



NEWSLETTER

November 2011

A Sure Start Children's Centre

The Children's Centre is a place where local families with children aged birth-5yrs, expectant mothers and local residents can access services and information, a one-stop-shop for the community.

Stay and Play News

Monday stay and play sessions for 0-3 year olds will be coming to an end as of 14th November 2011.

Sessions will now be:

Wednesdays 1.30pm-3.00pm for babies 6wks—6mths old at All Saints Church Hall.

Fridays 9.30am-11.00am for children 0-5 years old at South Ascot Church Hall.

BOTH GROUPS ARE TERM TIME ONLY

Basic First Aid for Parents

A 2 hour session

Next session: **Thursday 19th January 2012**

1.00pm-3.00pm

At All Saints Church Hall

There is a £5 charge per adult for attendance
Creche places are available on a first come first serve basis (**No extra charge**)

Please call the centre to book

01344 624754 or 07512 850387

Calling all Dads!

Bring your little ones along to SaturDADS—Lots of fun activities for you to enjoy as well as a great outdoor area!

10.00am-12noon on alternate Saturdays

**Future dates:- 14 Jan, 28 Jan, 11 Feb, 25 Feb,
10 Mar, 24 Mar**

Venue: South Ascot Village School, Foundation stage site, Liddell Way, SL5 9UT.

Change of venue Speech and Language Drop-In

The Speech and Language drop-in which runs on the 1st Monday of each month, is moving venues. From January 2012 it will be held in our annex on Ascot High Street (between Lloyds and Barclays banks). Same time 9.00am-11.30am. Please drop-in if you have any questions or concerns over your child's language development.

PLEASE NOTE: this drop-in is for children from birth to 5 years old.

Dates for 2012 are: 9th Jan, 6th Feb, 5th Mar, 2nd Apr

Calling all Parents!!

We are looking for parent volunteers to join the Children's Centre Advisory Group. This is an opportunity for you to help shape future community services for local families, and input your thoughts and ideas.

At present the group consists of representatives from a variety of services such as Midwifery, Childminders, Pre School Leaders, Health Visiting and the Children's Centre. We currently have five parents that attend but we need more volunteers.

We only meet 3 times a year!—if you would be interested, please contact Laura at the Children's Centre for more information.

We hope to hear from you !

Healthy Start

You can pick up your Healthy Start Vitamins and drops from either of our children's centre sites.

Just bring along your vouchers or alternatively you can purchase them from us.

You can also pick them up from your Health Visitor or Midwife

**HEALTHY
START**

Breastfeeding Support

Laura, Debbie and Tara have all recently completed the UNICEF baby friendly training which enables them to support mums with breastfeeding. Please pop in to see them.

Your Health Visitors are also available for support. Contact them on **01753 636523**

What's New...

Next Step

Carole Nicholl is available on Tuesdays for one to one appointments for people looking to get back into work or re-train. She can support with job searching, CV writing, new career paths etc.

Please call 0800 1954 700 to book.

Educational Psychologist

We are really lucky to have Jane McFadyen at Stay and Play once a month until March.

Please come along to see her, she can support families with a range of subjects including; child behaviours, change in family circumstances, transition into school, child development and much more.

**Jane will be at stay and play on;
9th Dec, 13th Jan, 3rd Feb, 16th Mar**

One to one appointments are also available by booking through the children's centre.

If you have any questions or enquiries, please do not hesitate to contact us, or pop in!

01344 624754

Or

07512 850387

Don't forget to visit our website:

www.southscotchildrenscentre.co.uk

Fantas²c Food Finders Programme!

We have **6** spaces available to join our Fantas²c Food Finders Programme starting Monday 9th January 2012.

This is a 5 week programme to learn and find out more about what's in the food we eat, get ideas for meals and much much more!

Contact us for details

A crèche will be provided for your little ones.

The weekly sessions will be 1.30pm-3.00pm

Held at All Saints Church Hall

PLEASE NOTE: this is not a group to help with weaning

School Admissions Sept 2012

If you are a resident of the Royal Borough of Windsor and Maidenhead and you have a child whose date of birth is on or between

1 September 2007 - 31 August 2008, then you will be required to apply for a primary school place for the 2012-2013 academic year.

This application needs to be made by **16th January 2012.**

If you have not received an information pack please phone 01628 685602 as soon as possible.

Please visit:- www.rbwm.gov.uk for more info

Meet your local Councillors and have your say!

Cllr Peter Comber will be at stay and play on Friday 25th November from 10am

Cllr John Story will be meeting our 1st time mums group on Tuesday 6th December

Staff News

Welcome to Debbie Oates who you will be seeing at our stay and play sessions. Debbie is a Nursery Nurse who also delivers our Parents as First Teachers programme (PAFT)

Parent satisfaction surveys – feedback

A big THANKYOU! to those of you who recently completed a parent satisfaction survey. We constantly review the services that we offer to ensure they meet the needs of our local community.



Overall **28.8%** of you said you were **satisfied** with the services available at south ascot children's centre with the majority of you at **71% are Very Satisfied!**

Here are some of your comments;

Since accessing the children's centre; **33%** of you feel like better parents, **51%** said your child is now more stimulated and **64%** feel your child has gained in self confidence

When asked, "Is there anything else you would like to tell us....?"

"Friendly staff, great sessions" "We really value the service"

"Coming to stay and play is great for carers and children"

When asked, "How could we improve.....?"

"more activities for children 20 months upwards" "more trips in the summer!"

"The Saturdays could have an email group set up for newsletters / dates of session reminders for local dads"

"a group for babies 6 months to 1 year"

As a result we are going to;

- ◆ Look at extending our Wednesday group to accommodate baby's up to 1 year
 - ◆ Set up a dad's email group to circulate information,
 - ◆ Revise our stay and play planning to ensure activities reflect the needs of children 3 years upwards.

Activity Corner – Pat Mat

Here is a cheap and easy to make activity for your child, taken from our Parents as First Teachers Programme (PAFT).

Age suitability:- 5 months upwards or when your baby can sit upright

Materials needed:

- ◇ Zip lock freezer bag
- ◇ Water
- ◇ 4 objects that will float i.e., lids from milk bottles, glitter, sponge shapes, bright pieces of plastic.
- ◇ Tray or heavy folded towel

Fill the zip lock freezer bag 1/3 full of water.

Drop in your four objects

Press out any remaining air

Zip closed securely

Tape closed if necessary

How to use:

- ◇ Place your baby in their high chair and place the pat mat on the tray
- ◇ Show your baby how to pat the bag to make the floating objects move.
- ◇ Talk to your baby about what he/she is doing: the motions they are making, the movement of the objects, the feel of the mat etc.

Why is this important?

- ◇ This is a simple home made toy for sharing attention. Sharing attention between parent and baby fosters **secure attachment** and **language development**.
- ◇ At this age babies learn through their senses and their movements.
- ◇ Connecting words to a tactile experience helps babies learn language.



CHRISTMAS CLOSURES

The Children's Centre will be closed from

**Monday 19th December —
Tuesday 3rd January
2012**



Playdough Recipe

Ingredients:

- 1 cup of salt
- 2 cups of water
- 3-4 tbsp of oil
- 4-5 tsp of cream of tartar
- Small amount of food
- Colouring (add with water)

Why not try adding:

Oates, rice or glitter for texture. Or essential oils such as Vanilla or lavender for smell.

Method:

- Place all the ingredients into a pan and mix together.
- Heat on the hob stirring constantly until it has combined into a big lump of dough.
- Turn out of the pan onto a floured surface and knead (when cool enough!)
- If it is sticky add more flour.

