

# StarNews

#02 Winter/Spring 2021

## Well, 2020 was some year, wasn't it?

★ At the end of 2019 we were full of confidence that we would be sending out regular newsletters twice a year to our families brimming with interesting news, fantastic ideas, useful information and gorgeous photos. But then Covid 19 came along and everything changed.

But here we are, starting off 2021, still trying to negotiate the challenges of a Global Pandemic and so glad to be able to share our latest newsletter with you all.

2020 brought lots of new things, some of which were tough and unwelcome, like social distancing, not being able to run all of our programmes and, of course, face masks. We've all had to learn new ways to manage, find ways to adapt and everyone is missing time together.

But there were also lots of new welcome things that came along too. We had 87 new people who registered with Star Sure Start during 2020 and this will be the first time they are getting a newsletter and so we are really happy to be able to share this with so many new families. There were 20 new babies who arrived into the world and are now part of the Star Sure Start family – so well done



to all of those mums and dads and little ones – we're delighted that these babies have arrived safely and we're looking forward to getting to know you all better in 2021. We have had to get better at some of our technology skills, like using Zoom, posting on Face Book and making videos. Plus we have some new staff that have joined the team and have brought with them new ideas and talents.

2020 was a big year and none of us can say with certainty what 2021 will bring. But we can be sure that our children will still want to grow and learn and play. And we in Star Sure Start will still be here to support all of you in the brilliant job you're doing as parents.

## Star News Desk



- ★ Star Sure Start leads the way in Northern Ireland as being the first Sure Start to have all staff trained in Infant Mental Health Online (IMHOL) through Warwick University. This is a Postgraduate level training in infant mental health for front line professionals who work with babies/ children and their families and is endorsed by the Association of Infant Mental Health (AIMH) UK. It has been a great opportunity for all staff to have a shared understanding and vision on supporting parents and children in those first three years of life.
- ★ Congratulations and farewell to Maria, our Occupational Therapist who moved onto a different job closer to home after the birth of her lovely baby boy. We're sad to lose

her from the team, but know this is the right choice for her and her family. We are hoping to welcome a new Occupational Therapist into the team soon and will be excited to offer this OT service to parents and families again.

- ★ We've a new Midwife, our Maria who joined the team in September and has been a fantastic support to our pregnant mums. Maria is a mine of information to help pregnancies and child birth go smoothly and give support when things are not so straight forward too.
- ★ Hello to Ellie, our new Health Visitor who's been getting settled into her role working jointly with Star and Core Health Visiting Team in Banbridge since October. Ellie is

our Breastfeeding Guru, lead staff member for Star Babies and font of knowledge on all things connected to children's health and development.

- ★ Sure Starts in Northern Ireland have received an increase in annual budget from the Department of Northern Ireland as an endorsement of the fantastic work staff across 38 Sure Starts are doing collectively to support families to give children the best start in life. In Star, we are using this to develop further the services we can provide to expectant parents and those with children under 1.
- ★ And lastly.....we are delighted to tell you all that Stars' new look website launched this month! Take a look at the back page of our latest edition of Star News for more information.

## Star Dads

★ Fathers have a special role to play in their children's life and Star Sure Start recognises and values this. To provide effective support to their children, just like mothers, at times fathers themselves may need some guidance, but it can be difficult for them to know where to go for advice as they may feel these services are only available for mothers. In Star we have a Families and Fathers' Worker, who can provide one to one support for fathers covering all aspects of parenting and family life.

### Why Fathers Matter?

Understanding the role of fathers in nurturing children's development has become an important focus of research in recent years.

### What the research says:

- Pre-schoolers who are most sociable at nursery were found to have spent more time with their fathers.
- In families where fathers are actively involved during the primary school years the children are more likely to do well at secondary school.
- In families where fathers offer



guidance and set boundaries the children are more likely to think of themselves as valuable members of society.

- Children are less likely to have a criminal record at the age of 21 when fathers have been actively involved with their child before the age of 7.
- Fathers are as sensitive and responsive to their young children as mothers are.
- How fathers spend time with their young children can be more important to the father child relationship than how often they are with them.



Here at Star we work hard to give fathers the chance to be able to spend quality time with their children supporting them to grow, learn and develop with the aim of giving the child the best possible start in life. Fathers are warmly welcomed to attend all our groups and services with their children, avail of home based support as well as attending our specific Dads activity sessions on a Saturday. In attending these sessions it gives fathers the opportunity to meet other fathers in a warm friendly environment.

# Reading Aloud To Your Children

## ★ Why?

Reading aloud is great for boosting children's language and communication skills. Regular reading to very young children helps them learn to say words out loud, building their vocabulary. Regular storytelling and interactive reading with young children is vital for developing their reading and language skills.

## So what?

A child who can read well by the end of primary school is able to understand the meaning behind stories. They talk more confidently about what they have heard or read and use that information to help predict what happens next. A good level of reading gives children the best chance of leaving school with good qualifications.

## Is that all?

No. Reading does more than supporting children's language development - being a good reader helps all parts of their education. Reading to your children means you give them the best possible start in their lifelong learning journey.

Reading to your children is a perfect way to spend quality time together as you interact, chat and bond with your little ones. Through reading and talking to your children, you help them to build their natural curiosity. Books expand children's knowledge, allowing them to travel to the wonderful world of their imagination.

## Parents & Carers

Don't underestimate your important role as your child's first educator. By sharing stories or singing rhymes, you play a vital part in creating early learning opportunities. Here are a few tips so parents and children get the most out of reading together:

## A space for sharing stories

There's no wrong way to read stories, as long as you and your children are happy and relaxed. Pick a quiet time when you're not in a rush. Turn off the television, set down your phone and spend time only with your children. This shows your little ones how important they are to you and how much you love them. Reading for a few minutes each day works best, such as bedtime, bath time or anytime that suits you.

## Before you start

Do not worry about your reading skills. Your children will still adore it!

Choose short, easy books with pictures. Check if it is interesting and suits your child's age, stage of language development and understanding of spoken language.

Ensure your body position allows your children to see your face.

Take time to look at the cover - talk to your children about what they see, reading the title and asking them to repeat after you.

Wonder out loud, e.g. "I wonder what happens in this book?" Older children can also try to predict the story.

It's ok to read the same book again - children learn from repetition.

## Reading tips

Read slowly and clearly.

Use different voices for different characters.

Express emotions and describe them, e.g. "Oh no! I am so afraid of the big bear" or "Ha ha ha! It is so funny".

Show your excitement to make reading fun!

Huff and puff with the wolf; munch with the hungry caterpillar; roar with daddy bear, etc.

Talk about the pictures.

Enhance the language, e.g. "Yes, it is a car. A big and red car".

Allow them to turn the pages.

Slide your finger under the words.

Praise them when they copy the words.

Observe if they are interested in the book.

Follow their attention and lead - don't worry if your child walks away, you can try again later.

## Visit your local library

These are great places to go with your children, full of lovely books for everyone without having to spend money. Libraries provide safe, child-friendly spaces where families can spend time out of the home environment, especially on rainy days. Some run groups for children, like Rhythm and Rhyme, for parents and young children to enjoy rhymes, stories and songs together.

If you're looking for advice or have any questions on ways you and your little one can develop your love of books together, please contact us at Star.

## After reading

Avoid too many questions.

Enjoy follow up activities.

Repeat..

## REMEMBER!

Reading books from early childhood helps children to become fluent readers in the future.

Be a positive role model and read to your children as often as you can.

Turn them into passionate adult readers.

Your child will love reading with you!

You are the best teacher for your child!



# Being Connected

## and why lockdowns are so tough.

Human beings are naturally social creatures. As far back as we can trace, humans travelled, hunted, and thrived in social groups, such as families, tribes or villages. Humans who separated from their social group risked severe consequences. Given how connecting to others is central to our evolution and survival, it should be no surprise it is good for our physical and emotional health. Studies show social connection is more important to our overall health than our weight, whether or not we smoke or our blood pressure. Social connection can lower anxiety and depression, help us regulate our emotions and actually improve our immune systems.

The importance of being connected to others is strongly wired into our brains. In modern life, our social groups provide us with our identity and teach us skills to help live well and share resources more effectively. Even thinking about not being connected, about loneliness or isolation can be uncomfortable for us, bringing up tricky emotions such as anxiety, sadness, guilt, shame and grief. It can be confusing to feel lonely when we have little people and other family in our lives. But, if we understand the different types of relationships researchers have identified we need in our lives it can start to make more sense. We have evolved to need:-

- ★ The close best friend or partner relationship – the person who you trust and knows trusts you, someone who you feel ok to just be yourself with
- ★ Our social relationships with extended family and friends – in pre-Covid times, the people we met for a chat or visited in each other's homes,
- ★ Our community relationships, such as people who live close by, who go to the same parent and toddler groups, who we know through work or from school, or who go to the same Sure Start.

With the different types of connections we need in our lives, it's no surprise we find lockdown restrictions so difficult. In the effort to keep us and loved ones safe from Covid-19, we have had to connect less and keep a social distance that goes against what we are designed to do.

**What can we do to help us feel connected and combat loneliness, but still make sure we're not putting our health and the health of others at risk?** Well, it depends a bit on the type of relationship you want to work on. For someone missing closer connections, perhaps have a family walk in the park or an "at home date night" to spend time talking and reconnecting



with a partner. Or even taking some time to connect with yourself and find activities that help stay in the 'now' such as baking, adult colouring, yoga or other mindful activities.

For someone missing social relationships, make use of 'virtual get-togethers' using video chat applications to build on the social relationships with those you're missing outside of your bubble. Rather than communicating through social media, perhaps make a phone call or go for a socially distanced walk with someone.

For others missing wider community links, try shopping locally to get to know the friendly staff in the local shop or smiling lady in the post office. Look out for Facebook or WhatsApp groups run by local organisations as a way of

keeping connected. Star is starting a Virtual Breastfeeding Support Group and will be rolling out other virtual opportunities. We know it's not as good as coming into Star for a cup of tea and chat with others, but it's better than not connecting at all.

What if feelings of loneliness start to get too much and you start to doubt your ability to make connections? Our thinking can get really tricky when loneliness takes hold – our motivation and confidence slip away and we think more and more negative thoughts about ourselves and others. These feelings of disconnection or loneliness can be caused by different things, like being overwhelmed at parenting in a Pandemic, relationship tensions or domestic abuse, mental health struggles, using drugs, alcohol or gambling to manage or avoid emotions, money and work worries, bereavement and grief. It's important to remember connecting and reaching out for help can be the most important first step to stop the downward spiral. All of the staff in Star are here to help anyone experiencing disconnection that's impacting on wellbeing. We understand the courage it can take to pick up the phone and say what's going on. If you think this might

apply to you, please contact Star and staff will be able to listen, support you and if necessary signpost you to who is best placed to help you at this time.

Our social connections and ability to cope with challenges are strengthened when we receive support, but also when we give support and kindness to others. The more positive our relationships are, the better any of us are able to face life's challenges. So, perhaps you can make the first move and reach out to connect with someone? It could be a smile or hello, a kind act, an invitation to connect or telling someone how grateful you are to have them in your life. Connecting with people can bring light and warmth into the coldest of days – maybe you could be the light and warmth for someone else.

# Messy Play at Home

Have you ever tried messy play at home?

★ We know for adults, that messy play can be a lot of work and can feel stressful. But did you know that messy play has many benefits for your child;

☀ It encourages children to try out new experiences. Children are always full of curiosity, imagination and exploration. This can help to build their self-esteem and self-confidence.

☘ Messy play stimulates the senses. Children can respond to what they see, hear, feel, touch and smell. They will also express their feelings and thoughts through colour, texture and shapes.

☘ Messy play can be used for all ages – including babies (always supervise your child during messy play and ensure resources are safe for their age).

What looks like a mess on the surface, is truly a learning experience for your child.

At home, messy play can take place in the bath, on a highchair table, in a large box, bowl or tray, in a paddling pool or even outside!

## Important things to remember:

- Put an old set of clothes, vest or apron on your child.
- Have a packet of baby wipes, an old towel or a face cloth to hand. This will be handy for any spillages.
- Think about protecting the floor if it's not easily cleaned.

## Simple messy play activities to do in the house:

- Waterplay - with or without bubbles



- Cooked and cooled spaghetti or pasta - with or without food colouring
- Jelly - make your own jelly in a bowl and avoid using small jelly cubes, as this can be a choking hazard
- Custard
- Non perfumed/toxic shaving foam
- Gloop

\*As your child gets older, you can add additional items to extend their play e.g. animals, food colouring, spoons, bowls, brushes etc...

## Gloop Recipe

### Ingredients

2 cups of corn flour  
1 cup of cold water

### Method

Mix the water into the cornflour slowly. It will take some time to mix together, but encourage your child to play with the gloop before it's mixed.

\*Once mixed, note that as you apply pressure, it feels like a solid. Relax your hand and the gloop will run back into the bowl as a liquid.

**Don't be afraid of the mess. Roll up your sleeves and enjoy some messy play time with your little one.**

## The Gruffalo Trail Family Event



Eliza and her big sister Mollie-Jean spot the Gruffalo in the tree at our Gruffalo Trail Family Event.



Theo and his mum are enjoying listening to The Gruffalo story at our Gruffalo Trail Family Event.

## Creative Kids



Jade had lots of fun painting a picture at Creative Kids.



Ellie and her mum enjoyed making 'cloud dough' at Creative Kids.

# Breastfeeding... how times have changed.



★ Breastfeeding is long known to be the most natural way a baby receives their nourishment in the first months and years of life. There are numerous historical accounts in some cultures that breastfeeding was a religious obligation. The occupation of 'wet nursing' dates as far back as 2000BC when 'wet nurses' were highly sought after and held in high esteem by nobles and royals of the time. It was a very lucrative profession in France during the 17th Century, primarily an occupation among very poor women who sadly gave their own new born baby's away in order to gain employment as a 'wet nurse'.

Breastfeeding became less common during the early 19th century with the introduction of formula and bottle feeds which were considered a sign of affluence and breastfeeding fell out of favour. It was also thought at the time that the breastfeeding mother could transfer bacteria or illness to her baby.

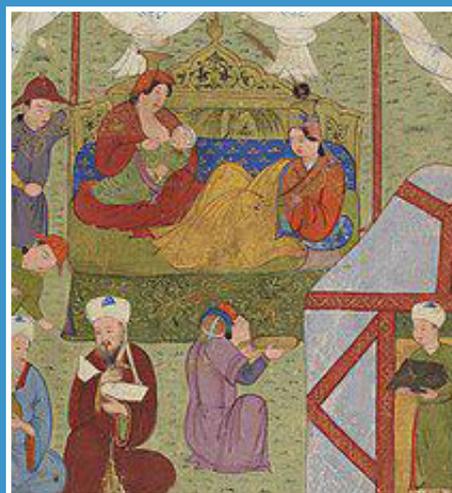
Thankfully, as times have changed it is considered less of an 'obligation' now and we have growing evidence demonstrating the huge health benefits of breastfeeding both on the baby and mother.

★ **Did you know that breastfeeding can help to reduce your baby's risk of developing:**

- Sudden infant death syndrome (SIDS/SUDI)
- Allergies, asthma
- Ear infections
- Diarrhoea and vomiting resulting in fewer trips to hospital.
- The hormones in breastmilk aid baby's ability to regulate their appetite reducing obesity and

diabetes in early childhood and adulthood.

- Has cardiovascular benefits into adulthood.
- It assists in regulating sleep and helps baby form positive attachments to mum as well as the benefits to baby's immunity.



★ **The health benefits to mum are equally positive; did you know that breastfeeding can help lower your risks of developing:**

- Breast cancer
- Ovarian cancer
- Osteoporosis
- Obesity
- Developing cardiovascular disease
- Promotes positive bond between mum and baby, especially among mums who may have low mood or post-natal depression.
- It helps your uterus contract and return to pre-birth size more quickly.

- It is also convenient and economical with no need to sterilise and is at the correct temperature whenever your baby needs it.

Breastfeeding for any length of time will have a really positive benefit on baby and mum. It is recommended by the World Health Organisation and the NHS that the longer mums can breastfeed their baby the better. It is the most natural thing for you and your baby, yet it can come with its own challenges and is a skill that you and your baby can learn together. But once you master it you can breastfeed for as long as you both want.

In learning this skill, the team in Sure Start are here to help guide and support you on your breastfeeding journey. For example, the Star Health Visitor, Perinatal Parenting Worker and Midwife are available to speak to you and can offer advice on breastfeeding, such as difficulty with positioning, sore nipples/breasts, mastitis or any other query you may have.

With this in mind we are about to go live with our Virtual Breastfeeding Support Group which is open to all breastfeeding mums in the area. Our aim is to bridge the gap between the longed for face to face support from other breastfeeding mums and offer additional guidance from health care workers. We will be sending out links of how to join our Virtual Breastfeeding Group via our Facebook page/ flyers and social media. We hope you can visit us to talk about any concern's you may have or to equally connect with other breastfeeding mums. We look forward to welcoming you and your baby.

# Shop Smart – Save Money!

 Grocery shopping – absolutely essential! Often ridiculously expensive! There are so many simple swaps and tweaks that we can make to our usual grocery shop that can not only save us pounds, but be a healthier choice for a whole family.

## Online Shopping / Click & Collect

Online shopping allows you to remove items from your virtual basket that you could do without before paying, helping you stick to your budget and giving you time to consider your choices.

## Cook from scratch!

Ready prepared foods are often much more expensive and contain additives and very often, a lot of salt! When cooking from scratch you have control over what exactly goes into your meals and you may even be able to freeze what is left over for another time!

## Menu planning

Plan your meals out for the week ahead so you're not staring blankly into the cupboards looking for inspiration or tempted to phone a takeaway!

## Make a list

Menu planning helps you prepare exactly what you need for the week and have it bought in advance.

## Buy in season

Foods that are out of season can be super expensive! Look out for offers on the in season produce e.g. berries in Summer, turnip in Autumn, oranges in Winter, broccoli in Spring.

## Try the supermarkets own!

The big brands are not only more expensive, but often high in sugar to give them that sweeter taste. Nutritionally, supermarkets own brand are often the healthier choice and kinder to the pocket also!

## Shop around (where possible)

Different places offer different deals. If you have the option to shop around, this can be very profitable!

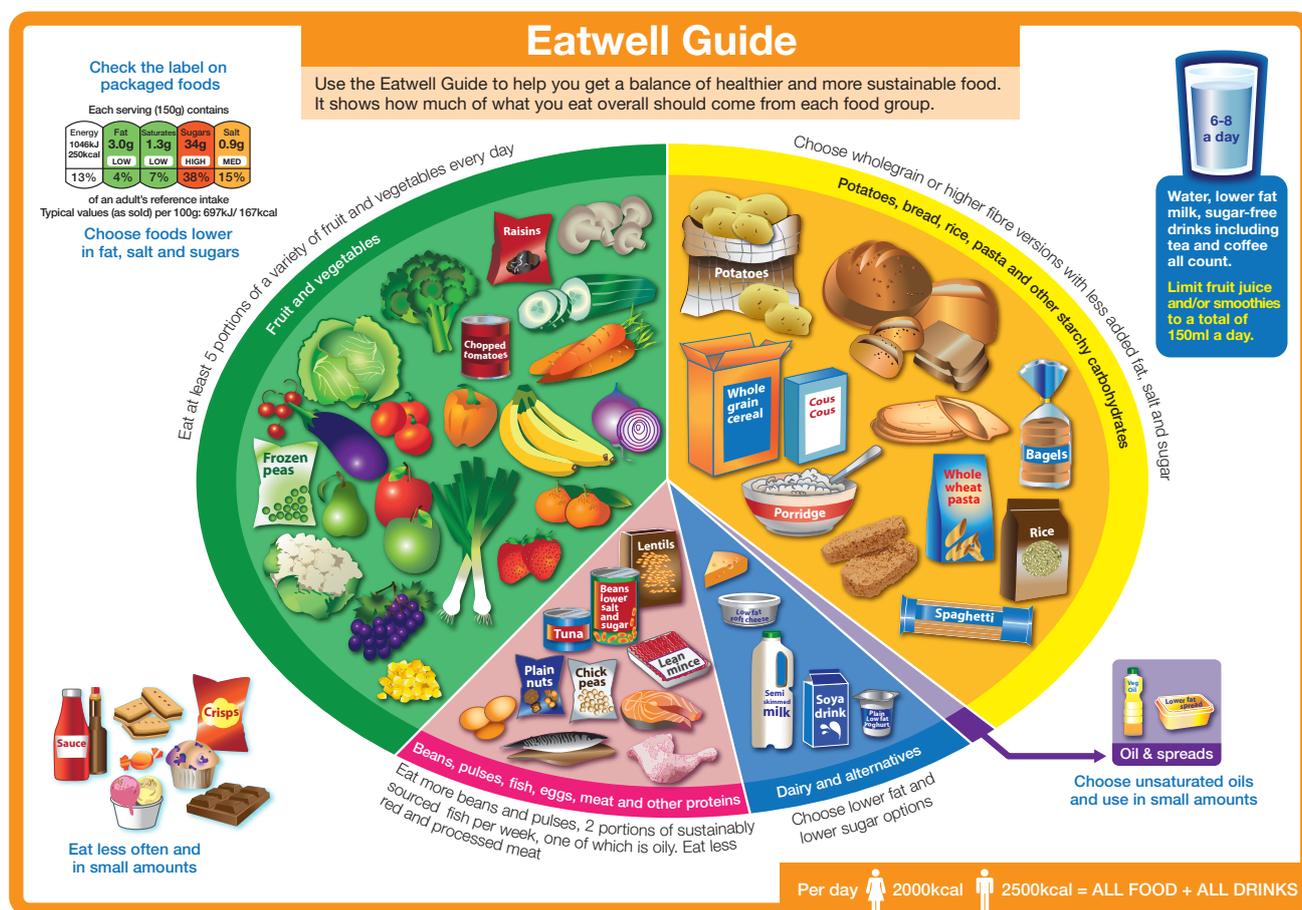
## Plan meals around the Eatwell Guide

- Base meals on starchy foods e.g. potatoes, rice, pasta, noodles, cereals

- Eat lots of fruit and vegetables – fresh, frozen or tinned (in their own juices)
- Eat more fish – aim for 2 portions per week (1 of which to be oily)
- Cut down on saturated fat and sugar
- Try to eat less salt – no more than 6g per day for adults
- Drink plenty of water – 8 glasses a day ideally.

## Make some simple swaps...

Swap...	For....
Frozen chips	Homemade chips from potatoes
Fresh vegetables	Frozen vegetables
Fresh fruit	Frozen fruit
Sour cream / crème fraiche	Plain Greek yoghurt
Bag of nuts	Roasted chickpeas with spices
Salmon	Sardines
Popcorn / crisps	Dry breakfast cereal



## STAR'S MAGICAL CHRISTMAS JOURNEY

We were delighted we got to invite our families to Star for a little bit of Christmas magic to finish up what was a very strange year.



'We really liked the Christmas Event. It was lovely to have somewhere to go locally, especially this year with everything going on. Addison loved to see the girls dressed up'. Sorcha



'Amy was just fascinated by the set-up of the room and the lights. I really liked that it was so intimate this year'. Fiona



'Thomas had a great time. He loved having the run of the open space in the outdoor gazebo, where the photographs were taken. The gifts we got on the day were just lovely'. Emma



'Really lovely set up for the kids, as usual so much thought and detail. Nancy loved it!' Jenna

## Puff Pastry Pizza Pinwheels

Puff pastry pizza pinwheels filled with pizza toppings and rolled into small treats, are simply hard to resist. These pizza pinwheels are perfect for a tasty snack when served warm or cold and the recipe couldn't be easier and quicker to make! You can ask your little ones to help you with the preparation, so they will like it even more.



**Preparation Time:** 15 mins  
**Cooking Time:** 12-15 mins  
**Serves (Portions):** 10  
**Difficulty Level:** Easy  
**Cost:** low

### Ingredients

1 ready-rolled puff pastry sheet (at room temperature)  
 2 tablespoons of ready-made tomato pasta sauce of your choice (not too chunky)  
 1 tablespoon of red sauce (ketchup) to add a bit of sweetness

80-90g reduced fat cheese - grated

½ teaspoon of garlic powder

½ tea spoon of paprika powder

¼ teaspoon of mixed herbs

A pinch of chilli or cayenne powder if you like extra spice

- 1 Preheat the oven to 200°C and line a baking tray with baking paper. Don't worry if you do not have baking paper at home. You can sprinkle the baking tray with some flour.
- 2 Add the pasta sauce, red sauce, spices and herbs into a small bowl and mix them together until well mixed.
- 3 Roll out the pastry gently to not tear (works better if pastry was left in at room temperature for 30-60mins).
- 4 Spread the sauce over the pastry, leaving an inch at one of the short sides of the pastry.
- 5 Sprinkle the grated cheese evenly on top.
- 6 Starting at one of the short ends (covered with sauce and cheese) carefully roll up the pastry quite tightly into a sausage shape.
- 7 You can place the rolled pastry into the fridge for 10-15 minutes to firm.
- 8 Take a sharp knife and cut the roll into 10 equal slices (roughly 1 inch each).
- 9 Lay each piece flat and press them gently with your hand. After, place each pizza pinwheel onto your baking tray.
- 10 You can brush each pinwheel lightly with beaten egg mixture if you wish.
- 11 Bake for 12-15 minutes until puffed and golden-brown.
- 12 Leave to stand for 5-10 minutes before serving.
- 13 Enjoy!

*You can also change the filling to suit all tastes, even the picky ones. You can use up any leftover ingredients that you have already in your fridge, such as ham or cooked chicken.*

# Potty Time

## Top Tips for Toilet Training

### When to start?

When to start toilet training will depend on the individual child. Every child is different; they learn to walk and talk at different times and they learn how to use the toilet at different times too. However, most children are ready to be toilet trained between 18 months and 3 years old. You know your child better than anyone else so don't feel you have to start the process just because other people think you should. It has to be the right time for toilet training to start; when you can devote lots of time and effort to it.

### How do I know when my child is ready?

- Your child needs to be physically ready, so they'll need to be able to sit themselves on the toilet and be able to stand up when they've finished.
- If your child can follow instructions and let you know what they want or need, that could also be a sign of readiness.
- If they can stay dry for an hour or two, they are ready for toilet training as their bladder is storing more urine and developing control.

### How do I help prepare my child for toilet training?

#### It helps if you can:

- Get your child involved with changing their nappies. Change them standing up, get them to help with their clothing and wash your hands together when they've finished.
- Talk about wee and poo. Tell them if their nappy is wet or dry when you change them, talk about the wee or poo inside it. Don't show disgust when talking about the poo as this may make the child feel that they are doing something wrong when they poo.
- Keep the nappies in the toilet and change your child in there so they associate wees and poos with that room.
- Plan a reward system like a sticker chart or a lucky dip bag (with something small). Reward every little step towards toilet training like getting dressed or washing hands.
- Read picture books together about toilet training (go to the Library).

### Successful toileting:

**Pick a Potty:** Let your child choose a potty, if you're going to use one. Keep it in the bathroom and let them practice sitting on it. You might want to have more than one potty to begin with. If you're using a children's toilet seat, let your child choose it and a foot stool to help support them when they're on the toilet.

**Get into routine:** Don't ask your child if they need a wee or poo as they might not know what this is to begin with. Call it 'potty time' or 'toilet time' and go every couple of hours.

**Drink plenty:** Make sure your child is having 6-8 drinks of water-based fluid a day to help keep their bowel and bladder healthy. Avoid fizzy drinks, drinks with caffeine in them, blackcurrant juice and sugary drinks.

**Use easy clothing:** Clothes that are easy to pull up and down are the best; avoid fiddly zips and buttons. Choose clothes that are easy to wash and dry. It can help to practice getting dressed and undressed.

**Check for constipation:** Your child should poo at least four times a week and the poo should be soft and easy to pass. If they're passing hard poos or going less often than this, they may be constipated.



**Keep it short:** Don't let them sit for too long on the potty or toilet, two or three minutes is fine. Keep some toys/books handy to occupy them while they sit. Or sing songs.

**Encourage boys to sit down and wee:** They might also need a poo and sitting down will help them go. They may empty their bladder better sitting down too.

**Be consistent:** If your child is looked after by a relative, goes to nursery or a child minder, make sure you let them know that you're starting toilet training and the way you're planning to do it. It really helps if everyone who cares for your child is doing the same thing.

**Give lots of praise:** For each little step like sitting on the potty/toilet, washing hands and getting dressed. Rewards are a good incentive—make them small and instant, like a sticker.

**Be patient:** Toilet training is a skill which may take some time to learn, so don't be surprised if there are lots of accidents to start with. You might decide your child isn't ready after all, in which case stop toilet training and have another go in a few weeks.

#### Let's get started....

Goodbye nappies, hello pants! Don't substitute pull ups for nappies... they are just a different shaped version of the same thing.

Keep a bag of toys ready to play with while they are on the potty or read a book, sing a song, blow bubbles so they remain happy to sit for 2-3 minutes. Use the bathroom whenever possible.

Make it a special time for the both of you- the whole experience will be much more positive if you invest time and learn together.



When you change my nappy

# Smile TALK LAUGH Sing

Your smiles help me learn to be happy.  
Your words help me learn to talk.

## Smile

When you smile, I smile too. I feel calm, safe, loved & ready to chat.

## TALK

When you talk, I love to listen. Then it's your turn to listen when I talk to you.

## LAUGH

Laughing with you feels so good. When I feel good it makes learning easier.

## Sing

When we sing together I listen and learn sounds and words. My brain is getting ready for talking.

### Remember...

#### Your Words work wonders

Every time you smile, talk, laugh and sing you are building your child's brain. The more you do it, the more those thinking pathways are being laid down in their brain.

So by making changing time chatting time your baby will definitely be getting these great experiences that will make a lifelong difference to their development.

Scan here for the **Changing Time is Chatting Time** video showing a baby learning to look, listen & take turns, which are skills needed for communication



# 10 TOP TIPS FOR BABY'S SAFEST SLEEP

Greater awareness of safer sleep results in fewer babies dying from Sudden Infant Death Syndrome (SIDS). Talking or thinking about SIDS is never pleasant, but it is an important topic to discuss – when we know what we can do, or maybe even change, we can reduce the likelihood of this happening to our beautiful babies.



1.

Always place your baby on their back to sleep.

2.

Place your baby to sleep in a cot or Moses basket in the same room as you until they are at least 6 months old.

3.

Use a flat, waterproof mattress for your baby.

4.

A safe cot is a clear cot. Keep your cot free from loose items such as bumpers, pillows & teddy bears as well as loose bedding.

5.

The use of sleep positioning devices are not recommended.

6.

Be careful with the positioning of your cot – if close to a window, ensure blind cords are secured.

7.

The ideal temperature for your baby's room is between 16°C–20°C. We have a stock of room thermometers we can give to families – just ask!

8.

Use a well-fitting sleeping bag or light bedding that is well tucked in and does not come above baby's shoulder.

9.

Place your baby in the 'feet to foot' position with their feet at the (bottom) of the bed so they cannot wriggle under the covers.

10.

## Co-Sleeping

The safest place for your baby to sleep is in their own cot / Moses basket, although, some parents do choose to bring their baby's into bed with them. To try to keep babies as safe as possible when co-sleeping:

- Ensure all pillows, sheets and blankets are away from baby.
- Never sleep on a sofa or arm chair with your baby – doing so can increase the risk of SIDS by up to 50 times!

- Avoid having any pets or other children in the bed.

- Ensure baby cannot fall out of bed or get trapped between the mattress and the wall.
- Do not co-sleep with your baby, if you or any other adult sharing your bed have been drinking, smoking, taken drugs or are extremely tired as these factors can dramatically increase the risk of SIDS when co-sleeping.

## Stay & Play

Children, parents and grandparents enjoying the first Stay & Play session of the Developmental Programme for 2-3 Years Old.



# Star's Developmental Programme For 2-3 Years Old



## Check Out Our New Website

Find out more about Star Sure Start and what we have to offer.

Now live at:  
[www.starsurestart.com](http://www.starsurestart.com)

