

Children's Centres Family Fun



November/December 2020 06 edition



giving
your child
a better
start

Hello everyone, we hope you are all safe, well and that you handled lockdown 2 as best you could. As we emerge from this last lockdown we hope that you have been able to

find coping mechanisms and make lockdown more manageable for you and your children.

All Lambeth Better Start Area Children's Centres are open and here to support you and your child. We have put measures in place to ensure the safety of all families and staff while still delivering bookable, small group play sessions, and family support. Please stay safe and remember to wash hands, cover faces, and maintain a social distance... take care.





Wellness during a Pandemic (Or any other time)

During the pandemic, we thought we would use the opportunity to think about how to keep ourselves mentally well.

How can we keep ourselves safe during a pandemic? We have government directives on how we can keep ourselves safe physically, but very little on how to keep ourselves emotionally and mentally well. There is no hand washing to prevent social isolation, no mask to defend us from being furloughed or made redundant and the two-metre rule does not help when we are working from home and caring for our children.

Many of you will be missing the excitement of travelling abroad and getting on an aeroplane. Most of us are not so keen on the airport terminal trauma on departure, or the baggage carousel conundrum at the other end, but the moment the stewardess starts running through the safety procedures we know we are on our way.

“In the event that the cabin is de-pressurised a mask will drop from above you. Please ensure you put yours on first before helping others.” That advice works as well for us emotionally on the ground as it does physically in the air.

So, how do we look after ourselves emotionally? There are plenty of materials online and a multitude of books to read, but where do we start, and who is “good”?

Here are some ideas. They are not rules, but they may help.

- **Visit a Lambeth Library.**

Check them out online to find out what services they are offering. lambeth.gov.uk/leisure-parks-and-libraries/libraries/lambeth-libraries-and-archives-start-to-reopen

- Taking the time to read a book for ourselves, or sharing one with our children, can be our “Quiet Time” or their “Special Time”.
- Subscribe to Audible or another

spoken word book club. You will find titles suitable for children and adults, and there are some great subscription deals to be had.

- **Meet a friend** in one of Lambeth’s many beautiful parks, commons and hidden gems. Take a flask of coffee, maybe a sandwich or snacks, dress the children in warm clothes and wellies and let them splash in the puddles and kick leaves. You and your friend can then “Offload” in relative peace and set yourselves a Quick Win.

- If your child still naps, give yourself permission to nap at the same time. Or have some **Quiet Time**. It is amazing how liberating either can be.

- **Visit a Lambeth Children’s Centre.** There are many activities, for both you and your child, both face to face and virtually, in action at the moment. We have adult classes such as ESOL, Cooking, Sewing, Mosaic Making and Yoga. There will be a centre in your area offering activities that you can be involved in. In addition to those, our Early Years and Family Practitioners are delivering small groups including “Stay & Play”, “Baby Explorers” and more.

Lambeth Children’s Centres are an incredible resource and our centres are staffed by supportive and committed people. In current times, when things may seem to be overwhelming, we can offer a place to meet others, a place to find activities for our children, and a friendly and professional listening ear. Our Better Start Workers can help you to find independent solutions to the wide range of issues that many young families are facing, especially in these times.

Speech and language tip of the month!

More comments, fewer questions

When you talk to your young child about what they are doing, you are helping them to match the right word to the right object, action or description. Talking to your child about what they are doing is called 'commenting'. Commenting is a great way to increase your child's language and vocabulary as it helps to make the connection to words.

Don't ask too many questions, being tested is not fun! Children who are asked too many questions may switch off or get stressed.

Try turning your questions into comments. For example, instead of saying "what's this?" say "it's a car". Instead of saying "what are you doing?" say "you're driving the car". Try using a ratio of 5:1, 5 comments for every one question.

evelinalondon.nhs.uk/resources/patient-information/community-slt-language-guide-read-rhyme.pdf

Free childcare and early learning for 2 year olds

Your child could be eligible for up to 15 hours a week of free early learning. Lambeth providers are continuing to offer safe, secure, and high-quality Ofsted registered childcare. You can be confident that your child will be protected as they learn and play. Lambeth offers a wide range of safe, secure, and high quality registered childcare so you can be confident that your child will be protected and have a positive time. **Find out if you qualify and apply online today at lambeth.gov.uk/freeearlylearning**



Christmas cranberry, oats and pecan bites recipe

Ingredients

- 300g oats
- 3 teaspoons cinnamon
- 200ml milk (almond, oat or cow's milk)
- 200g cranberries fresh or defrosted frozen ones
- 75g pecan nuts (or leave out if you want nut free)

- 100g honey or maple syrup
- Coconut oil/ olive oil/ sunflower oil for greasing

You will also need

- 20cm x 20cm square cake tin
- Baking paper to line it on the bottom and two sides i.e. about 20cm x 35cm

Instructions

- Preheat your oven to 180C.
 - Grease your 20cm x 20cm square tin with oil and line with baking paper. Grease the baking paper too.
 - Place the oats and cinnamon in a bowl and mix well. Then add the milk and mix together until combined. The mixture will be quite stiff as the oats quickly absorb the milk.
 - Add the cranberries, pecans and maple syrup and mix thoroughly – some of the cranberries will get squished, don't worry, that's a good thing. In fact it is to be encouraged as it makes these porridge squares even better!!
 - Tip the mixture into the prepared tin and flatten.
 - Bake for 20-25 minutes until golden on top and quite firm if you press the middle down.
 - Allow it to cool for 5 minutes and then remove them from the tin (use the baking paper to help you) and place on a chopping board. Cut into 16 squares.
 - The cranberry porridge squares can be eaten warm or cold. Once cold, store in an airtight tin. They will keep well for a few days (well, in theory!).
- If you have frozen cranberries, they need to be defrosted first, but you can do this really quickly and easily by placing them in a bowl of warm water for 5-10 minutes and then you are good to go!

Christmas snowflakes

Hooray, Christmas is nearly here! After a very different and quite surprising year, many of you will be looking forward to a little festive cheer...who's got their Christmas tree up yet? Why not get the kids to make some beautiful, new decorations for the tree which you can treasure and roll out every year!

You will need some ice lolly sticks, paint, glitter, glue and some string.

Get your child to paint the sticks in whatever colour they like and wait for them to dry. To make a snowflake, put some glue at the centre of a stick and then stick another stick diagonally across it making a cross. Now stick a third stick running through the centre of your cross- you should end up with a shape resembling a snowflake. Now it's ready to decorate. Put some glue on your sticks and cover with glitter (be sure to shake off any excess glitter). You could stick cotton wool balls (like snow) at the end of each peak or some shiny stars. Finish by attaching some string with glue or tape and your homemade snowflake is ready to be hung on your tree or around the house.

Try making a Christmas tree using 3 sticks, two the same size and one slightly shorter. Stick the 2 longer stick together into a V shape then attach the shorter stick across the bottom making a triangle shape- there's your tree. Cut a small square piece of card and stick at the bottom of the triangle to make a 'pot' and cut out a star shape for the top of your tree. Now decorate with glitter, tiny cotton balls or pompoms or anything they like really. And now you have some sentimental keepsakes to use year after year.



We're here to help

Lambeth Children's centres are 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.

forms.lambeth.gov.uk/requestsupportfromchildrenscentre/launch

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.