

"Welcome to our latest Walthamstow East Children's Centre Newsletter. We are now working closely with Walthamstow West Children's Centre.

Our Parents' Charter is taking shape. This is our statement of how we expect to treat one another and how we expect to be treated. Please ask about it the next time you come to a group or talk to one of our team to make sure it includes what you have to say.

This newsletter tells you about the support we give to local families with children under 5, as well as ideas for having fun at home and out and about. Look out for top teeth tips too! I hope you enjoy it and that we see you soon."

*Maxine Lafayette, Children's Centre Coordinator,
Walthamstow East & Walthamstow West Children's Centres*



 Brush teeth for 2 minutes – about as long as it takes to sing 'Twinkle Twinkle Little Star' 4 times. Don't rinse: the toothpaste keeps on working, so don't wash it off.



What WE can help you with

Starting out as a parent: we run New Parents Groups at Church Hill on Tuesdays at 1.15pm and Barclay on Wednesdays at 10.30am

Parenting: we work with families one-to-one, as well as providing help and advice in all our groups. Get help with things including feeding, behaviour, toilet training, sleep...

Learning English: we run drop-in groups called Coffee Time at Barclay, Church Hill and Woodside for parents with English as a second language. We also run Family English and SpEC (Speaking English with Confidence) courses (<http://spec-london.org.uk/>)

Free 2-year old education: See page 3

Advice: we run drop-in surgeries if you need help with housing, debt and money problems, victim support, income, benefits, immigration issues, childcare, employment and training

Our website, www.churchhillchildren.org has details about everything we do. Register with us by following the 'How to Register' link under 'Children's Centre'.

Like us on **facebook** to get news about us.

You said, WE did

We do our best to make the changes you suggest.

You said: In October parents raised concerns about the cleanliness of the soft toys and the play mats in our Havant Road groups.

We did: Within days, staff had done a deep clean and we had ordered new toys. Parents were happy, and everything smelled and looked clean.

You said: Families in the Forest area wanted an afternoon group

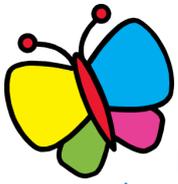
We did: We set up our Stay and Play group at Gwyn Jones Primary School, Hainault Road, E11 1EU, 1.30pm to 3pm Term Time Only, every other Tuesday

Church Hill site, Woodbury Road, E17 9SB, 020 8520 4919

Barclay site, Canterbury Road, E10 6EJ, 020 8518 7015

Woodside site, Wood Street, E17 3JX, 020 8520 4919

Online, www.churchhillchildren.org



Universal credit



Universal Credit (UC) will eventually replace a range of benefits with a single, monthly payment. It will start for new claimants in Waltham Forest at some point between now and the end of 2016. The plan is for most existing claimants to move over to UC by the end of 2017.

UC will replace: income support, income-based JSA, housing benefit, child tax credit and working tax credit. Other benefits are being abolished or replaced with different schemes, and some benefits are remaining.

Anyone who is affected by these changes will need individual guidance when it happens, and as soon as we know the plans for roll-out in Waltham Forest, we will be publicizing it. In the meantime you can find out more by going to the Citizens Advice Bureau website:

http://www.adviceguide.org.uk/england/benefits_e/benefits_welfare_benefits_reform_e/benefits_uc_universal_credit_new.htm



Only drink fruit juice at mealtimes and out of an open cup. Give your child water if they are thirsty. Don't give children fizzy drinks.

Are you concerned about a child or family?

Everyone needs help of one kind or another at some point, and asking for help can be the hardest step. If you know a family or a child who you think needs help or support, you can speak in confidence to:

- an Outreach Worker at Walthamstow East Children's Centre.
- Waltham Forest Council. Call 020 8496 3000 and ask to speak to the Social Worker on duty
- the NSPCC helpline for adults who are concerned about a child: [0808 800 5000](http://www.nspcc.org.uk)

Children and young people themselves can call ChildLine on [0800 1111](http://www.childline.gov.uk).



Drink water or eat cheese at the end of a meal. Water rinses sugar and acid away, and cheese helps to neutralize acid.



Hidden gem

Vestry House Museum and Gardens are:

- child-sized
- within walking distance
- free, open Wednesday to Sunday, 10am to 5pm

The garden is an enclosed space where children are safe to play hide and seek; the museum has toys and cars that were made in Walthamstow, curious displays of old household things and dressed up rooms to explore. Take a picnic and just hang out. Get on the mailing list to find out about the many family-friendly events that happen here:

<http://www.walthamforest.gov.uk/vestry-house>:

Vestry Road Walthamstow London E17 9NH

Phone: 020 8496 4391





Build a den together and play in it

It's fun, it's free, and it will help your child with their communication skills and expand their imagination.

Use towels and sheets, blankets or a duvet, large boxes or tables and chairs.

Hook things to trees in the park or over the back of benches, or tie fabric to trees to make a great den.

Play together inside your den:

- have a real picnic, or a teddy bears' picnic
- read stories
- use torches
- or even pretend you are camping in the forest...



After eating, wait one hour before brushing. Some food and drinks make tooth enamel soft, so brushing straight away can damage them.



Free early education for 2-year olds

Some two year olds can have 15 hours of free early education a week.

Your two year old might be one of them if:

1. you meet the criteria for Free School Meals
2. you currently receive Working Tax Credits **and** earn no more than £16,190 a year.

Use this online checker to find out if your child can get this free education: www.myearlylearning.co.uk

If the checker shows ✓, it will also give you a unique reference number starting 'AF'. Take this number to the childcare provider you have chosen, and request a place. If you would like help with this, call Walthamstow East Outreach Worker **Havva Basto** on **07903 511749**, and she will help you with the process.

If the checker shows ✗, you may still be entitled for another reason: children can also get places if:

- they have a current Statement of Special Educational Needs (SEN) or an Education, Health & Care Plan, *or*
- they get Disability Living Allowance, *or*
- they have been adopted from Local Authority Care, *or*
- they have left care under a Special Guardianship Order, Child Arrangements Order or Residence Order, *or*
- they are looked after by the Council.

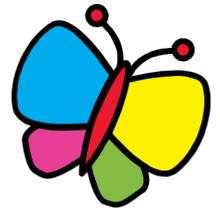
If any of these describes your child, call the Council on **020 8496 3566** or email

education@walthamforest.gov.uk. The Council will be able to confirm whether your child is entitled to a place, and if they are, they will give you a unique reference number. Take this number to the childcare provider you have chosen and ask for a place.

Call Havva on **07903 511749** if you would like help with this.



Sweets are a treat for every now and then, not a reward. It's better to have them straight after mealtimes when our mouths are making lots of saliva.



Playing it Safe

Children learn by being curious. Sometimes this gets them into tricky situations and they hurt themselves. Hospital Accident & Emergency departments deal with thousands of burns, falls, things stuck up noses, pulled elbows and hurt eyes.

You can allow them space to explore safely and avoid many of these injuries by remembering to use your own good judgement and by learning a few things you might not already know:



- **Children have thinner skin than grown ups**, and can be burnt by temperatures that wouldn't harm us, so keep that cup of tea or coffee out of reach (it can still burn 20 minutes after it was poured), use sunscreen and wear hats in sunny weather. Stay inside in the hottest part of the day, and keep cleaning products in a locked cupboard.
- You know that **babies and toddlers like to put things in their mouths**: keep medicines in high-up, locked cupboards, and close bottles and lids firmly.
- **Babies and children need to roll, wriggle and climb**: lock windows and stick the key to the side of the window frame so you can reach it in a fire, change nappies on the floor, and use high chairs, prams and car seats with a 5-point harness.

You can also come to one of our sites to pick up a FREE Road Safety Pack!

Make yourself a First Aid Box at home

You can use an empty shoe box, as long as you can keep it out of reach. Think about including:

- a bottle of infant paracetamol
- a bottle of infant ibuprofen
- plasters
- sterile cleansing wipes
- antihistamine cream



Find space in your bag for a small plastic box and put in it a few plasters and a couple of sterile cleansing wipes.

Learn First Aid:

Do a First Aid Course:

- ask at the Children's Centre to find out more
- book one run by the British Red Cross: <http://www.redcrossfirstaidtraining.co.uk/>
- book one run by St John's Ambulance: <http://www.sja.org.uk/sja/first-aid-training-courses.aspx>

Learn First Aid for Parents online:

- <http://www.redcross.org.uk/What-we-do/First-aid/Baby-and-Child-First-Aid/>
- <http://www.sja.org.uk/sja/first-aid-advice/first-aid-for-parents.aspx>

Download a First Aid app free at either of these:

- <http://www.redcross.org.uk/What-we-do/First-aid/Mobile-app>
- <http://www.sja.org.uk/sja/support-us/our-campaigns/helpless/mobile-phone-app.aspx>

 Start cleaning a baby's teeth as soon as they appear, and keep helping your child until they are at least 7 or 8. Do them twice a day: last thing at night, and 1 other time during the day.

