



A Sure Start Children's Centre
Beverley and surrounding villages

Transitions

Starting school is a huge step – both for your child and you! Some children are ready for school and enjoy playing and learning, other children are not as ready. But what do we mean by 'ready for school'? Did you know that schools do not expect your child to read and write, but some skills will get them off to the best start, such as:

- Being curious and willing to have a go
- Can make friends
- Are used to being separated from parents and carers
- Able to dress and undress themselves
- Go to the toilet, wash hands by themselves
- Able to drink from a cup
- Can follow simple instructions
- Can talk in sentences
- Can communicate their needs
- Can hold one-handed tools such as a pencil or spoon
- Able to balance
- Able to take turns, sit, listen and play
- Recognise numbers, count to 10
- Recognise their own name and belongings.

What can you do to help?

Going to a community group or to the children's centre with your child, or taking them to nursery or a childminder will help them enjoy being with other children.

Give them opportunities to play inside and outside.

Reading, singing and playing with them will help their communication and learning.

Remember that going to the toilet, eating and drinking by themselves takes children a long time to learn. All children learn at their own pace and need your patience and encouragement.

How can the Children's Centre support you?

All our early learning sessions aim to provide opportunities to help children develop in these areas – you can see for yourself as your child moves from Babies Playing to Creepy Crawlies to Let's Get or through the Talk Time programme, with advice on child development from the Children's Centre team. If your child is due to start school in September and you feel you need a little extra support, we can guide you to help your child cope with transition. This could be anything from ideas for establishing routines to borrowing bags of support for toilet training, sleep, behaviour etc. Your child's setting and new school will also have things in place to support transition.

Remember, the most important influence on your child is you – right from the start, so the most important thing is for you and your child to enjoy being together.



SUMMER TERM PROGRAMME 2017

Beverley Children's Centres Tel: 01482 880066

Term-time sessions from
Monday 24 April – Tuesday 25 July

Time	Activity	Description	Where?	Book?	Dates
MONDAYS					
10 – 11.30am	Let's Get	<i>For parents and carers of children aged confident toddlers upwards:</i> Join us for imaginative and messy play, stories and singing. Younger siblings welcome. With Take and Make on 8 May, 5 June, 3 July.	Children's Centre	✘	Starts 24 April, weekly, term-time
10.00 – 11.30am	Soft Play ◆	Range of soft play to promote physical development at the weekly Oranges and Lemons community toddler group.	Molescroft Pavillion	✘	15 May, 19 June, 17 July
1 – 2pm	2 year reviews	Group session as part of the Healthy Child Programme.	Children's Centre	By invite	Fortnightly starting 24 April
1 – 4pm	New Arrivals	<i>For babies under 8 weeks:</i> Postnatal drop-in for advice and support for you and your baby's first few weeks together.	Children's Centre	✘	Weekly
6 – 8pm	Home Births	<i>For all parents-to-be at any stage during pregnancy:</i> midwifery-led information sessions to find out more about giving birth at home. Call 01482 382658 to book.	Children's Centre	To book	8 May, 12 June, 10 July
6.30 - 8pm	Bumps to Babies	<i>For parents-to-be over 28 weeks:</i> 3-week interactive antenatal course about active birth and all aspects of caring for your new-born.	Children's Centre	To book	3 week rolling programme
6.30 – 8pm	Growing a healthy baby	<i>For all parents-to-be at any stage during pregnancy:</i> Interactive sessions growing a healthy baby, exploring your baby's development and bonding with your bump.	Children's Centre	✘	24 Apr, Tues 30 May, 26 June, 31 July
TUESDAYS					
9 – 10.45am	Healthy Child Clinic	Speak to a health visitor or children's centre team about your child's health and development.	Children's Centre	✘	Weekly
9.30 – 10.45am	Soft Play ◆	Range of soft play to promote physical development at the weekly Cherry Tots community toddler group.	Cherry Burton Church Hall	✘	2 May, 6 June, 4 July
9.30 – 10.45am	Soft Play ◆	Range of soft play to promote physical development at the weekly Walkington community toddler group. With Take and Make and Toy Library!	Walkington Village Hall	✘	9 May, 13 June, 11 July
9.30 – 11.30am	Family Links	A 10 week course for parents / carers to make the most out of family life including managing children's behaviour. Limited crèche places available.	Children's Centre	To book	9 May – 18 July (term-time)
9.30 – 11.30am	Our Time	Five week course for mums with low mood to increase confidence, reduce stress and anxiety and meet other mums. Limited crèche places available.	Children's Centre	To book	13 June – 11 July (term-time)
2 – 3pm	Once Upon a Story	Bringing stories to life at Middleton Parent Toddler group	Middleton Primary School	✘	25 April, 23 May, 27 June
1.30 – 3pm	Let's Get	<i>For parents and carers of children up to five years:</i> Join us for imaginative play, stories, singing and messy play. Siblings welcome during school holidays. [Please remember to bring some photographic ID for security reasons. On-street parking and pedestrian access on Grange Road. To bring your car on camp, follow signs].	Leconfield Barracks Community Centre	✘	Weekly
1.30 – 2.30pm	Infant Massage	<i>A four-week course for babies age 6 weeks to crawling to promote bonding and relaxation. Support in early days as a new parent, keeping healthy, safe and early learning.</i>	Children's Centre	To book	25 Apr-16 May 13 June-4 July
1.30 – 3pm	Young Parents Group	Opportunities for parents or parents-to-be aged 16-20 to socialise together and gain confidence as a new parent through play with your child. <i>25 April, 9 May, 23 May, 13 June, 27 June, 11 July, 25 July.</i>	Children's Centre	✘	Fortnightly (term-time)
1.30 – 3pm	Young Parents Group – Next Steps	For parents and parents-to-be aged 21-25 to get together with their children for play, learning opportunities and support. <i>2 May, 16 May, 6 June, 20 June, 4 July, 18 July.</i>	Children's Centre	✘	Fortnightly (term-time)
WEDNESDAYS					
9 – 12.30	New Arrivals	<i>For babies under 8 weeks:</i> Postnatal drop-in for advice and support in you and your baby's first few weeks together	Children's Centre	✘	Weekly
9.30 – 11.30am	Portage Group	Developmental play session for families accessing the Portage service	Children's Centre	By invite	Weekly (term-time) 3 May – 19 July

9.45 – 10.45	Creepy Crawlies	<i>Babies: crawling to confident toddling:</i> With soft, sensory and messy play to encourage your child's development	Library	✘	Starts 26 April, weekly, term- time
11 – 12 noon	Babies Playing	<i>Babies: birth to crawling.</i> An opportunity to meet other new parents over activities to stimulate your baby's development.	Library	✘	Starts 26 April, weekly, term-time
1.30 – 3pm	Buggy Burn	Meet at Children's Centre to take part in a walk for health to the Leisure Centre for a guided tour of the facilities and a cuppa in the café.	Children's Centre	✘	24 May, 12 July

THURSDAYS

9 - 11am	Childminders Drop In ♦	<i>Childminders and the children they care for:</i> With a focus on craft activities and messy play.	Children's Centre	✘	Weekly, term time starting 27 April
9.30 – 10.30am 10.45 – 11.45am	2 year reviews	Group session as part of the Healthy Child Programme.	Children's Centre	By invite	Fortnightly starting 4 May
9.30 – 11.30am	Beverley Children's Centres SEND Group	<i>For all parents of children with additional needs of all ages:</i> Opportunity to meet up with other parents for support and to share ideas. Children welcome.	Children's Centre	✘	20 Apr, 18 May, 22 June, 27 July
9.30 – 11am	Soft Play ♦	Range of soft play to promote physical development at the weekly Kings Church community toddler group.	Kings Church	✘	27 April, 18 May, 22 June
9.30 – 11am	Talk Time	Support for children with language and early communication difficulties.	Children's Centre	By invite	8 June – 13 July
1.30 – 3pm	Home Learning activities ♦	Focussed activities and ideas to encourage your child's learning at home at the weekly Woodmansey Woodlets community toddler group. With Take and Make.	Woodmansey Primary School	✘	27 April, 25 May, 29 June
1.30 – 3pm	Soft Play ♦	Range of soft play to promote physical development at the weekly St Nicholas' community toddler group.	St Nicholas Community Centre	✘	11 May, 15 June, 13 July
1.30 – 2.45pm	Healthy Child Clinic	Speak to a health visitor or children's centre team about your child's health and development.	Children's Centre	✘	Weekly
1.30 – 3pm	Feeding Friends	An opportunity for expectant and breastfeeding parents to meet new people and gain support. Non breastfeeding families welcome.	Children's Centre	✘	Weekly
2 – 3pm	Infant Massage	<i>A four week course for babies age 6 weeks to crawling to promote bonding and relaxation. Support on early days as a new parent, keeping healthy, safe and early learning.</i>	Children's Centre	To book	27 Apr-18 May 15 June-6 July

FRIDAYS

9 – 12.30	New Arrivals	<i>For babies under 8 weeks:</i> Postnatal drop-in for advice and support in you and your baby's first few weeks together	Children's Centre	✘	Weekly
10 – 11am	Infant Massage	<i>A four week course for babies age 6 weeks to crawling to promote bonding and relaxation. Support in early days as a new parent, keeping healthy, safe and early learning.</i>	Molescroft Pavillion	To book	28 Apr-19 May 16 June-7 July
10am – 1pm	Let's Cook	<i>A five week course for parents exploring healthy cooking from scratch on a budget, using fresh seasonal produce and store cupboard ingredients. Crèche available.</i>	Children's centre	To book	16 June-14 July
1.30 – 3pm	Let's Get	<i>For parents and carers of children aged confident toddlers upwards:</i> imaginative and messy play, stories and singing.	Children's Centre	✘	Weekly, starts 28 April term time

SATURDAYS

10 – 11.30am	Dad's Group	<i>Stay and Play sessions for male carers and their children up to 9 years</i>	Children's Centre	✘	6 May, 3 June, 1 July
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♦ **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 / group at the centre.**

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

OTHER SERVICES AVAILABLE THROUGH BEVERLEY 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	Toy Library, bags of support, play advice, story sacks and Bookstart to support your child's learning and development at home.

BOOKSTART BIRTHDAY CELEBRATIONS –

This year's National Bookstart Week will be held from 5 – 11th June 2017. This year is extra special as Bookstart celebrates its 25th birthday.



The theme is Let's Explore Outdoors and the chosen book is Everybunny Dance! by Ellie Sandall - a lovely story all about friendship that's guaranteed to get your little ones moving! As usual we will be celebrating both during Children's Centre sessions, and working together with Beverley Library with some themed activities and events for you to celebrate the joy of reading with your child.

EASTER EGGSTRAVAGANZA

On Wednesday 12 April Beverley Children's Centre held an 'Easter Eggstravaganza' launching the new outdoor play area. Over 80 people attended the event and it was well received by parents with comments including:

"the outdoor area gave them inspiration for their own gardens"

"the range of water activities were fantastic".

"my child had the most amazing time"



We had an Easter egg hunt during the session which allowed the children to explore the centre and enjoy some of the other activities such as the mud kitchen, sand and water play, gloop, Easter craft activities and soft play, with a baby sensory area for the babies.

The range of different activities and equipment provided for the children is linked to the Early Years Foundation Stage to enhance all areas of learning and development. As we know children learn best through play and our new outdoor area supports this by giving opportunities to support Physical Development, Communication and Language, Literacy, Mathematics, Understanding of the world, Expressive arts and Design and also their Personal, Social and Emotional Development.

Remember our one-to-one support!

You can drop in to Beverley 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, 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:

Beverley Children's Centres

Coltman Avenue, Beverley HU17 9LP

Tel: (01482) 880066

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.