



# News Sheet

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The Official News Sheet of Bangor Sure Start

## A little bit of play goes a long way

Playing can seriously boost your baby's brainpower, so even just a few minutes playing with you is like gold dust to your little ones. You are their first teacher and they learn so much about life when they are with you, so every moment together is precious.

Here are some tips which you might find useful as a parent.

1. Give your child **time** to play every day.
2. Provide **things** for your child to play with. Recycled items like boxes, hats, blankets, household items and old clothes and shoes are often more fun than bought toys and equipment, and they cost less.
3. **Join in** the play. Take on a role for example, the pilot, the doctor, the postperson or be an animal, fairy or superhero. Make **jokes** and be **playful!**
4. Take photos of him/her in their role and talk about it afterwards.
5. Make **space** for play. As your child gets older he/she will probably spend more time playing with a particular thing or in a particular role, so having a place where your child can leave items and continue playing with them the next day is important.
6. When chatting, **ask** what your child was playing that day. Show that you **value play**.



You can help me to learn all sorts of things when we play together.

## Top tips for baby safe sleeping!

### Sleeping

For the first six months, the safest place for your baby to sleep is in a cot or Moses basket in your bedroom.



- Always lie your baby on his or her back to sleep with feet at the foot of the cot to prevent them wriggling down under the covers.
- Don't let your baby sleep with a pillow or quilt.
- Use a firm mattress with a waterproof cover for your baby's cot.
- Always make sure that bedding is tucked in securely and your baby's head isn't covered with bedding.
- Don't fall asleep with your baby while you're sitting or lying on a sofa or armchair.

### Don't share a bed with your baby if you or your partner:

- have been drinking alcohol or medication that makes you drowsy
- are very tired
- smoke
- If your baby was born prematurely or was of low birth-weight

### Illness

- If your baby is unwell, see your doctor promptly.
- If your baby has a high temperature, try to keep him or her cool.

### Smoking

Exposure to cigarette smoke (during pregnancy or after birth) is known to increase the risk of cot death. One in five deaths from SIDS are thought to be linked to passive smoking.

- Don't let anyone smoke in the same room as your baby – ask them to smoke outside.

### Temperature

Keep your baby at the right temperature.

- The ideal room temperature for your baby is 18°C (a range of 16 to 20°C is acceptable).
- Feel your baby's chest to check if he or she is the right temperature. If it's hot or your baby is sweating, take off some bedding or clothing. It's normal for babies to have cool hands and feet.
- Always dress your baby in suitable clothing for the conditions – don't add more than one layer of clothing than an adult would wear comfortably in the same environment.
- Always take off your baby's outdoor clothes when you come inside, even if this means waking him or her up to do so.
- Don't let your baby sleep with a hot water bottle or electric blanket, next to a radiator, heater or fire, or in direct sunshine.

## First Aid Course - Parent Comment

"It was very useful and informative, the children and infant first aid was particularly good to know. I would recommend this to other parents" **Emma Hall**



Look out for Bryson SureStart on Facebook. Like us at [www.facebook.com/Bangor Sure Start](http://www.facebook.com/Bangor Sure Start)



# Farm trip

15th September 2014  
with Bangor Sure Start

On the 15th September 2014, families and staff from Bangor Sure Start made their way to the Ark Farm for a family day out. This event was a great success with many families and staff visiting all the farm animals.



The children were able to have a pony ride, hold some of the baby rabbits and have a walk around the farm to see what new animals they could find.



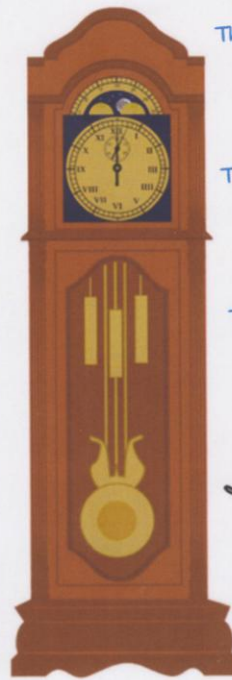
Parents and children had the opportunity to take part in our treasure hunt around the farm before everyone relaxed and enjoyed the farmhouse atmosphere, wonderful food and caught up with all the children about the animals they had seen on the farm.



The weather was dry, the sun was out and everyone had a brilliant time.



# Hickory Dickory Dock



Hickory Dickory dock,  
The mouse ran up the clock,  
The clock struck one,  
The mouse ran down,  
Hickory Dickory dock

Hickory Dickory dock,  
The mouse ran up the clock,  
The clock struck two,  
The mouse went "boooo"  
Hickory Dickory dock

Hickory Dickory dock,  
The mouse ran up the clock,  
The clock struck three,  
The mouse went 'wheee'  
Hickory Dickory dock



# Children's Corner:



I'm a little snowman short and fat,  
Here's my scarf and here's my hat.  
When I see the snowfall,  
Hear me shout  
- All you children please come out!

## Activity:



SNOWMAN potato printing

All you need is a potato, coloured paper and white paint. Twigs for the arms are optional.

If you wish to do this activity at home, you can borrow materials from Bangor Sure Start. Just ask our staff.



## Did You Know?

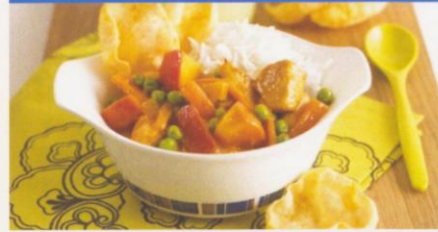
...that children who have good speech, language and communication skills find it easier to listen and express themselves, to do well at school and to make friends and form relationships? You can encourage your child to develop their language skills right from the day they are born and give your child a great start in life. Try:

- Positioning yourself so you are face to face with your baby when interacting
- Taking to our baby during daily routines such as feeding, bathing, nappy-changing or going for a walk
- Singing songs and nursery rhymes to your baby. It doesn't have to be perfect - your baby will love the sound of your voice!

For more information visit [www.wordsforlife.org.uk](http://www.wordsforlife.org.uk)



## Kids Fruity Chicken Curry



**Prep:** 10 minutes      **Cook:** 20 minutes  
**Best for:** Family      **Serves** 2

### INGREDIENTS

- 2 tbsp vegetable oil
- 1 onion peeled and chopped
- 1 garlic clove, crushed
- 1 small carrot cut into matchsticks
- 1 medium apple, peeled and thinly sliced
- 2 chicken breasts, cut into bite sized chunks
- 1 tbsp korma curry paste
- ½ tbsp mango chutney
- 1 tbsp tomato puree
- 100g frozen peas
- 150 ml coconut milk
- 1 chicken stock cube dissolved in 150 ml boiling water
- Freshly ground black pepper

### METHOD

1. Heat the oil in a wok or frying pan and sauté the onion and carrot for 3 minutes.
2. Add the garlic and sauté for half a minute.
3. Add the apple and stir fry for 3 minutes.
4. Add the chicken and stir fry for 4 minutes
5. Add the Korma curry paste, mango chutney, tomato puree, frozen peas, coconut milk and chicken stock and simmer for about 10 minutes.



## Word Search

Find the following words in the grid:

toddlers  
mellow bumps  
health  
baby talk  
playing  
enjoy  
develop  
cook it  
fun  
love  
keep fit

The letters in **red** will answer the question "Where would you get all of these programmes in our word search?"

M	E	L	L	O	W	W	E	O
D	N	B	U	M	P	S	P	T
R	J	K	E	E	P	X	O	H
R	O	P	F	I	T	D	L	E
T	Y	B	A	B	D	C	E	R
A	W	T	N	L	L	O	V	E
L	T	U	E	P	N	O	E	Q
K	F	R	O	B	C	K	D	F
J	S	P	L	A	Y	I	N	G
H	T	L	A	E	H	T	K	S

Answer: \_\_\_\_\_



# WHAT'S HAPPENING?



design: conardviedesign.com

## Monday

<b>Baby Talk</b> 12/01/15 to 30/03/15 None the 16th March.	For babies 0-9 months plus their parent/carer. Creche will be provided for older children.	Baby Talk offers an opportunity for parents to support bonding and communication with their baby. It includes sensory play in a relaxed, welcoming and baby friendly environment.	10am to 12 noon Kilcooley Presbyterain Church	Joanne
<b>Stay and Play</b> 12/01/15 to 30/03/15 None the 16th March.	For children aged 10 months to 3 years plus their parent/carer.	This is an opportunity for parents/carers to get involved in their children's play and to discover what activities they can do to promote their development within the home.	10am to 12 noon Kilcooley Presbyterain Church	Leigh
<b>Stay and Play</b> 12/01/15 to 30/03/15 None the 16th March.	For children aged 10 months to 3 years plus their parent/carer.	This is an opportunity for parents/carers to get involved in their children's play and to discover what activities they can do to promote their development within the home	10am to 12 noon Skipperstone Community Centre	Paula & Engaging Children
<b>Mini Mend</b> 19/01/15 to 30/03/15 None the 16th March.	For children aged 18 mths to 3 years plus their parents/carer. Creche will be provided for younger children.	Mini Mend discusses healthy eating and promotes physical activity.	12.30pm to 2pm Kilcooley Presbyterain Church	Leigh

## Tuesday

<b>Kimberdance</b> 13/01/15 to 31/03/15 None 17th March.	For the whole family.	A fun dance programme for the whole family, which includes interactive dance and movement.	1pm to 2pm First Bangor Presbyterian Church, Bangor.	Joanne
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## Wednesday

<b>Nurturing programme</b> 28/01/15 to 25/03/15	For all parents.	A parenting programme to promote emotional health, relationship skills and positive behaviour management strategies.	10am to 12noon Rathgill Community Association	Paula and Joanne
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## Thursday

<b>Rhythm, rhyme and storytime</b> 14/01/15 to 26/03/15	For all parents	An interactive time with your child to join in some songs and rhymes.	10.30 to 11am First Bangor Presbyterian Church, Bangor.	Freya
<b>Family Fitness</b> 15/01/15 to 26/03/15	For all parents. A creche will be provided.	A toning class for parents to keep fit and tone up.	10.15am to 11.15am Kilcooley Community Centre	Lisa
<b>Kimberdance</b> 15/01/15 to 26/03/15	For the whole family.	A fun dance programme for the whole family, which includes interactive dance and movement	1pm to 2pm Kilcooley Community Centre	Aisleen

## Friday

<b>Music Therapy</b> 16/01/15 to 27/03/15 None the 20th Feb.	For children	A opportunity for additional sensory play supported with input of music therapy.	2pm to 4pm First Bangor Presbyterian Church, Bangor	Paula
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**Please note, children will need to be booked into the crèche to secure their place.  
Please phone the office on 028 9145 7248 to do so or speak to any staff member.  
If you are interested in hearing more about these programmes, please speak to a member of staff.**