



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 about any of the items, or would like more advice or information, please contact the Family Information Service.

Email: FEYService@cityoflondon.gov.uk

Tips on starting school



Check out the 'skills for starting school' on the CBeebies Parenting website for free, expert advice and activity ideas to grow children's independence and support their development. Find help with everything from introducing the potty and toilet independence, taking turns and sharing, to helping with shyness around starting school and managing separation anxiety.

<https://www.bbc.co.uk/tiny-happy-people/topics/cr4rez0de6vt>

Introducing VERBO

Many early years settings across the City are introducing Verbo as part of their everyday practice to strengthen the support they provide for children's speech, language and communication development.

Settings are encouraged to begin by:

- screening a small number of children
- share learning and training with colleagues
- make use of the Watch, Wait, Communicate training resources and work closely with parents and carers throughout the process.

Verbo supports setting to identify and respond to children's communication needs at the earliest opportunity, before specialist intervention is required. Watch our podcast to find out more!



<https://www.youtube.com/watch?v=noaMFmLnw0U>

What's on and about in the City



City of London Family Information Service

BEST START IN LIFE

Best Start for You and Your Child
Find out about local support, meet other families and enjoy a fun Stay and Play session.

- Do you want to know about activities available for under fives in the City of London?
- Would you like to know more about where you can find trusted advice on the Best Start in Life website?

Come to our stay and play information session and find out more.

22nd September, 10-11.30am, at Artizan Library Stay and Play.



The City of London activities timetables are available online. It includes information about regular, mostly free events for families at City of London libraries and other locations across the Square Mile. Download 0-5 timetable:

<https://www.fis.cityoflondon.gov.uk/asset-library/city-of-london-timetable-0-5-years-sept-dec-2026.pdf>

Download 5+ timetable:

<https://www.fis.cityoflondon.gov.uk/asset-library/city-of-london-timetable-5-years-sept-dec-2026.pdf>

If you have any questions, please contact eeyservice@cityoflondon.gov.uk



City of London

BEST START IN LIFE

Bumps and Babies

Artizan Children's Library
10 -11.30am
Every 1st Thursday of the month

- Meet new parents and parents to be
- Fun and Educational Activities
- Pregnancy advice





A safe, nurturing, and engaging environment where you and your little ones can thrive.
Pre-birth to 15 months.



For information about additional events, please see the What's On section of this website:

What's On - City of London Family Information Service

<https://www.fis.cityoflondon.gov.uk/whats-on>

You will also find interesting events for adults!

Pictured: Chai Chakradeo, team support officer at the City of London. Chai attended "Blessed Are the Cheesemakers", a talk by international cheese judge John Pearson at Shoe Lane Library in August.



City of London

henry
Healthy Start, Healthy Babies

Starting Solids
Free Workshop

Join us for guidance on introducing your baby to solid foods in a safe and stress-free way, building healthy habits right from the start.

Wednesday 16th September
10am - 12pm

Artizan Library
1 Artizan Street, E1 7AF



Scan to sign up!




Family Fun Day Promotes Reading and School Readiness

As part of the Summer Reading Challenge, Barbican and Community Libraries hosted a successful Family Fun Day, bringing together families and local organisations to promote reading, communication, language development and school readiness.

The Family Information Service and Early Years Team, led by Paul Ricketts, Family Information Officer, and Verity Welch, Early Years Advisor, hosted an engagement stall offering information, advice and practical resources for families.

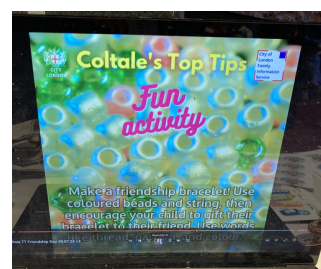
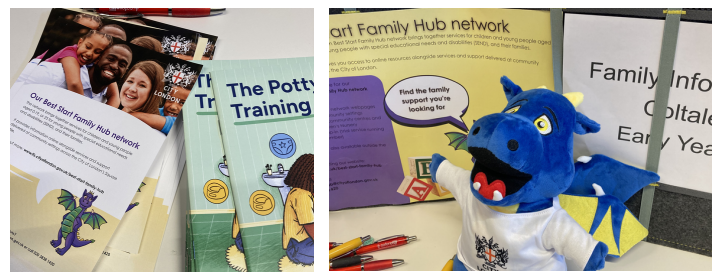
A wide range of materials were shared, including communication and language resources, speech and language development information, potty training guides, healthy recipe leaflets, Best Start Family Hub information and school transition bags.

The transition bags were particularly popular, providing families with books and activities to help children prepare for starting school. Parents described the bags as useful, practical and a valuable way to support conversations about school. Many families expressed enthusiasm about borrowing the bags through local library displays.

Coltale communication resources were also well received, helping families learn more about supporting children's speech, language and communication development at home. Families showed particular interest in the Coltale Top Tips resources and communication leaflets.

The event highlighted the importance of promoting local support services. Many families were unfamiliar with the Family Hub Network, demonstrating the need for continued awareness-raising within community settings.

Overall, the Family Fun Day successfully promoted reading, school readiness and early language development, while increasing awareness of local services and gathering valuable feedback from families. The event demonstrated the benefits of partnership working and the positive impact of combining reading promotion with wider family support and early years information.



Pictured: Claire Doolan, Sona Kalenderian, Sarah Townsend, Paul Ricketts and Verity Welch

SEND Training for Parents (Ages 0–5)



Advice and strategies for parent carers to help children recognise and manage anxiety. We all feel anxious at times, but anxiety can be difficult for children to understand and manage.

This online workshop will cover:

- What anxiety is and how it may make your child feel
- The causes, signs, and different types of anxiety
- Strategies to help your child recognise and manage their anxiety

There will also be time for questions, discussion, and signposting to further sources of advice and support. Sign up below to reserve your spot on the training.

Find out what educational support is available in Early Years settings for children aged 0–5 with additional needs in England. Securing the right educational support in the early years can be complex, particularly when a child has additional needs.

This online workshop will cover:

- What special educational needs (SEN) are
- How SEN support works in the early years
- The key laws and policies affecting early education
- What an Education, Health and Care (EHC) plan is
- The process for requesting or reviewing an EHC plan
- How to challenge decisions about educational support.

https://www.eventbrite.co.uk/e/brighter-beginnings-understanding-managing-anxiety-age-0-5-england-tickets-1996221029837?mc_cid=982b79e884&mc_eid=e74b8fd000

https://www.eventbrite.co.uk/e/brighter-beginnings-early-years-educational-support-for-children-with-send-tickets-1996216603598?mc_cid=982b79e884&mc_eid=b6c6821087

Top Tips for Saving Water

Water is precious!
To protect it, we all need to use less.
Our shifting climate and growing demand are already making water supplies less predictable for people and nature. But we can change things. People, businesses and the water industry - when we work together, it all adds up. Find out more here.

<https://letssavewater.com>



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WATER WISE HACKNEY
EVERY DROP COUNTS

SAVE WATER • SAVE MONEY • PROTECT HACKNEY

London is one of the driest parts of the UK and is officially classed as an area under water stress. Every litre we save helps protect our water supply for homes, schools, businesses, parks and wildlife.

6 EASY WAYS TO SAVE WATER

- 1. Keep showers to 4 minutes**
A shorter shower saves water, energy and money.
- 2. Turn the tap off**
Turn off the tap while brushing your teeth or washing hands.
- 3. Only run full loads**
Only use washing machines and dishwashers when they are full.
- 4. Water plants wisely**
Water plants in the early morning or late evening when it's cooler.
- 5. Fix dripping taps quickly**
A small drip wastes a lot of water and costs you money.
- 6. Use a watering can**
Use a watering can instead of a hose to water your garden.

SAVE WATER = SAVE MONEY

DRIPPING TAP
A dripping tap can waste **OVER 5,000 LITRES OF WATER EVERY YEAR** adding unnecessary costs to your water bill.

LEAKING TOILET
A leaking toilet can waste **UP TO 400 LITRES EVERY DAY** - enough water for several baths - and could cost **HUNDREDS OF POUNDS A YEAR** if left unrepaired.

SHOWER VS BATH
Choosing a short shower instead of a bath can save both water and energy, helping reduce household bills.

WHAT NOT TO DO

- Don't hose driveways or patios.
- Don't water gardens during the hottest part of the day.
- Don't ignore leaks.
- Don't leave taps running.
- Don't use drinking water when collected rainwater would do.

WATER WISE FACTS

DID YOU KNOW?
London receives less rainfall each year than many people think, yet millions of people rely on the same water supply every day.

DID YOU KNOW?
Around 95% of our home's water use happens in the bathroom, kitchen and laundry, making small everyday changes one of the easiest ways to save water.

HCRN COMMUNITY CHALLENGES

1 THIS WEEK'S CHALLENGE
Keep every shower to 4 minutes.
Can your household do it?

2 BONUS CHALLENGE
Find and fix one dripping tap or report one leak this week.
A tiny drip today could save thousands of litres over the next year.

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HCRN HACKNEY COMMUNITY RESPONSE NETWORK

HCRN RESPONSE LINE 07745 276990
Help. Connect. Respond. Together.

CoHub People. Place. Purpose.

WATER WISE HACKNEY
Our Community. Our Water. Our Future.
Working together to protect Hackney's water for today and for generations to come.

HCRN RESOURCE LIBRARY
GUIDE 4 OF 4

STRONGER TOGETHER **SMARTER CHOICES** **BETTER FOR HACKNEY**

Our small actions today protect our community tomorrow.

OUR COMMUNITY CAN MAKE A DIFFERENCE

- Carry a refillable bottle and refill instead of buying bottled water.
- Spot a leak? Report it! A small drip can waste thousands of litres.
- Help care for young street trees - water them in dry spells.
- Choose drought-friendly plants in gardens and window boxes.
- Keep drains clear of litter to prevent blockages and flooding.
- Walk, cycle or use public transport - it saves water and cuts pollution.
- Share water-saving tips with neighbours, friends and family.

IN OUR HOMES AND BUILDINGS

- Tell your landlord or housing provider about leaks and dripping taps.
- Encourage neighbours to save water - small changes add up!
- Use washing machines and dishwashers only with full loads.
- Don't put wipes, oils or chemicals down the toilet or sink.
- Report burst pipes or low pressure - it could be a leak.
- Look out for water-saving information from your water company.

OUTDOORS TOGETHER

- Water young trees and community planting projects.
- Community gardens help cool our streets and save water.
- Sweep pavements instead of hosing them down.
- Support rain gardens and green spaces in your area.
- Share or set up rainwater collection where possible.

WATER WISE STARTS WITH RESPECT

- Respect our water - it's precious and not unlimited.
- Teach children about water and why it matters.
- Think global, act local - every drop counts.
- Help others who may struggle - share knowledge, not just water.

DID YOU KNOW?

- A single dripping tap can waste up to 5,500 litres of water a year.
- If every household in Hackney saved just 10 litres a day, we could save over 100 million litres a year!
- Longer, hotter summers mean Hackney needs all of us to use water wisely.

HCRN COMMUNITY CHALLENGES

CHALLENGE 1
Spot and report one leak or dripping tap in your area this month.

CHALLENGE 2
Water a tree or plant in your street or community space.

CHALLENGE 3
Inspire one other person to become Water Wise.

NEVER FORGET

- Water is life.
- Water connects us all.
- Saving water today protects Hackney tomorrow.

NEED HELP OR WANT TO KNOW MORE?

- HCRN RESPONSE LINE**
Help. Connect. Respond. Together.
07745 276990
Save this number!
- VISIT THE COHUB**
Advice, resources and practical support.
49 Alisworth Road, London E9 7LP
- DROP IN TO THE HUB**
Warm welcome, real people, real support.
Everyone welcome.
No appointment needed.

When we work together, we protect our water, our money, our environment and our community.

WATER WISE HACKNEY
Stronger together. Better for everyone.

CoHub People. Place. Purpose.

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