

# AUTUMN TERM PROGRAMME 2017

Beeford and surrounding area  
Children's Centre Tel: 01262 481699

Term-time sessions from  
Tues 6 September – Fri 22 December

## Areas We Cover:

The map below shows the areas we cover from our base at Beeford. Further information of where we are out and about are detailed inside. We look forward to seeing you.



A Sure Start Children's Centre  
Beeford



## BUILDING A HAPPY BABY

### A LITTLE BIT OF SCIENCE

New babies have a strong need to be close to their parents, as this helps them to feel secure and loved. When babies feel secure they release a hormone called oxytocin, which acts like a fertilizer for their growing brain, helping them to be happy babies are more confident children and adults.

You can help develop your baby's growing brain by:

- Holding, smiling and talking to your baby
- Responding to their needs for food and comfort
- Having skin to skin contact
- Not leaving your baby to cry

Information taken from UNICEF Building a Happy Baby



#### MYTH

Babies become spoilt and demanding if they are given too much attention.



#### REALITY

When babies' needs for love and comfort are met, they will be calmer and grow up to be more confident.

**New Monthly Sessions: Bumps to Babies and New Arrivals**  
**Drop In sessions at Beeford Children's Centre ...** call in to see a member of the team for support and advice in pregnancy and the early days and few weeks after birth.  
*See dates and times inside*

Time	Activity	Description	Where?	Book?	Dates
<b>MONDAYS</b>					
9.00 – 10am	<b>Let's Play</b>	<i>For parents and carers of children who are confident toddlers upwards: join us for imaginative and messy play, stories and singing. Younger siblings welcome. With Take and Make available on 9 Oct and 20 Nov.</i>	Brandesburton school	✗	<b>Fortnightly</b> 11 & 25 Sept 9 & 23 Oct 6 & 20 Nov 4 & 18 Dec
9 – 11am	<b>Baby &amp; Toddler Play Group</b> ♦	Community based <b>Weekly</b> play session run by parents. With Children's Centre Take and Make joining you on 18 Sept and 27 Nov	Long Riston Village Hall	✗	<b>Weekly</b>
1.30 – 3pm	<b>Infant Massage</b>	<i>A five week course for babies age 6 weeks to crawling to promote bonding and relaxation. Plus support on early days as a new parent, keeping safe and early learning.</i>	Children's Centre	To book	Starts 6 Nov
6 – 8pm	<b>Home Births</b>	<i>For all parents-to-be at any stage during pregnancy: midwifery-led information sessions to find out more about giving birth at home. Call 01482 382658 to book.</i>	Beverley Children's Centre	To book	11 Sept 9 Oct 13 Nov 11 Dec
<b>TUESDAYS</b>					
9 – 10.30am	<b>Let's Play</b>	This session is for parents / carers with children under 5. Fun activities promoting child development. Aims to ease the transition to pre-school / Nursery for you and your child. With Children's Centre Take and Make on 10 Oct and 21 Nov.	Wawne Primary school	✗	<b>Fortnightly</b> 12 & 26 Sept 10 & 24 Oct 7 & 21 Nov 5 & 19 Dec
9-10.30am	<b>Let's Get</b>	<i>For parents and carers of children who are confident movers to toddlers and upwards: join us for imaginative and messy play, stories and singing. Younger siblings welcome.</i>	Children's Centre	✗	<b>Weekly</b> (Term-time)
1-3pm	<b>Me Time</b>	Five week course for mums with low mood to increase confidence, reduce stress and anxiety and meet other mums. Limited crèche places available.	Hornsea Children's Centre	To book	Starts 7 Nov to 5 Dec
<b>WEDNESDAYS</b>					
From 9.am	<b>Sensory Room</b>	<i>Relax and play before joining babies playing session.</i>			
9.30 – 11.00am	<b>Babies Playing</b>	<i>Babies: birth to crawling. An opportunity to meet other new parents over activities to stimulate your baby's development.</i>	Children's Centre	✗	<b>Weekly</b> (Term-time)
9.30am – 11.30am	<b>Healthy Child Clinic</b>	Speak to a health visitor or children's centre team about your child's health and development. <i>(please phone the centre before attending to check health visitor is present)</i>	Children's Centre	✗	<b>Monthly</b> 6 Sept 4 Oct 1 Nov 6 Dec (Subject to change)
11 -11.30am	<b>Infant Feeding</b>	Stay and chat after babies playing: An opportunity for expectant and breastfeeding parents to meet new people and gain support. None breastfeeding families welcome. When your baby is around 6 month, explore ideas with our family co-ordinators for introducing solid food	Children's Centre	✗	<b>Weekly</b>
9 – 11.30am	<b>Little Links</b> ♦	Community based <b>Weekly</b> play group run by Sue Clark and Brandesburton Links. (term time only). Supported by the Children's Centre with Take and Make joining you on 20 Sept & 22 Nov	Brandesburton Methodist Hall	✗	<b>Weekly</b>
9.30 – 11.30am	<b>Leven Tots Stop Play Group</b> ♦	Community based <b>Weekly</b> play session run by childminders and parents. Supported by the Children's Centre with Take and Make joining you on 27 Sept and 29 Nov	Leven Recreational Hall	✗	<b>Weekly</b>
9.30 – 11.30am	<b>Jelly Tots Play Group</b> ♦	Community based <b>Weekly</b> play session run by parents. Supported by the children's Centre with Take and Make joining you on 11 Oct and 6 Dec	North Frodingham Village Hall	✗	<b>Weekly</b>
1.30 – 3pm	<b>Talk Time</b>	<b>6 week programme</b> , support for children with language and early communication difficulties. <i>(If you would like advice on your child's language and communication development, contact the centre and ask to speak to a member of staff).</i>	Children's Centre	By invite	Starts 13 Sept Starts 8 Nov
<b>THURSDAYS</b>					
9 – 10.30am	<b>Let's Play</b>	This <b>Monthly</b> session is for parents / carers with children under 5. Fun activities promoting child development. Aims to ease the transition to pre-school / Nursery. With Children's Centre Take and Make on 12 Oct	Leven Primary School (In the school hall)	✗	<b>Monthly</b> 14 September 12 Oct, 9 Nov 7 Dec
9.30 – 11am	<b>Baby &amp; Toddler Play Group</b> ♦	Community based <b>weekly</b> play session run by parents. Supported by the Children's Centre with Take and Make joining you on 26 Oct	Long Riston Village Hall	✗	<b>Weekly</b>
1 – 2pm	<b>New Arrivals</b>	<b>POSTNATAL DROP IN ...</b> <i>For babies under 8 weeks; advice and support for you and your baby's first few weeks together.</i>	Children's Centre	✗	<b>Monthly</b> 14 Sept 12 Oct 9 Nov 14 Dec

1.45 – 3.15pm	<b>Baby &amp; Toddler Group</b> ♦	Community based <b>weekly</b> play session run by parents. Supported by the Children's Centre with Take and Make joining you on 28 Sept and 30 Nov	Beeford Community Centre	✕	<b>Weekly</b>
5-7pm	<b>Bumps to Babies</b>	<i>ANTENATAL DROP IN ... For parents-to-be at any stage of pregnancy, information and advice on growing a healthy baby, exploring your baby's development, bonding with your bump, and all aspects of caring for your new-born.</i>	Children's Centre	✕	<b>Monthly</b> 7 Sept 5 Oct 2 Nov 7 Dec
6 – 8pm	<b>Family Links</b>	A 10 week course for parents / carers to make the most out of family life including managing children's behaviour. (Courses will be available at other centre on other days and times, see FISH website for more information).	Children's Centre	To book	Starts 14 Sept
<b>FRIDAYS</b>					
9.45 – 11.15am	<b>Let's Play</b>	This session is for parents / carers with children under 5. Fun activities promoting child development. Aims to ease the transition to pre-school / Nursery. With Children's Centre Take and Make on 13 Oct and 24 Nov.	Skipsea Primary School	✕	<b>Fortnightly</b> 8 & 22 Sept 13 & 27 Oct 10 & 24 Nov 8 Dec
10-11.30am	<b>Introduction to Solid Foods</b>	Join us for information and advice on ways to support your baby with baby led weaning, first foods and top tips for ideas and recipes for family meals.	Children's Centre	✕	15 Sept, 27 Oct, 8 Dec
10.30-12pm	<b>Infant Massage</b>	<i>A five week course for babies age 6 weeks to crawling to promote bonding and relaxation. Plus support on early days as a new parent, keeping safe and early learning.</i>	Children's Centre	To book	Starts 22 Sept
1.45 – 3.15pm	<b>Once Upon a Story</b>	<i>For parents, carers and children under five:</i> Join us in bringing stories to life with story time and singing, puppets and crafts. With Take and Make! Also opportunity to join for free and explore the mobile library.	Children's Centre	✕	<b>Monthly</b> 22 Sept 20 Oct 17 Nov 15 Dec
2.30 – 3.30pm	<b>Let's Play</b>	This session is for parents / carers with children under 5. Fun activities promoting child development. Aims to ease the transition to pre-school / Nursery. With Children's Centre Take and Make joining you on 29 Sept and 24 Nov.	Skirlaugh Primary School	✕	<b>Fortnightly</b> 15 & 29 Sept 13 & 27 Oct 10 & 24 Nov 8 Dec
<b>SATURDAYS</b>					
10.00 – 11.30pm	<b>Saturday Club</b>	Stay and Play sessions for male carers and their children up to 9 years.	Children's Centre	✕	<b>Monthly</b> 2 Sept 7 Oct 4 Nov 2 Dec
♦ <b>Services in the community are not endorsed by the Children's Centres, nor do the centres accept any liability for any service provided by a voluntary agency / groups at the centre.</b>					
✕ <b>Drop in – no need to book: activities / sessions &amp; Groups.</b>					
<b>Please note that all children must be accompanied by a responsible adult at all times</b>					

#### OTHER SERVICES AVAILABLE THROUGH BEEFORD CHILDREN'S CENTRES

<b>Advisory Board</b>	Advisory Board meetings are held 4 times a year, and give partners the opportunity to support and challenge service developments. Parents are welcome to join us to represent parents in our community.
<b>Antenatal Support</b>	The children's centre can offer support and information for preparation for your baby. We can also signpost you to full programme of sessions at Beverley, Driffild and Hornsea Children's Centres.
<b>Book Start</b>	Children's centres deliver and promote Bookstart, and the Book Trust messages by: <ul style="list-style-type: none"> <li>➤ Highlighting the importance of sharing stories, books and rhymes.</li> <li>➤ Helping to prepare children for school and give them a flying start with reading.</li> <li>➤ Signposting families to other means of receiving their packs. Working in partnership with your local Library.</li> </ul>
<b>Breastfeeding Support</b>	Staff are Unicef trained to give support and guidance on breast feeding. <b>Please pop in or call, no appointment necessary, or ring to request a home visit.</b>
<b>Clothes Swap</b>	Call into the centre and have a look. Why not bring in clothes your child has grown out of. Also, take a look at what we have and the clothes are free to take away.
<b>Home learning</b>	Bags of support, play advice, activity cards, story sacks and Book start to support your child's learning and development at home
<b>Sensory environment</b>	A place where children can explore and develop their senses and skills in a stimulating yet calming atmosphere. Ideal for children with additional needs. Simply call the centre to book when available.
<b>Take and Make</b>	A selection of cheap craft resources to buy, with ideas to help you have fun with your child ... creating the next masterpiece. Also seasonal craft packs to purchase.
<b>Transition to school</b>	Is your child due to start Nursery / School? Are you and your child ready for the transition? For more information contact the centre for support with school readiness, filling application forms with child development skills such as getting out of nappies, drinking from a cup, holding a pencil, establishing good bedtime and morning routines and much much more.
<b>Volunteering</b>	If you are interested in volunteering, please contact the centre for more information and complete an application form.

## SAFER SLEEP FOR BABIES – advice adapted from the Lullaby Trust

Meeting and getting to know your baby is an extremely exciting and rewarding time. It's also the beginning of a new relationship. Babies need a lot of sleep during the first few months of their lives so it's important to ensure that they are sleeping as safely as possible.



### Things you can do:

- ✓ Always place your baby on their back to sleep in the feet to foot position at the bottom of the cot.
- ✓ Keep your baby smoke free during pregnancy and after birth
- ✓ Breastfeed your baby if you can.
- ✓ Place your baby to sleep in a separated cot or Moses basket in the same room as you for the first 6 months.
- ✓ Use a firm, flat, waterproof mattress in good condition.

### Things to avoid:

- ✗ Never sleep on a sofa or in an armchair with your baby.
- ✗ Don't sleep in the same bed as your baby if you smoke, drink, take drugs or are extremely tired, or if your baby was born prematurely or of low birth weight.
- ✗ Avoid letting your baby get too hot.
- ✗ Don't cover your baby's face or head while sleeping or use loose bedding.
- ✗ Don't use pillows or duvets with babies under one year old.



**PLEASE NOTE:** The recent trend for infant 'Elephant Pillows' (seen left) has been named as one of the most dangerous toys for 2016 by WATCH, the consumer watchdog group World Against Toys Causing Harm, due to the risks of suffocation.

Francine Bate, chief executive of the Lullaby Trust, has also advised parents to keep a watchful eye on babies travelling in a car seat, and to also avoid driving long distances without taking a break.

### Remember our one-to-one support!

**You can drop in to Beeford Children's Centre and ask to speak to a member of the team for information and advice on a range of issues such as weaning, behaviour, getting ready for starting school, budgeting, parenting and much more.**

*For more information about any of our services and activities, or to book onto any of our sessions please contact:*

### Beeford and surrounding area Children's Centre

Main Street, Beeford YO25 8AY

Tel: (01262) 481699

Email: [beefordcc@eastriding.gov.uk](mailto:beefordcc@eastriding.gov.uk)

*Other services may be available at other Children's Centres and local venues.*

**For further information please contact the Families Information Service Hub (FISH) on (01482) 396469**

East Riding of Yorkshire   
**Families Information Service Hub**  
Tel: (01482) 396469  
E: [fish@eastriding.gov.uk](mailto:fish@eastriding.gov.uk)  
W: [fish.eastriding.gov.uk](http://fish.eastriding.gov.uk)

East Riding of Yorkshire Council will, on request, provide this document in Braille, large print or in audio. Please call **0800 849 5060** if you require this.



Jesteśmy tu, by Tobie pomóc. Naszym celem jest udzielenie każdej osobie dostępu do naszych usług. Jeśli życzysz sobie tł umacza, prosimy zadzwonić na ten numer **0121 377 2880**.