

Children's Centres Family Fun

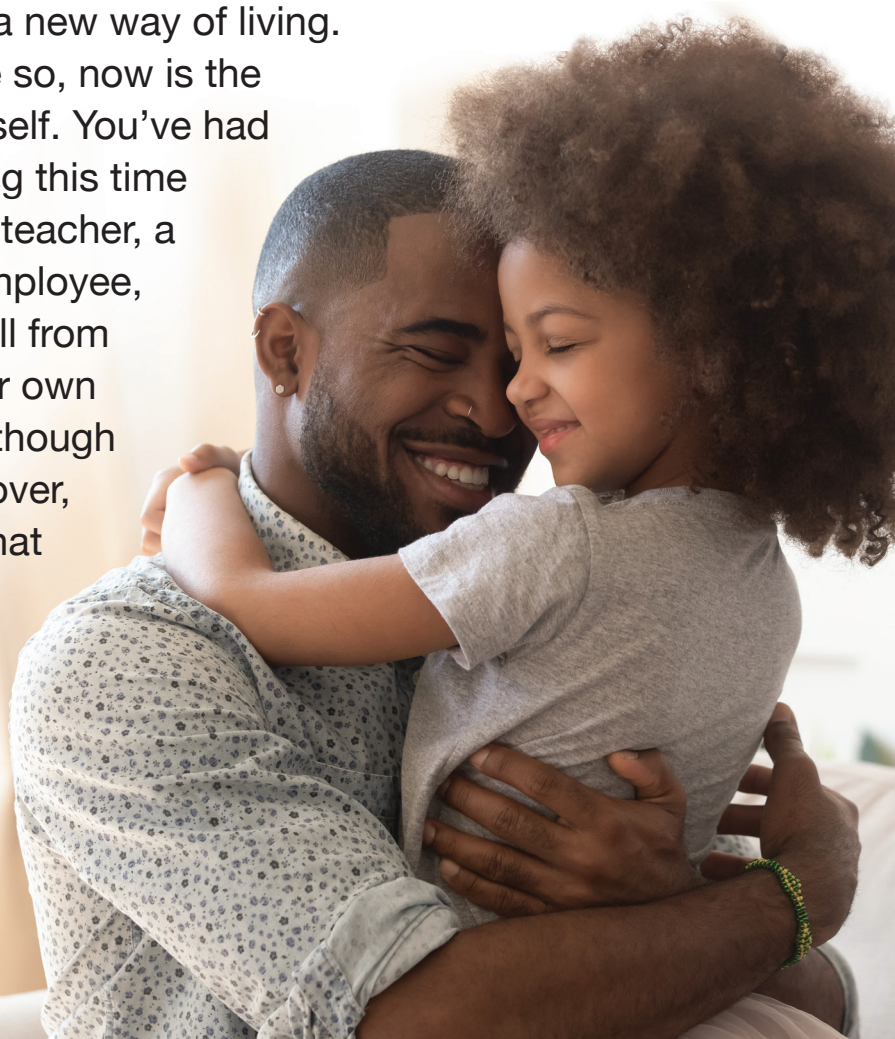


June 2020 03 edition


Lambeth

**giving
your child
a better
start**

As the Covid 19 lockdown of the past few months eases, and many in our community begin to return to school, work and some sort of 'normality', we can all say that we have witnessed first-hand how the world has so suddenly changed and how we've all had to adapt to a new way of living. If you've not already done so, now is the time to congratulate yourself. You've had to juggle many roles during this time such as being a parent, a teacher, a cook, a cleaner and an employee, all at the same time and all from within the confines of your own homes- well done you! Although the pandemic is far from over, we have started to see what life looks like on the other side of lock down, and social-distancing it seems, is here to stay. Welcome to a whole new world!





Lambeth Better Start Area Children's Centres actively practise and promote equality and inclusion and we feel that it is important to highlight our support for Black Lives Matter.

Our children are the future. Nobody is born with discrimination or ignorance in their hearts and it is our job to educate, guide and equip the future leaders of our world. It is our responsibility to teach our children about diversity and equality. Teaching them about being kind to everyone and understanding and respecting other people's differences, explaining how our differences make us special and unique. This **Parent's Guide to Black Lives Matter** is a helpful resource to start the conversation.

A great book to read to children to support this message is 'Happy in Our Skin' by Fran Manushkin, which recognises the value of diversity. Also try 'Little Leaders', a range of aspirational books for children by author Vashti Harrison.

Sunday 21 June is Father's Day, a day to celebrate dads and important male figures in your life, be it granddads, uncles or even big brothers.



Find simple ways to make them feel special like encouraging the children to draw them a lovely picture, make a cool card How about making a photo frame from a cardboard box? Use a rectangular shaped piece of cardboard and cut out a smaller

rectangle in the middle. Get the children to decide how they'd like to decorate. Maybe colouring it, or drawing on it, sticking tissue paper or stickers, however they'd like it and then its ready for the special photo to be stuck inside. How about trying out the recipe below and making some yummy Father's Day Medal biscuits? Try out the recipe on page 3.

As some children return to school to complete the summer term, many children remain at home with the possibility of not returning until at least September.

Some children may be feeling nervous, anxious or scared about returning to school after being away for so long. Ask them how they feel, talk about the emotions they are feeling and give them plenty of reassurance.

Kids feel safer and less anxious when they know what to expect. Have honest, age appropriate talks regarding going back to school and the changes there might be like a new teacher or new classroom or new routines.

Many children will be starting school for the first time and their first experience will be totally different to the 'first day of school experience' any of us have had before. Prepare your child for school readiness by encouraging their independence and selfcare, teach them skills like putting on and taking off their coat and shoes.

Ensuring they are able to recognise their own name in written form will help with identifying things like coat pegs and book bags and sitting for short periods to listen to stories or sing songs will prepare your child for circle time and other more structured learning.



As the weather has started to heat up, why not try some sensory ice play?

Sensory play promotes many learning experiences and encourages the use of all 5 senses. Freeze large blocks of ice in different shapes and sizes for children and babies to explore in a basin on the floor. They'll enjoy trying to hold and grip the ice as it melts and slips through their hands.

Be mindful of choking hazards as the ice melts and gets smaller. Some children might not like the coldness of ice and may prefer a good, old splash with some waterplay instead!

Lambeth Better Start Area Children's Centres have been proud to continue providing advice, support and assistance to families of young children across Lambeth throughout the Covid 19 pandemic.

We would like to take this opportunity to say a huge thank you to all of the many organisations and charities that have provided their services, enabling us to continue serving our community. So many have been volunteering and donating as well as providing essential food parcels and activity resources for children and their families.

We especially would like to thank:

- City Harvest
- Kat and her team of volunteers
- Healthy Living Platform
- Leap
- Norwood, Brixton and Vauxhall Food Bank
- Bloodyperiod.com
- London Children's Book Project
- Loughborough Farm



Yummy Father's Day Biscuit Medals Recipe

You will need 140g butter, 100g light soft brown sugar, 3 tbsp golden syrup, ½ tsp vanilla extract, 350g plain flour, plus extra for dusting, 1 tsp bicarbonate of soda, 1 large egg. To decorate: icing sugar, food colouring, edible glitter and icing pens (options). 15 long, colourful ribbons. Method:

1. Heat oven to 200C/180C fan/gas 6. Line 2 baking trays with baking parchment. Melt the butter, sugar and syrup in a small saucepan. Mix in the vanilla, remove from the heat and leave to cool for 10 mins.

2. Sieve the flour and bicarbonate of soda into a bowl. Pour in the melted butter mixture and the egg and stir together to form a stiff-ish dough. Pop the dough in the fridge for 10 mins to chill and firm up.

3. Roll the dough out on a floured surface to 5mm thick, then stamp

out 15 circles using a 7.5cm round cookie cutter; you may need to re-roll the trimmings to get 15 cookies. Make a hole at the top of each circle with the end of a pencil.

4. Place on the baking trays and bake for 12 mins until golden, swapping the trays around halfway through. Cool on a wire rack. Decorate the cookies, making sure the hole is at the top of each one. Thread a ribbon through each hole and tie. These biscuits will keep for 3 days in an airtight container.



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**. Alternatively, fill out this form and someone will get in contact with you lambeth.gov.uk/childrens-centre-support

Do you live in the Streatham area? Lambeth Council is currently consulting on proposals about which buildings are used for the delivery of Better Start children's centre services in the future. You can have your say by visiting lambeth.gov.uk/streathambetterstart

Have you used Better Start children's centre services during the coronavirus pandemic? **Give us your feedback here.**

