

April 2026



## Early Years news, advice and guidance for Square Mile families and settings

### Hello...

Welcome to our monthly newsletter. Our aim is to share regular local and national information for families in the City. If you would like to find out anything further on any items or would like more advice or information, please contact the Family Information Service.  
Email: [EEYService@cityoflondon.gov.uk](mailto:EEYService@cityoflondon.gov.uk)

### Screen Time



'Best Start in Life' have created evidence informed guidance to support parents and carers in shaping healthy screen time habits for young children.

You can access this in the link below.

<https://beststartinlife.gov.uk/screen-time-under-5s/>

### Best Start in life

You can sign up to personalised emails to support you throughout pregnancy and parenthood.

Once you've signed up, you'll receive regular emails tailored to your stage of pregnancy or your child's age.

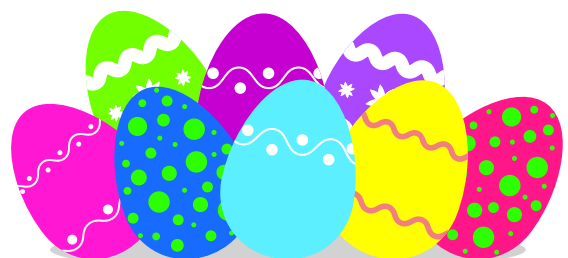
You will receive expert advice on pregnancy, baby care, childcare support and preparing your child for when they start school.

You'll receive:

- Pregnancy tips on baby development, nutrition, exercise and preparing for birth.
- Post-birth guidance on feeding, sleep, weaning and supporting your baby's development.
- Support around bonding with your child.
- Advice on early learning and choosing childcare as your child grows.
- Information and reminders about childcare entitlement.

Sign up here!

<https://www.nhs.uk/best-start-in-life/best-start-in-life-emails/>



# New Birth Visits

As part of the City of London's "Best Start in Life" offer, families with young children are supported through routine outreach home visits.

Led by Georgina, our Outreach Worker (pictured with child), these visits welcome new parents and introduce the wide range of local services available, particularly for those adjusting to family life.

The visit focuses on promoting early child development and wellbeing, Parents receive practical information alongside tailored advice to support their baby's development.

Discussions often include the importance of warm, responsive interaction, with guidance on play, communication, and limiting screen time in favour of real-life engagement. Parents are also reminded to sign up to our Dolly Parton Imagination Library book scheme.



Reassurance is also provided around bilingual development, highlighting how maintaining a home language supports cognitive growth, emotional security, and cultural identity. Families are introduced to local services such as Stay and Play sessions, health services and community groups.

These visits strengthen parental confidence, encourage positive early interactions, and help ensure every child has a strong, supported start in life.

To learn more about services offered to Families with young children in the City of London, please go to the City's Best Start in Life page:

<https://www.fis.cityoflondon.gov.uk/best-start-family-hub/start-for-life>



**Register Your Child for**

**FREE BOOKS**

Register your child in Dolly Parton's Imagination Library and get a FREE BOOK every month until their 5th birthday.



If your child lives in the City of London, register for Dolly Parton's Imagination Library here.



Learn more at [ImaginationLibrary.com](https://www.imaginationlibrary.com)



# Building Confident Writers from the Start

Early experiences of writing and drawing play a crucial role in shaping children's attitudes and feelings about writing as they grow and develop the skills needed to become confident, successful writers.

It is essential that children are supported from the earliest stages to build a positive sense of themselves as writers, develop an interest in the purposes of writing, and begin to understand its power as a tool for communication.

Pictured below is a parent at Artizan Library and Community Centre Stay and Play. Children can explore mark-making in sand, and learn to use paint and brushes to create patterns.



The Early Years team at the National Literacy Trust has created this practitioner guidance to help you nurture and develop a love of writing and mark-making in the early years.

Visit their website to find out more:

<https://literacytrust.org.uk/resources/supporting-writing-in-the-early-years/>

# Easter Joy and Creative Talent on Display

We spotted these delightful Easter bonnets made by the pupils at Aldgate School on social media. They are imaginative, creative, and beautiful. The skills on display are truly amazing. Wishing everyone a happy Easter, a lovely bank holiday weekend, and a wonderful spring.

For more ideas on how to celebrate and learn about Easter with your child click on this link here: <https://www.bbc.co.uk/cbeebies/watch/my-first-festivals-easter>



# City of London Library of Things



The City of London has launched a Library of Things service at Barbican Library on 30 March, letting residents rent household equipment cheaply.

The scheme saves money, reduces waste and clutter, and offers convenient same day booking, locker collection and returns.

To join and participate visit:

<https://participate.libraryofthings.co.uk/city-of-london-library-of-things>

An NHS advertisement featuring two children in white, fluffy sheep costumes. The background is a colorful, festive setting with balloons. The text is in yellow and white on a dark background.

UK Government

NHS

**WRAP YOUR CHILDREN UP WITH THE BEST PROTECTION - VACCINATIONS**

Are your child's vaccines up to date? Check their red book or speak to their GP practice.

**STAY STRONG. GET VACCINATED.**

If you would like to find out anything further on any items or you would like more advice or information, please contact the City of London Family Information Service.

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