



A Sure Start Children's Centre
Beeford

SPRING/SUMMER TERM PROGRAMME 2017

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

Term-time sessions from
Tuesday 25 April – Friday 21 July

100 things to do before you are six!!

part two



'spreadthehappiness.co.uk' have compiled a list of 100 things to do before you are six. So celebrate childhood with your children, or let out your inner child, by trying these ideas ...

How are you doing? Continued from last term!

51. Discover your favourite story
52. Go to the beach
53. Build a giant sandcastle
54. Smash ice with a stick outdoors
55. Find a stick and make it your own
56. Go on a treasure hunt
57. Dress up in adults shoes and wear make up you applied
58. Find a fairy house in your house or garden
59. Do the Hokey Cokey
60. Have a sponsored bounce on a trampoline or bouncy castle
61. Stroke a rabbit
62. Hop around like a bunny
63. Dress as your favourite character (wear out to the supermarket)
64. Build an indoor den under a table or tip up the sofa
65. Fill water balloons and throw them
66. Dance in the rain without a coat
67. Catch rain drops on your tongue
68. Paint using only your hands and feet
69. Slide down a grassy hill on a tray
70. Roll down a grassy hill
71. Make mud pies
72. Eat an ice cream cone
73. Learn to roll like a pencil
74. Squirt shaving foam then rub your hands in it!
75. Make large bubbles with hoops
76. Blow bubbles on a windy day
77. Grow caterpillars into butterflies
78. Make a Vitamin C rocket
79. Have a picnic indoors and outdoors
80. Sit upstairs on a double decker bus
81. Make a rope swing in a tree with a tyre or large stick as a seat
82. Put on a cape (piece of material) pretend you're a superhero
83. Talk like a pirate all day (if your voice will last)
84. Learn to jump rope – simple skipping
85. Bounce a bouncy ball as hard as you can!
86. Eat Jelly and ice-cream with a gigantic spoon
87. Have unlimited toppings on your ice cream ... Your Choice!
88. Ride a two wheeled bike
89. Make friends with people who live in another country
90. Enter a competition to win a prize
91. Join in a Guinness World Record attempt
92. Help wash a car with buckets and sponges
93. Learn ball/wall games to play on your own
94. Pretend to conduct your own orchestra
95. Hike up a mountain and admire the view
96. Use a magnifying glass
97. Visit a museum with dinosaur skeletons and fossils
98. Run in and out of a hose pipe spray
99. Go on an adventure to a zoo or farm
100. Roll around a large field and stop to smell the grass



Time	Activity	Description	Where?	Book?	Dates
MONDAYS					
9.00 – 10am	Let's Play	<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, Term Time. (8 May – meet/play in the park and buggy burn)</i>	Brandesburton school	X	Fortnightly 8 & 22 May 5 & 19 Jun 3 & 17 Jul
9 – 11am	Baby & Toddler Play Group ♦	Community based Weekly play session run by parents. With Children's Centre Take and Make joining you on ...	Long Riston Village Hall	X	12 June
1.30 – 3pm	Infant Massage	<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	8 May – 12 Jun 19 Jun – 17 Jul
6 – 8pm	Home Births	<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	8 May 12 Jun 10 Jul
TUESDAYS					
9 – 10.30am	Let's Play	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.	Wawne Primary school	X	Fortnightly 25 Apr 9 & 23 May 6 & 20 Jun 4 & 18 Jul
9-10.30am	Let's Get	<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	X	Weekly Starting 25 April (Term-time)
1-3pm	Me Time	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	6 Jun – 4 Jul
WEDNESDAYS					
From 9.am	Sensory Room	<i>Relax and play before joining babies playing session.</i>		X	Weekly starting 26 April (Term-time)
9.30 – 11.00am	Babies Playing	<i>Babies: birth to crawling. An opportunity to meet other new parents over activities to stimulate your baby's development.</i>	Children's Centre	X	
9.30am – 11.30am	Healthy Child Clinic	Speak to a health visitor or children's centre team about your child's health and development.		X	Monthly 3 May 7 Jun 5 Jul
11 - 11.30am	Infant Feeding	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	X	Weekly Starts 26 April
9 – 11.30am	Little Links ♦	Community based Weekly 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 ...	Brandesburton Methodist Hall	X	17 May 5 July
9.30 – 11.30am	Leven Tots Stop Play Group ♦	Community based Weekly play session run by childminders and parents. Supported by the Children's Centre with and Make joining you on ...	Leven Recreational Hall	X	12 July
9.30 – 11.30am	Jelly Tots Play Group ♦	Community based Weekly play session run by parents. Supported by the children's Centre with Take and Make joining you on ...	North Frodingham Village Hall	X	28 June
1 – 3pm	Family Links	A 10 week course for parents / carers to make the most out of family life including managing children's behaviour. Telephone Hornsea 01964 537160 (If you are interested in an evening course, please contact beford children's centre. If we have enough numbers we will run a course)	Hornsea Children's Centre	To book	Starts 3 May
1.30 – 3pm	Talk Time	6 week programme , 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	26 Apr to 31 May 14 Jun to 19 July

THURSDAYS					
9 – 10.15am	Let's Play	This Monthly 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.	Leven Primary School (In the school hall)	X	Monthly 11 May 8 Jun 6 Jul
9.30 – 11am	Baby & Toddler Play Group ♦	Community based weekly play session run by parents. Supported by the Children's Centre with Take and Make joining you on ...	Long Riston Village Hall	X	29 June
11-2.30pm	Childminders Drop in ♦	<i>Childminders and the children they care for:</i> With a focus on social play. Third Thursday of the month.	Children's Centre	X	Monthly 20 Apr, 18 May 15 Jun, 20 Jul
1.45 – 3.15pm	Baby & Toddler Group ♦	Community based weekly play session run by parents. Supported by the Children's Centre with Take and Make joining you on ...	Beeford Community Centre	X	29 June

FRIDAYS					
9.45 – 11.15am	Let's Play	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	Skipsea Primary School	X	Weekly (Term-time)
1.45 – 3.15pm	Once Upon a Story	<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	X	Monthly 19 May 16 June 14 July
2.30 – 3.30pm	Let's Play	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!	Skirlaugh Primary School	X	Fortnightly 28 April 12 May 9 & 23 Jun 7 & 21 Jul

SATURDAYS					
10.00 – 11.30pm	Saturday Club	Stay and Play sessions for male carers and their children up to 9 years.	Children's Centre	X	Monthly 6 May 3 Jun 1 Jul





◆ **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.**

✕ **Drop in – no need to book: activities / sessions & Groups.**

Please note that all children must be accompanied by a responsible adult at all times

OTHER SERVICES AVAILABLE THROUGH BEEFORD CHILDREN'S CENTRES	
Antenatal Support	The children's centre can offer support and information for preparation for your baby. We can also signpost you to sessions at Beverley and Hornsea Children's Centres.
Sensory environment	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.
Home learning	Bags of support, play advice, activity cards, story sacks and Book start to support your child's learning and development at home.
Take and Make	A selection of toys to borrow and cheap craft resources to buy, with ideas to help you have fun with your child ... creating the next masterpiece!
Clothes Swap	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.
Public Access computer	If you need to access the internet, support with CV writing or adult education opportunities, Please ring for availability or information.
Advisory Board	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.
Volunteering	If you are interested in volunteering, please contact the centre for more information and complete an application form.
Transition to school	Is your child due to start Nursery / School? Are you and your child ready for the transition? <div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p>Some tips for starting school:</p> <p>Get your child ready for their new routine by switching their meal times to match those of school days.</p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p>Talk to your child about what they are most looking forward to at school</p> </div> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p>And remember , every child is different and starts school with different abilities</p> </div>



				I can follow instructions and understand the need to follow rules
				I am able to ask for help if I feel unwell
				I can use a knife and fork and open my lunch on my own
				I can button and unbutton my shirt, use a zip and put on my shoes and socks
I am happy to be away from my parents or main carer	I know when to wash my hands and clean and wipe my nose	I like interacting with other children	I have a good bedtime routine so I'm not tired for school	I can share toys and take turns
I can go to the toilet, wipe myself properly and flush unaided	I enjoy learning about and exploring new things	I like to read stories and look at picture books	I am able to sit still and listen for a short while	I can button and unbutton my shirt, use a zip and put on my shoes and socks
				I am happy to tidy up after myself and can look after my things
				I enjoy making marks and have practiced holding a pencil

Your Children's centre can provide you with:

- An overview of the main areas of learning
- Opportunities for your child to socialise and practice new skills to build confidence and independence
- Ideas for establishing routines ... drop in or give us a call to find out more.

Toy Library Consultation

We have recently held a Toy Library consultation with you as resources are not being loaned from the centre very often. What you are telling us is that you will not be intending to use this part of the service in the near future. Therefore, after Easter we will stop toy library in Beeford and the surrounding villages. (Toy library is still available at some other children's centres).

However, through our one to one support these toys will still be used to support you with your child's early learning and development in the home and also when accessing activities in the centre.



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

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



Families Information Service Hub

Tel: (01482) 396469
E: fish@eastriding.gov.uk
W: 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 t/ umacza, prosimy zadzwonić na ten numer **0121 377 2880**.