

March 2022



## 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 -

020 7332 1002

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

[www.fyi.cityoflondon.gov.uk](http://www.fyi.cityoflondon.gov.uk)

### Makaton

Talking does not just involve speaking. Watch someone talking, they will also be using gestures, facial expression, eye contact and body language. All this is communication. Makaton uses speech with signs (gestures) and symbols (pictures) to help people communicate. Would you like to learn some useful signs to use with your child?

As part of our Coltales programme (City of London Talks and Listens Enthusiastically) we post Makaton videos every Wednesday on our social media platforms. Follow us on Instagram, Facebook, Twitter or search [#ColtalesTopTips](https://www.instagram.com/coltales)

To find out more about Makaton, please visit their website by clicking [here](#).

### Early Years Attendance

Regular early years attendance is important for all children, as it is only through regular consistent routines that children build up the secure attachments they need for healthy development. Please talk to your child's teacher/key person/Nursery Manager if you need any advice to support your child's attendance and punctuality.

### 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 and best of all it is free of charge.

To register please click [here](#)



# Supporting communication with children under 3

Here are some great tips from Sarah Ockwell-Smith to support early communication skills with your toddlers. Sarah is a parenting expert and mother of four who founded the GentleParenting website – visit [gentleparenting.co.uk](http://gentleparenting.co.uk) or Sarah's Twitter [@TheBaby\\_Expert](https://twitter.com/TheBaby_Expert)

- **Repeat what toddlers are telling you.**  
Help them to clarify things and show that they are being heard by you.
- **Help toddlers understand and name their emotions.**  
You can do this by giving them words for how they are feeling; for example, "You wanted to play with the toy that James has, but he won't let you, so you feel angry and sad."
- **Give toddlers time to process what they've heard.**  
Don't expect them to react immediately.
- **Read lots!**  
One of the best ways to improve toddlers' verbal and non-verbal communication skills is through the using of stories.



## Artizan Street Library

Artizan Street Library & Community Centre  
- 1 Artizan St, London E1 7AF - had a special visitor to their Rhyme Time and Stay and Play sessions last week. Coltale, the little blue City of London dragon flew in to say hello.



Why not follow [@artizanlibrary](https://twitter.com/artizanlibrary) and [@SqMile-Families](https://twitter.com/SqMile-Families) on Twitter and check out Coltale's top tips for talking.

## Reading with children

- Ask your child to choose what they'd like to read. They'll feel more interested in the story if they've picked it out themselves.
- If you can, turn off the TV, phone and computer. It's easier for both of you to enjoy the story without any other distractions.
- Sit close together. You could encourage your child to hold the book themselves and turn the pages, too.
- Ask questions and talk about the book. Picture books can be a great way to talk through your child's fears and worries, or to help them deal with their emotions.
- Have fun! There's no right or wrong way to share a story – as long as you and your child are having fun.

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