

# September at Lakeview Pre-School

Welcome to our first newsletter! We have had a very busy start to the new academic year and have welcomed back some old faces and welcomed lots of new faces. We loved holding our first Facebook Live video and enjoyed meeting everyone through the stay and plays you attended. Thank you for your continued support, Alice and Emma.

Butterflies and Bumblebees (3-4 yr olds): We have had an amazing time at Pre-School this month. We began with discovering all about ourselves, looking at our similarities, differences and things that are important to us. We discovered that lots of us love space, so we began week two with a space theme. We learnt lots about all the different planets and went to space with our themed activities and the role play rocket. We then went into week three and learnt all about self-care. We did a germ experiment and learnt that germs spread very quickly. We did lots of hand washing practice and especially loved bathing the babies. With the love of water play coming to the surface, we decided to start week four with an underwater theme, we linked this with looking at ways we can care for our environment. We got very good at recycling during week four! The children loved the water beads we put out for them and learning about the different animals we might find in the ocean.

Our forest school sessions have begun again (run by Alison, Tracy our directors and Pauline, our area manager) The group of children who have participated have made meadow crowns and mud faces so far.



Ladybirds (2 yr olds): We have had an amazing time at Pre-School this month. We began with discovering all about ourselves, looking at our similarities, differences and things that are important to us. We discovered that lots of us love dinosaurs and so we begun week two looking at dinosaurs. We loved stomping like dinosaurs and making painty footprints, we also loved exploring ice and wondering 'How are we going to get the dinosaurs out?'. Week three was all about on the farm. We LOVED splashing toy pigs around in chocolate angel delight and learning Old McDonald had a farm. We then moved from on the ground to in the water and explored under the sea during week four. We loved exploring sand and water, listening to the sea in the seashells and exploring blue spaghetti.



Thank you to all those who have brought family photos in, we are getting through them and making all the lovely family books. We also have your family photos on display and the children love looking at them.

Reminder: As the weather is changing, please ensure your child/ren have plenty of spare clothes, wellies and a rain coat - we do spend a lot of time in the rain and mud, thank you.

Please do not hesitate to contact us:

Facebook: [facebook.com/Dawntildusklakeviewpreschool](https://www.facebook.com/Dawntildusklakeviewpreschool)

Mobile: 07818036499

Landline: 01234819854

Email: [lakeivewpreschool@kidsdawntildusk.co.uk](mailto:lakeivewpreschool@kidsdawntildusk.co.uk)

## Useful information:

### Information about the flu vaccine:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/907433/Protecting\\_Child\\_Against\\_Flu\\_DL\\_leaflet\\_2020.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907433/Protecting_Child_Against_Flu_DL_leaflet_2020.pdf) FLU

## Courses for parents/carers:

### Parents as First Teachers (PAFT)

An evidence based parenting programme which consists of fortnightly or monthly visits facilitated by a qualified PAFT Practitioner. A PAFT Practitioner can support individual families for several months, on a 1:1 basis both virtually and through socially distanced meets/visits to the centre.



### \*NEW \* The Journey of Parenting

Our new and improved parenting course 'The Journey of Parenting' will begin in September 2020. Programme content has been planned using the PAFT curriculum. There will be four separate bookable courses for varying age ranges, full details can be seen below:

**The Journey of Parenting—Antenatal** - this will cover pregnancy, birth, safety, sleep, feeding, mental health and wellbeing.

**The Journey of Parenting—Baby** - this will cover developmental, milestones, play, brain development, health and wellbeing, appropriate age-related routines, and boundaries.

**The Journey of Parenting—Toddler** - this will cover becoming a play partner, brain development, boundaries and routines, the importance of praise and looking after yourself.

**The Journey of Parenting - 3-5 years** - this will cover nutrition, getting ready for school, appropriate discipline, health, and self-care, recognising stress and routines.

**The courses will either run in the centre with groups of four families or virtually over Zoom. Families can book by calling: 0300 323 0245**

### My Choice

Leaving an abusive relationship has multiple barriers to overcome which includes both physical and psychological elements.

My Choice offers support to women and their children that were in an abusive relationship and have left the perpetrator. It focusses on increasing parenting capacity by addressing multiple issues within a family's life. The programme enables women to think about their own choices and helps them to understand the complexities of relationships. With skilled staff and peer group support, they will have the opportunity to explore these feelings further and learn more about healthy relationships.

**The course will run in the centre with small groups (no crèche available) or virtually. To refer families to this service please complete an ECP Service Request Form**

The impact on what they had experienced was still having an effect on their day to day lives.

"I feel happier and I know my baby feels happier too"



### Mind the Bump & Mind the Baby

**Mind the Bump** is our monthly, women only, wellbeing group to offer emotional support in a safe environment for women with low mood, anxiety and /or depression during pregnancy.

**Mind the Baby** is our weekly wellbeing group offering emotional support in a safe environment to address low mood, anxiety and/or depression from the birth of your baby to 12 months old.

**These groups will be run face-to-face within the children's centre with a maximum of four families in attendance.**

**To refer families for this service either complete an ECP Service Request Form using the link below, or follow the BBC early help process.**

<https://ecpbedford.org/contact-us/>



## Useful information:

The **Children Centre Practitioner Team** are busy creating activities to promote parental learning, watch this space!



### Facebook Live

Tuesday 1.30pm – Story and Rhyme  
Thursday 10am – Wiggles and Jiggles

### Well-Being Sessions

Zoom Sessions for parent with children aged 0-5 years to meet, socialise and build peer support networks. Families must book via our Eventbrite page. Link can be found at the bottom of the page.

### Bedford Bumps on Zoom

A group for pregnant mothers who are 30 + weeks to meet other parents locally and build social networks. Dates vary and families must book through Eventbrite using the link below.

### Introducing Solid Foods Workshop

An online group to support parents with introducing solid foods. Parent must have a baby who is 4 months or over. Dates vary and booking via Eventbrite using the link below.

### Chattertots

This is a 3-week video-based course to support children aged 18 month – 3 years with their speech and language. The programme runs on a rolling basis, please call 0300 323 0245 to book your place.

### Dad's Group

We are sending our activity packs for the Dad's twice a month. The activity packs consist of a toddler or baby pack which gives Dad's resources to do with their children at home. All we need is a picture of the parent and child enjoying the activity. Dates vary and booking must be made by calling 0300 323 0245.

### Baby Weighing

Self-weighing is now available at some of our sites. This is not universally advertised and we are urging families only to book an appointment if they have a concern or anxiety regarding their child's weight or have been advised by a health professional. To book an appointment families must call us on 0300 323 02345.

### Breastfeeding Support

There is a mixture of 1-1 appointments either in the centre or virtually for mothers to access breastfeeding support from a trained practitioner. Bookings made via our number on 0300323 0245.

### Buggy Walks

We are offering weekly Buggy Walks in three parks (Jubilee, Russell and Allen Park) these are not advertised and are designed for families who are isolated. Bookings to be made via 0300 323 0245.

### Baby Group

We are currently planning a baby group for families who had a baby in lockdown. This group will enable parents to meet and share experiences of having a baby during COVID. The groups will run in centres for four families. More details will be released on Facebook when we are ready to launch this service.

Eventbrite Link: <https://www.eventbrite.co.uk/o/early-childhood-partnership-27970195355>

## For further learning:

<https://www.topmarks.co.uk/> (a great website with interactive games)

<https://www.youtube.com/watch?v=mQrlgH97v94> (Planet song)

<https://www.youtube.com/watch?v=Cg-wnQKRHTs> (a fun, listening and attention song to burn some energy!)

[https://www.youtube.com/watch?v=h0Kp\\_J9kvNM](https://www.youtube.com/watch?v=h0Kp_J9kvNM) (sound bingo to encourage listening and attention skills for 3-4s)

<https://handsonaswegrow.com/50-toddler-activities/> (some lovely ideas for the 2's)