

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



Best Start in Life and Best Start Family Hub

Did you know that most of your child's brain growth happens before the age of 5?
From the very beginning, every little moment you share with your child, every smile, cuddle, chat, and game, helps build their brain and shape who they become. These early interactions support language development, boost confidence, and help children learn how to make friends.

In the City of London, we want every family to have access to the right information at the right time from pregnancy through to the start of primary school.

Our goal is for all babies and young children to grow up healthy, happy, and thriving.

We're here to support you every step of the way during this exciting and important journey.



Use the QR code to find our range of services, resources and advice on pregnancy, babies, healthy child development, childcare and early education.



What's been happening in Early Years!

Here's a picture of The Worshipful Company of Basketmakers repairing Gog and Magog, They have even made new outfits for them. Gog and Magog are two legendary giants who are protectors of the City of London. Today, statues of Gog and Magog stand in the Guildhall, and they take part in the Lord Mayor's Show every year. Why not tell your child the story of Gog and Magog.

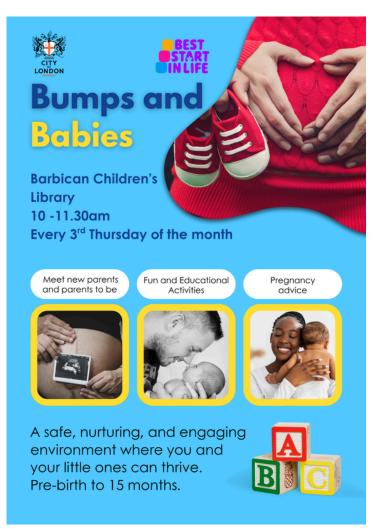
Congratulations to the team at Smithfield House Nursery who have completed their Level One and Two Makaton Course. They attended training at Guildhall on Saturday!



Pictured is a City Child exploring resources at a Bumps and Babies session. Tummy time is important for babies because it helps strengthen their neck, shoulders, arms, and core muscles, which are essential for rolling, crawling, and walking.



Bumps And Babies is the 3rd Thursday of the month for Pre-birth to 5 years. It runs from 10 am in Barbican Children's Library.











Good quality food at low cost

- Buy approx. £15 worth of food for just £4
- £1 a year membership price

Aldgate FOOD Club

Thursday 1-3pm 1 Artizan Street, Aldgate, London, E1 7AF

For more info scan the QR code, drop into one of our FOOD Clubs or email us at londonfoodclubs@family-action.org.uk





Quit Smoking this October

Stoptober is back!

Join thousands of other smokers committing to guit this October.

Even if it's your first time or you've tried before, now is the perfect time to guit smoking. Make it to 28 days smoke-free and you're 5 times more likely to guit for good. There's no need to go it alone. With NHS free tools, advice and support, quitting is easier than you think.

https://www.nhs.uk/better-health/quitsmoking/

Be careful what you wear when you're out to scare

Some fancy dress costumes are highly flammable so they can ignite almost instantly and burn fast.



Try to buy from a reputable store or website. Cheap costumes may not meet UK safety standards.



Look for a costume with a UKCA or CE mark



Look for a label that says: "This garment has undergone additional safety testing for flammability"



Remind children to stay well away from naked flames and other heat sources



