice of bread and dip into the egg mixture until it is coated on both sides and then place in the pan.
4. Repeat for all slices and cook for around 2-3 minutes each side until golden brown

Serving suggestions

- French toast can be served savoury with some cheese or simply buttered
- It can also be served sweet with some cinnamon and any fruit you might have, such as banana and berries.

Recipe provided by HENRY – working in partnership with LEAP to provide practical nutrition support. Services are tailored to each family's needs and circumstances. Online workshops and 1-1 sessions are all available: leaplambeth.org.uk/families/health/family-nutrition/

A message from LEAP....

We're still here to help you cope with change, enjoy healthy family meals, and take part in fun learning activities with your children.



Before lockdown you might have been to messy play at St Matthew's, Friday Family Fun at Myatt's Field, or breastfeeding sessions at Stockwell Children's Centre. Our aim is still to give children aged 0-3 a better start in Coldharbour, Stockwell, Tulse Hill, and Vassall. While we can't see you in person, many of our groups are running over the phone or online. Find out what's on: leaplambeth.org.uk/families

New this summer, our experts help you play, create and explore with your child using everyday items found at home. They'll develop lots of important skills and you'll find out exactly what your child is learning. From crafts to board games, role play and treasure hunts to story time, find a new activity each week on LEAP's home learning page: leaplambeth.org.uk/fun-activities-early-years

We know that this is still a stressful time for everyone: adults, children and babies. Find out how you can support your children with their feelings: leaplambeth.org.uk/emotionalsupport

Stay safe and well and we'll hopefully see you soon.

Throughout the lockdown, Lambeth Children's Centres have been able to continue providing valuable help and support across the community.

As we move to the next stages of recovery, we have looked at ways in which we can safely begin to conduct some (much welcomed) face to face support and we are pleased to announce that we are now offering one to one sessions such as, 'Chat & Play' and 'I am ready for nursery'. These sessions will be held in Children Centres across Lambeth. We will also continue to provide activity resource packs and virtual learning and play sessions online.

To find out more visit lambeth.gov.uk/children-young-people-and-families/coronavirus-covid-19-information-about-services-for-children-and



How do I get Children's Centre Support?

Families living in Lambeth with children aged 0-4 can get Children's Centre Support by calling:

020 7926 2369 from 9am to 5pm, Monday to Friday.

Or fill out this form

forms.lambeth.gov.uk/requestsupportfromchildrenscentre/launch and someone will get in contact with you.

To book a one to one appointment, please visit the Lambeth Better Start website and look for details on your nearest Children's Centre.

You can also book phone consultation appointments for Citizen Advice.