

June 2024



## 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 like more advice or information, please contact the Family Information Service.

[EEYService@cityoflondon.gov.uk](mailto:EEYService@cityoflondon.gov.uk)

### Book Club Free books for children under 5!

Dolly Parton's Imagination Library is a book gifting programme devoted to inspiring a love of reading in children everywhere.

Enrolled children from birth to five can receive high-quality books, sent via the post, addressed to them, and best of all it is free of charge.

To register please click here:

<https://www.fis.cityoflondon.gov.uk/education-and-schools/early-years-0-5-education/dpil>

### Developing your child's writing skills

Manipulating playdough helps strengthen the small muscles in the hands and fingers, which are crucial for holding and controlling a pencil or pen.

Here's a play dough recipe for little fingers to explore and create! You will find it is similar to the kinetic sand you can buy in store.



Ingredients:

1 1/2 cups plain flour

1/3 cup salt

1 cup play sand

2 tbsp cream of tartar

2 tbsp coconut oil

3/4 cups boiling water

Instructions:

Mix all dry ingredients together. Add in the boiling water.

Once mixed through and cool enough to touch, knead thoroughly until soft.

Play and have fun!

# 'Star of the week'

Rufus has been attending Smithfield House since he was a baby. He is due to start school in September. He had his first ever haircut on the 24th April, donating 17 inches of hair and raising £827 for the Little Princess Trust - who makes wigs for children undergoing cancer treatment.

Fantastic work Rufus!

To find out more about the Little Princess Trust visit their website:

[littleprincesses.org.uk](http://littleprincesses.org.uk)

If your setting would also like to donate to this charity why not order a FREE Funky Hair Funday fundraising pack!



It is a day to simply style your hair - or head - in any way you like to raise money and profile for The Little Princess Trust.

Click on the link above to get everything you'll need to hold your very own Funky Hair Funday!

The pack includes a leaflet full of ideas, a poster to let everyone know about your event, a sponsorship form, bunting and much more!

But if you want to donate hair you'll have to arrange your own hairdresser to come into your setting!

A big thank you to Smithfield House Nursery for bringing this to our attention and sharing these pictures of Rufus' new funky haircut!

# Brighter Beginnings - Parents' Workshops

Contact - the charity for families with disabled children - host a series of training workshops for parents and carers. Parents can register for a range of workshop topics throughout June and July:

Managing your child's sleep (June 4th, 10am)

Intro to Speech & Language Challenges (June 4th, 10am)

Understanding your child's behaviour (June 6th, 10am)

Supporting children with anxiety (July 2nd, 7pm)

Supporting your child with social communication challenges (July 10th, 7pm)

Toilet training for children with SEND (July 11th, 7pm)

Booking link : <https://www.eventbrite.com/cc/brighter-beginnings-early-years-0-5-workshops-2712059>



## Stress-busting for parents workshop

**This free workshop is for parents and carers of children aged 0-11 to help:**

- Equip parents with coping strategies
- Deal with the pressures of parenting

**Wednesday 12th June**  
**10.00 am - 12.00 pm**  
**Barbican Childrens Library, EC2Y 8DS**

For more information and to book your space, please contact Gill on [gillw@familylives.org.uk](mailto:gillw@familylives.org.uk) or call/text on **07702 954891**

**We build better family lives together**  
[www.familylives.org.uk](http://www.familylives.org.uk) @familylives



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex, York House, Salisbury Square, Hatfield, AL9 5AD.



## Starting Solids

### Free local workshops

#### Introducing solid foods at 6 months

Come to a Starting Solids workshop to help you get your baby off to a great start. The workshop will help you decide:

- When your baby is ready to try solid food
- What foods to start with
- When your baby is hungry and when they've had enough
- How to make mealtimes an enjoyable experience for both of you

**Workshop details:**  
Aldgate Child & Family Centre  
St James's Passage, Dukes Place  
EC3A 5DE (0207 283 1147)  
Tues18/06/24 from 9:30am-11:30am  
To book scan the QR code or contact [hcsupport@henry.org.uk](mailto:hcsupport@henry.org.uk) 07519 109876

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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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