

Children's Centres Family Fun



September/October 2020 05 edition



giving
your child
a better
start

Hello everyone! We hope you and your families have had an enjoyable summer despite the difficulties and hardships the Covid 19 pandemic has forced upon us all. After months of being in lock down and cooped up at home, with government guidance, we've finally been allowed to see family members and friends that we've missed during this time. A few of us have been able to travel safely and we're sure lots of us have indulged in some discount dining! Some of us have already returned to work and many are preparing our children to return to nursery or school. So much has changed, and there are many new rules for us to adhere to, to keep ourselves and each other safe. Please remember to stay safe by washing hands, wearing face coverings when needed and maintaining our social distance.





Children's centres are now open and offering one to one and small group sessions such as Stay & Play, Chatterbox and Chat & Play as well as delivering adult learning courses.

We are also continuing to offer online sessions, phone support and early learning activity packs.

Due to social distancing, there are limited spaces and all sessions are bookable only.

Please contact your local children's centre for more information on what's available and how to book.

Alternatively, you can call the Lambeth central helpline: **020 7926 2369** from 9am to 5pm, Monday to Friday.

Or fill in this form and someone will get in contact with you.

[lambeth.gov.uk/childrenscentres](https://www.lambeth.gov.uk/childrenscentres)

Vitamin D

Vitamin D is important for the development of strong bones and good health.

We all need it but pregnant women and babies from African, Afro-Caribbean, Middle-Eastern or Indian ethnic backgrounds are especially at risk of having low levels of Vitamin D.

Free Vitamin D is available for all women that are pregnant, breastfeeding or have recently had a baby and all children under 4 in Lambeth.

For more information ask your local pharmacist, Health Visitor, Midwife or GP or visit [love.lambeth.gov.uk/free-vitamin-d-for-healthy-teeth-and-bones/](https://www.love.lambeth.gov.uk/free-vitamin-d-for-healthy-teeth-and-bones/)

Pairs

The Parent and Infant Relationship Service (PAIRS) helps parents spend quality time with their baby or child, and to improve their relationship.

Being a parent doesn't always come naturally. It's common for parents to feel overwhelmed, feel a dip in confidence and struggle with new responsibilities. Parents may also have challenging feelings about themselves, their partner, or even their baby or toddler at times.

You might be worried about:

- Feeling overwhelmed – surely this should be a time of happiness?
- Not feeling connected to your child
- Your baby or toddler's toilet training, sleep, tantrums and/or difficult behaviour
- Not getting on with your partner and worrying how it affects your family
- How difficult memories of your own childhood will affect parenting

Our 1-1 and group services (online at the moment) aim to help you support your child's development and wellbeing, improve your confidence and manage the stress of being a parent.

We're available to support expectant parents and parents with children 0-4 who live in Tulse Hill, Stockwell, Coldharbour and Vassall.

Find out more online and sign up at: [lambeth.gov.uk/parenting](https://www.lambeth.gov.uk/parenting)

Lambeth's Parenting Support Service

Being a parent isn't easy, and it's normal to need some help along the way. Lambeth's Parenting Support Service helps families to access the right support for them, whether this be taking part in a parenting course, completing a virtual programme online or accessing a one to one service.

All the support offered is 'evidenced-based', which means it has been proven to make a difference for families. To find out more, and to register with Lambeth's Parenting Support Service, visit [lambeth.gov.uk/parenting](https://www.lambeth.gov.uk/parenting).

It's a bug's life!

As we move into the autumn season, spare a thought for all the bugs out there without a home!

How about helping your child to build a bug hotel? Creating somewhere for critters to live will introduce your child to nature, provide many learning opportunities and gives a chance to do something fun together.

Look for natural materials such as leaves, pinecones, woodchips, bark and twigs and recyclable materials like toilet paper rolls, newspaper and plastic bottles.

Get yourself an old shoe box and stuff it with all the materials compressing them together inside the box making it as snug as a bug (excuse the pun)!

Leave the box in an outdoor area and wait to see who comes to check in!

Look out for spiders, ants, beetles and any other bugs that might come to visit.



Black History Month

October is the start of Black History Month in the UK. This is a time to learn about the history, arts and culture of black British people and to also celebrate their achievements.

Why not explore a cultural dish with your child like our yummy Caribbean Saltfish fritters and Pineapple punch recipes (right).



Caribbean Saltfish Fritters

- 125g/4½oz salt cod, or other saltfish, soaked in water overnight (water changed several times)
- 100g/3½oz self-raising flour
- ¼ red pepper, diced
- ¼ green pepper, diced
- ¼ onion, finely diced
- 100g sweetcorn
- freshly ground black pepper
- vegetable oil, for shallow frying

1. Drain the soaked salt cod and cook in boiling water for 20-25 minutes, or until the fish is flaky and tender. Drain the salt cod and flake the flesh, removing the skin and any pin bones.

2. Tip the flour into a bowl and stir in enough cold water to make a thick paste (about

250ml/9fl oz). Stir in the salt cod, red and green peppers, onions and sweetcorn and season with freshly ground black pepper.

3. Heat 2.5cm/1in vegetable oil in a deep heavy-based frying pan until a breadcrumb sizzles and turns brown when dropped into it. (CAUTION: hot oil can be dangerous. Do not leave unattended.)

4. Carefully place spoonful's of the batter into the hot oil and fry for 2-3 minutes, or until the fritters are crisp and golden-brown (you may need to do this in batches). Remove from the pan with a slotted spoon and set aside to drain on kitchen paper to remove any excess oil.

Pineapple Punch

- 1 large fresh pineapple or use a large carton of fresh pineapple juice
- 1/2 100ml/4oz cup of vegan condensed milk, use more if required
- 1/2 tsp of nutmeg
- 1/2 cup of water
- 1/4 tsp of vanilla powder or extract

1. Cut the top and bottom of the pineapple and slice away the skin on the outside to reveal the yellow flesh.

2. Slice the pineapple horizontally and then chop into small chunks.

3. Pour the pineapple chunks and water into the blender and blitz until it's all broken down.

4. Use a large strainer or cheesecloth to extract the juice (press down or squeeze firmly, depending on your chosen method).

5. Add the nutmeg, vanilla and condensed milk to the jug of pineapple and sweeten to taste.

Give the large jug of juice a good stir or you can use a blender instead which may result in froth which is normal.

Serve immediately

Supporting Early Literacy

Did you know that parents are a child's first and most important educators? They have the greatest influence over children, particularly in their early years. Evidence shows that what parents do at home with their very young children has a major impact on social, emotional and intellectual development.



All parents can enhance their child's progress if they engage regularly in activities that encourage positive social development and thinking. The play activities seen to have the most impact are, reading and sharing books, going to the library, going on visits, playing with letters and numbers, singing songs and rhymes, drawing and painting and playing with friends.

Children with strong early home learning environments are ahead in both social and cognitive development at the age of three. This advantage continues as the children progress through school.

Making it REAL is a programme from the National Children's Bureau (NCB) and LEAP (The Lambeth Early Action Partnership) which is being delivered across Lambeth and focusses on improving early literacy by showing parents how important they are to their children's learning.

You can find out more on [LEAP's website](#) and by contacting Angela Russell using arussell@ncb.org.uk



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.