



Welcome to our latest newsletter

After a busy Summer and October ½ term here at Chamberlayne. We have had maintenance completed including; replacement and repair works to the roof after lead was stolen for the 6th time this year! Painting to repair water damage as a result of the damaged roof, general painting throughout the centre, carpets cleaned, broken downpipes replaced and essential repairs to the boiler room!

Many thanks to the Friends of Chamberlayne fundraising group for a fantastic outing in the summer to Peppa Pig World, which everyone enjoyed. Without the support of the fundraising group it would not be possible to arrange outing like this. I would like to encourage everyone to get behind this group and support them with their future fundraising activities in any way you can.

The next parents' forum will be on Thursday 15th December 10-11.30am and we hope to have an update on the tendering process for the management of the children's centre come April 2012 so do come along and find out more.

Teresa - Centre Leader

Starting school in September 2012

If your child was born between 1 September 2007 and 31 August 2008, you must apply for a school place for them **by Sunday 15 January 2012**. You can do this either on-line or by completing a paper form. If you miss the deadline, your child may lose out on a place at the school you want them to join.

Between 1 November 2011 and 15 January 2012, you can apply online at www.hants.gov.uk/admissions (we will have a link from our website during the application period). You will also find additional information on the admissions website.

If you would prefer to make a paper application, you will be able to ask for a form (and obtain additional information) from 1 November 2011 by phoning 0845 603 5623. **Remember that the application must be returned by 15 January 2012.**

We would encourage you to visit the local schools when they have an open event. Each school makes its own arrangements for these but they should take place during the autumn term.

New members of staff

We count ourselves very lucky to welcome two new members of staff.

Hannah joined the team at the beginning of October as a Children and Families Worker. You may already have met her in Tots & Tunes or around the centre generally.



I recently joined the team as a family outreach support worker. I have a background in supporting people and families in the community and also in a day service setting. I'm busy practicing my vocals and rhymes for the tots and tunes sessions I will be running. I am looking forward to working with families within the community to offer support and guidance understanding behaviour. Please feel free to come and introduce yourself I am trying to remember names as best as I can!

You will probably have already met Helen at reception. She joined us in September and is helping keep all the information we have to offer up to date as well as ensuring everyone can find their chosen group.

I really enjoy greeting parents and seeing all the little ones, thanks to such a great team for making me feel so welcome!



Community matters

At the children's centre we are able to pass on donations of ladies clothes, baby clothes and baby equipment to families in need.

We are also currently supporting the basics bank in Eastleigh with donations of tinned and packet food this is then made up into food parcels for families in crisis.

All donations can be dropped off at the centre, thank you.

Simon Says

When someone close dies, children may not have the words to talk about their feelings; they may feel:

- Angry
- Guilty
- Frightened
- Alone

It can be difficult for the adults around them to know how to help them (especially when they are trying to deal with their own feelings).

A child's understanding of death and expression of grief varies with their experience, their age and their stage of development, and manifests itself differently from adult grief.

With information and resources Simon Says can help children cope with their feelings while holding on to memories of the person who has died.

Simon Says became a registered charity in 2001 and was formally launched in 2002 with the aim of supporting children and young people within Hampshire who have a close relative or friend who has died or is dying.

For more information, please contact Simon Says on 023 8064 7550 or email at info@simonsays.org.uk. They can be found at Link House, 113 Leigh Road, Eastleigh, SO50 9DS. Monthly meetings are held at Chamberlayne Children's Centre, generally on the last Sunday of the month – please contact either the charity (023 8064 7550) or the Centre (023 8068 4990) for details of the next meeting.

Health and Safety



At a recent parents forum it was highlighted that many families do not know about the centres health and safety procedures.

Please pick up a health and safety leaflet on your next visit. We want to ensure the safety of everyone who visits the centre.

Buggies and valuables

Please note for health and safety reasons – parents/carers should not leave their buggies in the centre unless attending sessions.

We would advise parents/carers not to bring valuables with them into the centre but, if it is unavoidable, please keep them with you at all times.



Toddler Yoga

A number of parents, who have seen and heard about the baby yoga classes, have asked if we could run yoga courses for their toddlers. We are pleased to report that we will be running a course in the near future – if you are interested, please leave your details on the waiting list at reception (or call 02380 684990). We will be charging £20 for the six week course.

For those of you not sure what Toddler Yoga entails, the children enjoy a variety of safe postures and learn the importance of looking after their bodies in a fun and innovative manner. They will be introduced to songs and partner work which encourage children to work in teams and develop their coordination. Classes bring together a combination of stretches, back arches, twists and balances. These help to support and strengthen children, not only physically but also mentally by building confidence in themselves, improving their concentration and helping them to sleep better.

Toddler Yoga children develop:

- ❖ Strong, limber, healthy bodies
- ❖ Better posture
- ❖ Focus, concentration and attention span
- ❖ A more positive attitude to life
- ❖ Self-esteem and confidence
- ❖ Stronger intuition
- ❖ Respect for themselves and others
- ❖ Creativity
- ❖ Tools and skills for relaxing and self-nurturing
- ❖ The ability to fall asleep quickly and deeply

Parents of toddlers who participate will experience:

- ❖ Easier, more open communication with your child
- ❖ Less need to discipline your child as they begin to manage their own behaviour
- ❖ More fun as your child becomes less hyperactive and concentration improves
- ❖ Time for yourself in the evenings as your child sleeps peacefully
- ❖ Toddler Yoga is offered as a 6 week course to the same parents and children each week in order that they receive the most benefit

Each one hour session is made up of:

- ❖ A warm up exercise
- ❖ A stretching exercise
- ❖ A story incorporating a number of postures, (different story each week)
- ❖ Songs including more postures, (different songs each week)
- ❖ A relaxation session.

Each participant will receive a laminated copy of the main postures covered throughout the course for them to be able to practise the postures at home and after the course is completed.

Emergency closure

In the event that the centre needs to close please check the following HCC website for up to date information.

<http://www.hants.gov.uk/education/schoolclosures/>

Information will also be broadcasted on BBC Radio Solent under school closures.

Wanted

Volunteers to run Baby Bop sessions from January 2012.

Saints Tots

We currently have places available for Saints Tots from January for children aged 2-3 and 3-4 years old who live in our "notional catchment area". Please contact the centre on 02380 684990 or speak to reception to add your child's details to the waiting list. We'll contact you before Christmas to confirm you and your child have a place.

In partnership with Southampton Football Club, we run two Saints Tots sessions on Thursday mornings. One is for children aged 2-3 years old and the other for children aged 3-4 years old. Both are **parent and child sessions** to encourage children in balancing, sequencing skills, agility, motor skills, co-ordination, self-confidence and having fun! Places are limited which is why there is a waiting list.

The "notional catchment area" is a Hampshire County Council concept – it is the area that a particular children's centre serves. Please ask at reception if you are unsure whether you live within our "notional catchment area".

Crèche

Please help us ensure we make our money go as far as possible in providing resources and activities for the children. If you have booked a place in the crèche but find that you do not need it, could you please let us know as soon as possible. We have to pay for staff to help in the crèche and often find that some of them are not needed, in effect meaning that we are spending money for no good purpose.

Parents' forum

Next parent forum – Thursday 15 December, 10.00-11.30

Everyone welcome – free crèche (call on 02380 684990 or ask at reception to book a place in the crèche)

Come along and have your say on what happens at Chamberlayne Children's Centre

Family outing to Peppa Pig World, Thursday 21 July



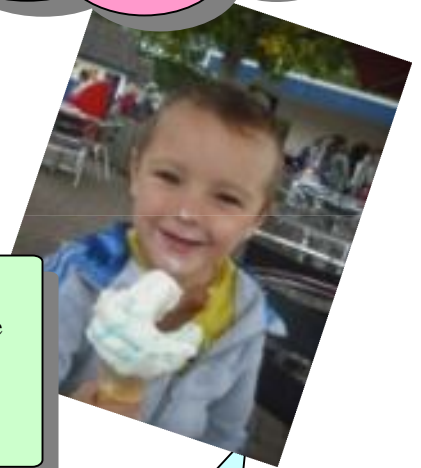
Dads' outing to Peppa Pig World, Saturday 24 September

One dad said:

It's nice having a dads' day out so we fathers and children can spend time together and bond



Zoha liked the ice-cream! And going on rides with her friends



Summer said that she liked going on the log flume with her friends.



One dad said:

I was able to spend quality time with my daughter, leaving my wife to take care of the little baby we have at home

Albert (4) said that he liked the balloon ride, the teacup ride and the Viking boat as well as coming by coach

Mathew liked the helicopter ride, the go-karting park, feeding the ducks, the tractors and the coach ride.

One dad said:

We thoroughly enjoyed the whole day



One dad said:

It was great fun. We could not have afforded to come otherwise



Update from Friends of Chamberlayne

We have a fun and busy term coming up here at the 'Friends of Chamberlayne' with taking over Tots and Tunes for Halloween and Christmas, plus the Winter Market Place. We've also had a busy term fundraising for the Children Centre with our 'adult only' Glam it up' night. £315 was raised through ticket sales and a raffle and a fantastic time was had by all. Thank you to everyone who helped to make the night a success, you all looked **FABULOUS!**

Our trip to Peppa Pig world was also a huge success and made all the hard work organising the summer Fun Day worthwhile. Thank you to everybody who helped raise money at the fun day and to those who came along to meet Peppa and family.

Please come along to our Tots and Tunes 'take overs' and make the most of getting your little ones dressed up as witches, pumpkins, Christmas puddings and snowmen!

Halloween Tots and Tunes- Friday 4th November 10.30

Christmas Tots and Tunes- Friday 16th December 10.30



Our next big event is the Winter Market Place on 24th November and we hope it will be an even bigger success (as long as it doesn't snow again!) We are currently looking for more volunteers to help out on the night- welcoming shoppers on the door, refreshment stand and raffle stall. If you can help, please let a member of staff know or join our facebook group. Please come along for a festive evening of shopping and mince pie munching. There may even be carol singers to join us again.

We also need donations of:

- ❖ Mince pies (homemade or shop bought)
- ❖ Raffle prizes (any unwanted, good quality gifts)
- ❖ Mugs (to turn into Christmas gifts)

Please bring any donations to the Children Centre front desk by Wednesday 23rd November.

We are always looking for new members to join us, so if you would like to know more or get involved- check out our Facebook Groups page or email us at friendsofchamberlayne@hotmail.co.uk. We are also currently looking for a treasurer.

Helpful parenting tips: promoting positive behaviour

As babies turn into toddlers, they learn to become independent and may become more assertive, resisting their parents/carers. It can be challenging for parents to work out how to cope with toddlers touching things they are not supposed to touch and refusing to do as they are told. Here are a few tips that may help.

Constantly saying "don't touch" can be wearing for the adult and may seem like a game or a dare to a child. Two things you might do to reduce this are to toddler-proof your home and provide plenty of toys/activities.

Suggestions to toddler-proof your home include:

- Put child-proof catches on cupboards, particularly those with cleaning materials or other items that could be dangerous to your child. You might want to leave one cupboard open for your child to explore – perhaps one with pans in it or things you would be happy for your child to play with.
- If there are rooms you don't want your child to go into alone, keep the door closed or use gates/barriers (for example to stop your child using stairs).
- Put precious, fragile or potentially dangerous things (such as things with sharp corners) out of your child's reach.

A busy toddler has less time to get into trouble so it's worth making sure there are plenty of toys and activities to keep your child occupied. You do not have to spend a lot of money on these – an old saucepan and wooden spoon makes a great drum kit while cardboard boxes and bit of imagination turn into lots of things. When you go out, take a small bag of toys so your child has something to do.

Toddlers are on a steep learning curve, understanding what is right and wrong and will test the boundaries. Possibly the most important thing you can do is be consistent. Like all of us, children can get confused if their parents laugh at their behaviour one day and try and set limits on the same behaviour the next day. They find it difficult to understand what is expected of them.

Be vigilant: when your child behaves as you want, praise them for it so they know what it is you approve of.

When your child behaves in a way you don't want, act immediately. Stop what you are doing, move to within an arm's length of them, get down to their level and use their name to gain their attention. Hold your child's hands firmly, say "no" in a firm, calm voice while frowning and shaking your head from side to side. Follow this by telling them what you would like them to do, for example "*no, stop pulling the dog's tail. Stroke his back like this.*"

Give your child time to co-operate (5 seconds is about right) and praise them if they do. Ignore any whimpering or crying that is the result of your saying "no" but thank them for being quiet when they stop and try to involve them in an activity.

If your child fails to co-operate having been given the chance to, use a logical consequence – one that fits the situation. If possible, remove the toy or activity at the centre of the problem, explaining why you are doing so, for example "*Freddie, it hurts Fido when you pull his tail. I'm putting him in the kitchen for 5 minutes so you can't play with him.*" (You may need to experiment with the length of time – five to ten minutes of missing out on the activity is usually long enough.) Do not debate or argue with your toddler, ignore protests and complaints and be sure to carry out the consequence.

Once the time is up, give your toddler the chance to behave well and return to the activity or toy. If the problem behaviour continues or recurs within an hour, repeat the logical consequence for a longer period or use quiet time. (Please speak to Chris or Teresa about quiet time, what it is and how to use it.)

You may need to repeat this sequence a number of times before your child learns to do as you ask. It is important, though, when they do behave well to praise them using descriptive praise, for example "*That is good, Freddie. Stroking Fido like that makes him happy.*"

Feedback and suggestions

If you have any ideas or suggestions on how we can improve our service, or comments on what we currently offer, we should love to hear from you. Please speak to a member of staff or use this page (there is a suggestion box in the corridor near the toilets where you can leave your completed slip and find extra blank slips.)

Your name:

Phone number: Your post code: