

INFORMATION FOR PARENTS **IN SANDWELL** | FIRST EDITION

Ready Steady Play

The **importance** of **play**

BEING **ACTIVE**

Talking tips

*Keeping
safe & well*



**HEALTHY
SANDWELL**

We find the support you need

★ HEALTH ★ ADVICE ★ NUTRITION ★ EXERCISE

Children's Centres

Children's Centres in Sandwell offer a wide range of advice and support for families in the borough including:

- Information and advice about local services
- Antenatal classes
- Baby clinics and development checks run by local Health Visitors
- Ready, steady, learn sessions for parents with young children
- Stay and Play sessions
- Welfare Rights advice
- Parenting groups
- General support for families on a range of issues including support with older children
- Childcare services run by different partners at the centres including Nursery Education Fund (NEF) places and Early Learning for Twos (ELT) places

There is a core children's centre in each town of the borough with two core centres in West Bromwich

The core centres are:

Oldbury

Burnt Tree Children's Centre

20-25 Tivdale Street, Oldbury, DY4 7SD.

Telephone 557 0740

Rowley

Rowley Springfield Children's Centre

Dudley Road, Rowley Regis, B65 8JY.

Telephone 559 9916

Smethwick

Cape Hill Children's Centre

Corbett Street, Smethwick, B66 3PX.

Telephone 555 6756

Tipton

Tipton Children's Centre

Glebefields Library site, 24, Ridgeway Road, Tipton, DY4 0TB. Telephone 522 5150

Wednesbury

Friar Park Children's Centre

Priory Primary School site, Dorsett Road,

Wednesbury, WS10 0JG. Telephone 556 5405

West Bromwich

Greets Green Children's Centre

Off Claypit Lane, West Bromwich, B70 9EZ.

Telephone 500 4011

Hillside Children's Centre

Connor Road, West Bromwich, B71 3DJ.

Telephone 588 5431

Search for children's centres on the council website, to find out more



Welcome...

to the first edition of
ReadySteadyPlay!

This magazine focuses on play and how this is important for your child to develop and learn lifelong skills for the future.

During play children learn how to solve problems and learn about the world around them.

We hope this magazine gives you lots of advice and tips on how to help your child learn along with helpful information on services across Sandwell.

Hope you enjoy

Take care x

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This magazine has been developed with the help of our local Health Visiting Service.

This magazine has been put together by:



If you have any queries or want more information about anything in this publication please contact the **Healthy Sandwell team** by emailing lifestyle_services@sandwell.gov.uk

Importance of Play

Playing is fun; it's the most effective way for children to learn. Playing helps children to practise all the skills they need as they grow up.

Play is very important for your child's development; play helps to encourage imagination and give your child a sense of adventure.

When playing, babies and children can try things out, solve problems, take risks and use trial and error to find things out and be creative.

Playing with your child

The most important thing to give your child is your time, by having your attention this will help them to grow and develop.

Gradually as your child grows they will learn to entertain themselves for some of the time but first they need to learn how to do that.

It can be hard to find the time to play with your child, especially when you are busy. Why not involve them in what you're doing, children learn from everything that is going on around them.



Baby Clinics in Sandwell

Baby clinics are held across Sandwell in a variety of venues where health visitors and nursery nurses provide support for:

- your child's growth
- development and behaviour
- good sleeping habits
- feeding your child - breast milk, formula, solids, healthy eating
- coping with minor illnesses
- managing a crying baby
- immunisations
- toileting
- any other concerns you have about your child, yourself or your family

Health visitors have a wide range of knowledge about all aspects of parenting and supporting families. They also work closely with other health care providers and agencies and can help you access the right support through signposting and referrals to other services.

For further information on where baby clinics are taking place across Sandwell click on <https://www.swbh.nhs.uk/services/health-visiting>



Your baby's health and development review

You baby's next health and development review will take place when they're around two years old. This review is to support you and your baby and make sure their development is on track.

Some of the things they will be looking to see your child do:

- Putting words together to form a simple sentence
- Following simple instructions
- Walking up and down a couple of steps and running fairly well
- Drawing a single line in any direction
- Drinking from a cup with little spilling and feeding themselves with a spoon and fork.

The reviews are done by your Health Visitor or a member of their team. It's helpful, where possible, for both parents to attend as this gives you both a chance to ask questions and talk about any concerns you have.



Encouraging Play & Learning!

Give your child lots of opportunities to play, it doesn't need to be difficult or expensive.

Why not share a book together or sing songs, this is fun for your child and will help them to develop their language and communication skills.

By playing with your child; they will learn more from you than they will from any toy!

PARENT & TODDLER GROUPS...

...are a great way for toddlers to play with other children and burn off energy. It's also a good opportunity for you to meet other parents.

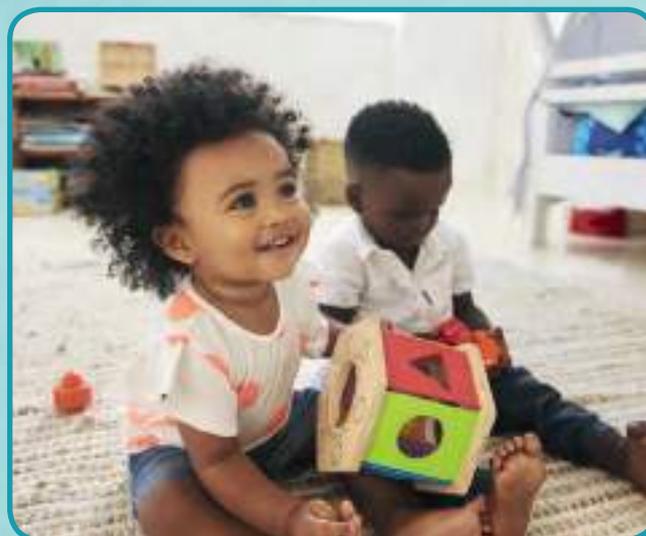
There are lots of groups running across Sandwell, check what your local Children's Centre is offering or visit Discover Sandwell.



Playing with other children

Learning how to make friends is one of the most important things your child can do. Even babies and small children like other children's company, although to start with they will often play alongside rather than actually with each other.

Getting together with other parents can be good for you to.



Play ideas

Pretend cooking

Use a bowl and spoons to measure small quantities of "real" ingredients (flour, lentils, rice, sugar, custard powder).

You and your child can mix them up with water in bowls or egg cups.



Drawing and painting

Use crayons, felt tips or powder paint. You can make powder paint thicker by adding washing-up liquid and water.

Firstly, show your child how to hold the crayon or paintbrush. If you don't have paper, you can use the insides of cereal boxes or old envelopes that have been cut open.



Sock puppets

Use socks and envelopes to make hand puppets. Draw faces on them or stick things on to make your own characters. Get the puppets to "talk" to each other, or to you and your child.



Walking

Encourage your child to walk with you (you may want to use reins for safety) as soon as they are able to. It might slow you down, but it's a great way for both of you to get some exercise.



Keeping *Active*

Children love to crawl, walk, run, jump and climb. By giving them lots of opportunities to burn off some energy, the happier they will be.

By exercising you're helping your child's muscle development and general fitness. Why not have fun by joining in; being active together shows your child that activity is enjoyable.

Tips to keep your baby active:

- Babies should be encouraged to be physically active through floor play and water play in a safe environment.
- Toys that your child can pick up and move around will help improve their co-ordination and develop the muscles in their arms and hands.
- Take your baby for a walk in the park or go swimming.
- Join an activity or parent and toddler group



better  **ff**
Sandwell

Making benefits and work pay

Free and easy to use - get online today

Advice with benefits and ways to improve your job opportunities

Apply for welfare benefits

Find work that pays and record your job search activity

See how your money changes when you move into work

www.sandwell.betteroff.org.uk

BEING ACTIVE

Toddlers who can walk on their own should be physically active every day for at least 180 minutes (three hours).

You can visit your local leisure centre

www.sit-leisure.co.uk

www.placesforpeopleleisure.org/centres/west-bromwich-leisure-centre

Get specialised, individual support

www.healthysandwell.co.uk

Be active as a family

www.nhs.uk/live-well/exercise/get-active-your-way

www.nhs.uk/change4life/activities

Download the One You Active 10 Walk Tracker

www.nhs.uk/oneyou/apps/#active-10

Discover Sandwell

Looking for something fun to do with friends and family? Then look no further than Sandwell.

We have lots of fun events and activities taking place across Sandwell's six towns in our parks, museums and libraries suitable for all.

View the events calendar to find out about events or if you know of any events not listed, you can submit a new event to the calendar.

For more information visit:
www.discover sandwell.co.uk



TANTRUMS

Temper tantrums are an important part of your child's brain development.



Tantrums help to develop neural pathways in their brain that will help them to manage stress when they're older.

Temper tantrums usually start at around 18 months and are very common in toddlers.

One reason for this is that toddlers want to express themselves, but they find it difficult. They feel frustrated, and the frustration comes out as a tantrum.

Once a child can talk more, they're less likely to have tantrums. By the age of four, tantrums are far less common.

Sleeping...

Developing a good bedtime routine

Getting into a simple, soothing bedtime routine early can help avoid sleeping problems later on.

You might find it helpful to keep to a similar bedtime routine. Too much excitement and stimulation just before bed can wake your child up again. It can help to spend some time 'winding down' and doing some calmer activities, like reading.

An example of a routine could be:

- bath, then put on night clothes
- supper or a milky drink
- brush teeth
- go to bed
- bedtime story
- make sure comforter (dummy, cuddly toy or security blanket) is nearby, then...
- goodnight kiss and cuddle.



Keeping Teeth and Gums Healthy

Make sure your baby cleans their teeth twice a day with fluoride toothpaste. Help them brush once before bed and once at any other time that suits you and your family.

Be sugar smart - avoid sugary food and drinks before bedtime. They should be consumed less often and only at mealtimes. Try diluted fruit juice, remember plain water or lower fat milks are best.

For further information, tips and recipes visit <https://www.nhs.uk/change4life>

Tooth decay can start very early in life



Take your baby to the dentist (even before their first teeth come through) and help them grow a healthy smile. NHS dentistry is free for children. Find a local dentist at www.nhs.uk

Babies with Additional Needs

If your baby has additional needs, you will be coping with a lot of different feelings.

You will also need to cope with the feelings of others - your partner, relations and friends - as they come to terms with the fact that your baby has additional needs.

More than anything else at this time, you will need to talk to people about how you feel as well as about your baby's health and future

Your own GP, paediatrician at your hospital, or your health visitor can all help you.

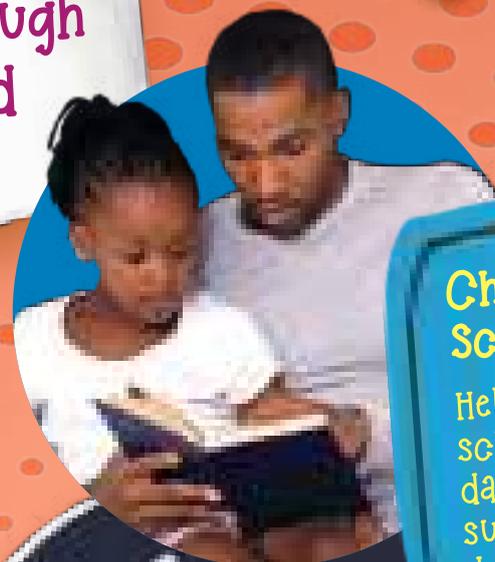
You can also contact Sandwell Inclusion Support on 0121 569 2777 for further information and advice.



Are you ready for the **Cho**

Changes can help guide you through your parenting journey. Designed just for Sandwell parents.

You'll meet other parents, share ideas and learn from each other. Your **FREE** Changes book will give you more hints and tips and show what an important role being a parent is!



Changes: School Year

Helping you with your school life. day-to-day support for learning, behaviour to be a h

RULES

ROUTI

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TANTRUMS

LEARNING

PLAY

Changes: Antenatal

Helping to guide you through a healthy and happy pregnancy.



Changes in your child's life?

Changes: The Primary Years

How to navigate primary school. Establishing good daily routines, tips to support learning, managing behaviour and ideas on how to create a healthy family.

ONLINE SAFETY

RELATIONSHIPS

HOMEWORK



Changes: The Secondary School Years

Supporting your teen as they grow and move into the big wide world. Learning, digital technology, teenage pressures and more!

ROUTINES

SCHOOL



Changes: The Early Years

Top tips for creating a warm, loving, safe environment for your little ones to talk, grow, learn, play and develop. How to manage toddler tantrums and provide your child with the best start.

To find out more about Changes, please visit

www.healthysandwell.co.uk

or to book, go to:

book.when.com/book4changes

Reading *with your baby*

You can start looking at books with your baby from an early age - it will help them with their future learning.

Sharing a book with your child allows you some quality time to share and is good for your emotional wellbeing.

Even before babies learn to speak, they will enjoy hearing you read to them. Listening to you will give them a feel for the sounds, rhythms and rhymes of language. Even small babies like looking at picture books.

Check out what your local library in Sandwell has to offer; they have a good range of children's books.

Even if it's for just 10 minutes a day, looking at books with your child will help them build important skills and encourage their interest in reading.



Sandwell Libraries

Becoming a member is free and entitles you to borrow books, DVD, CDs and other items from any Sandwell Library.

- Free to join and borrow up to 30 books, talking books, e-books and more.
- Free activities for children and adults e.g. rhythm and rhyme, craft activities and homework help.
- Free access to IT and Wi-Fi in all libraries.
- Just turn up and make new friends at one of the groups e.g. reading groups, friends groups and mother and toddler groups.

For more information visit www.sandwell.gov.uk/libraries

DOMESTIC ABUSE

Domestic abuse does not have to be tolerated. You have choices and help is available. You can speak in confidence to your GP, midwife or health visitor.

In an emergency always phone the police on 999. Use the 101 number to call the police if it's not an emergency.

Black Country Women's Aid provides a range of services and support to men and women experiencing domestic abuse. You can call them 24 hours a day on 0121 552 6448

One in four women experience domestic abuse at some point in their lives. This may be physical, sexual, emotional or psychological abuse. 30% starts in pregnancy, and existing abuse may get worse during pregnancy or after giving birth.

HEALTHY START VOUCHERS

WHAT IS HEALTHY START?

If you are pregnant or have a child under four years old you could get Healthy Start vouchers to help buy milk, fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins.

WHAT TO BUY WITH THE VOUCHERS

There are lots of great foods you can buy with your Healthy Start vouchers:

- Milk
- Plain fresh or frozen fruit and vegetables
- Infant formula milk
- Vitamins

DO I QUALIFY FOR HEALTHY START?

You qualify for Healthy Start if you're at least 10 weeks pregnant or have a child under four years old and you or your family get:

- Income Support, or
- Income-based Jobseeker's Allowance, or
- Income-related Employment and Support Allowance, or
- Child Tax Credit (but not Working Tax Credit unless your family is receiving Working Tax Credit run-on only*) and has an annual family income of £16,190 or less (2014/15).

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits or tax credits.



HOW CAN I SIGN UP?

Applying for Healthy Start is easy. If you already have an application leaflet just fill out the form ask your midwife or health visitor to sign it and send it to us using the freepost envelope included. If you don't have an application form you can find one online by visiting www.healthystart.nhs.uk.



Brushstrokes

Baby packs for new mums!

Brushstrokes Community Project supports the most vulnerable people living in the Black Country and West Birmingham. We place special emphasis on supporting asylum seekers, refugees and newcomers in adapting to a new life here.

For more information or to make a referral please contact Sally Debiage, Resources Co-ordinator on 0121 565 2234 or email sally@brushstrokessandwell.org.uk

Talking Tips

Talking Facts

Talking to your child can make a world of difference!

Research tells us that:

4 year olds who are spoken to frequently in simple sentences have experience of approximately 45 million words compared to 4 years olds that are only spoken to when being told to do something having less than 13 million words.

How quickly children learn to communicate by the time they are 2 ½ years old is affected by how much time parents speak to them during shared activities such as joint book reading, play or sharing household chores.

Hearing

Hearing and talking are closely linked. If your child cannot hear properly, they may well find it difficult to learn to talk.

If you have concerns about your child's hearing please speak to your Health Visitor or GP.



1. Get face to face



2. Wait for the child to talk or respond



3. Let the child lead and you follow

Sandwell's feel good 6

Wellbeing is about feeling good and doing well in our day to day lives. Our six ways are simple things to do every day, to improve how you are feeling.

Connect - meet up, build relationships, make friends

Move - whatever you can do, being active makes you feel good

Notice - take time, stop and focus on the moment, enjoy the outdoors

Learn - try and learn something new, see what's out there, surprise yourself

Give - give your time, do something nice for someone

Talk - talk about what's important for you.

SANDWELL'S
FEELGOOD

6

SANDWELL'S
FEELGOOD

6

connect•move•notice•learn•give•talk
WAYS TO WELLBEING IN SANDWELL

Find out more online at www.sandwell.gov.uk/feelgood6

Healthy Weight, Healthy You

Being a parent can be exhausting and it's easy to find that you have little time to cook or eat properly.

Healthy eating is important for all of your family along with maintaining a healthy weight. Find out what services are being offered across Sandwell to help you lose excess weight and keep fit by contacting Healthy Sandwell.

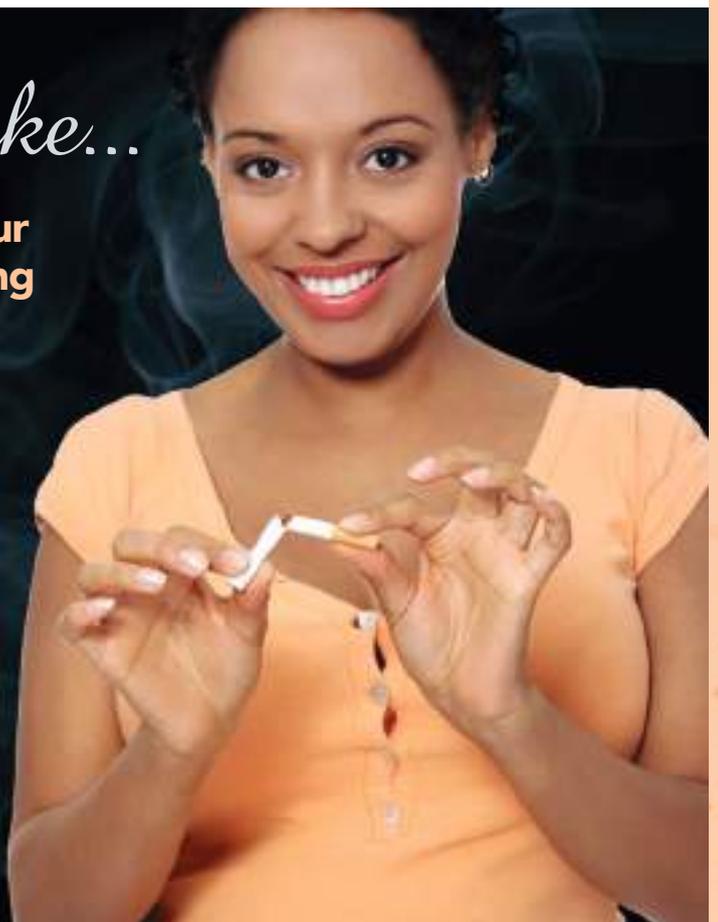


if you smoke they smoke...

One of the best things you can do for your baby's health is to stop smoking. Breathing second hand smoke is dangerous; the smoke can linger for two and half hours even with a window open.

Each year, more than 17,000 children under the age of five are admitted to hospital because of the effects of second-hand smoke.

For support and help to stop smoking contact Healthy Sandwell.



HEALTHY SANDWELL, HEALTHY YOU!

If you live in Sandwell we have lots of free help and support available to make your life healthier and happier. Our most popular services are:



Alcohol services



Drug services



Get active



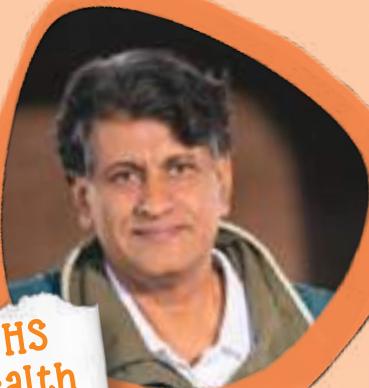
Healthy eating



Best start



Healthy weight



NHS Health check



Stop smoking



Well being

For more information visit:

www.healthysandwell.co.uk

Keeping your baby safe

Despite your best efforts, childhood accidents can sometimes happen. Here's some tips to try and avoid them and to help keep your little one as safe as possible.

SPECIAL CARE
should be taken with:

Medicines and chemicals

Keep household cleaning products, washing tablets, liquid tabs and small batteries out of the sight of children, preferably in a high, lockable cupboard. Other items that should not be left lying around include e-cigarettes, liquid refills, plug-in air fresheners and sachets of air fresheners.



Falls

Babies soon learn to wriggle and kick, and it's not long before they can roll over, which means that they can roll off things. Don't leave your baby unattended on a bed, sofa or changing table - even for a second - as they could roll off.

Fit safety gates to stop them climbing stairs and falling down them and remove cot toys and cot bumpers as a baby can use them to climb on and may fall out of the cot.



Burns and scalds

A baby's skin is much thinner than an adult's and will burn much more easily. This means taking extra care at bath time. Also, remember that babies will grab at brightly coloured objects, like mugs.

Fit a fireguard to all fires and heaters, guards can prevent falling or reaching into fires. Also keep hair straighteners away from children and place them in a safe place to cool down.



Choking or suffocating

Once your baby has started on solid food, always cut it up. Babies can choke on something as small as a grape.

Don't use pillows or duvets with babies under one as they can suffocate if their face gets covered, they will not be able to push the duvet away. Make sure any cot toys have very short ribbons and remove them when your baby goes to sleep.

Blind cords can easily get caught around a child's neck and they are unable to free themselves. Tie up cords out of the reach of children; don't place a child's cot, bed, highchair, playpen or items of furniture near a window blind.

Nappy sacks should be moved away from babies to avoid the danger of suffocation and choking.



Car Seats

By law, all under-fives must always ride in proper baby or child car seats when travelling by car – even on short local journeys. Always use a baby or child car seat that is right for your child's height and weight and make sure the seat is fitted properly in the car and your baby or toddler is securely strapped in.

Never leave your baby alone in the car. It can get very hot in summer. Also, they may play with window and door switches and the cigarette lighter. It's especially dangerous if you have left the keys in the ignition.



Drowning

Babies can drown in as little as 5cm (2 inches) of water, stay with your baby all the time they are in the bath - never leave them even for a moment, even if there is an older brother or sister in the bath with them. If you use a bath seat, remember that it's not a safety device. You will still need to stay with your baby all the time.



Dealing with illnesses

All children get ill from time to time; most infections pass quickly and leave children better able to resist them in the future. It can be difficult to know if your baby is seriously ill, trust your instincts, you know better than anyone what your baby is usually like.

When it's urgent

It is very difficult to describe when to call an ambulance and/or go to the accident and emergency department (A&E), but you could use the following as a guide.

You should call an ambulance for your child if they:

- stop breathing
- are struggling for breath
- are unconscious or seem unaware of what is going on
- will not wake up
- have a fit for the first time, even if they seem to recover.

You should take your child to A&E if they:

- have a fever and are persistently lethargic despite having paracetamol or ibuprofen
- are having difficulty breathing
- have severe abdominal pain
- have a cut that will not stop bleeding or is gaping open
- have a leg or arm injury and cannot use the limb
- have ingested a poison or tablets

What you need in your first aid box?

- Age appropriate painkiller, such as paracetamol or ibuprofen, which can be used for headaches and fevers. You will also need a no-needle dosing syringe. ALWAYS follow the dosage instructions on the label.
- Baby thermometer, there are different sorts so read the instructions carefully.
- Pair of scissors for cutting clothes, plasters and tape down to size.
- Tweezers to remove thorns and splinters
- Ice packs or gel packs can be kept in the fridge and applied to bumps and bruises to relieve swelling.
- Saline solution and an eye bath. This is useful for washing specks of dust or foreign bodies out of sore eyes.



If you're worried about your child and aren't sure if they need medical help, call NHS 111.

Potty Training

Most parents start thinking about potty training when their child is around 18-24 months, but there is no perfect time. Every child is different, so it's best not to compare your child with others.

It helps to remember that you really cannot force your child to use a potty. If they are not ready, you will not be able to make them.

You can try to work out when your child is ready by looking for signs that your child is starting to develop bladder control such as:

- They know when they have a wet or dirty nappy.
- They get to know when they are passing urine, and may tell you they are doing it.
- The gap between wetting is at least an hour (if it's less, potty training may fail and at the very least will be extremely hard work for you).
- They know when they need to wee, and may say so in advance.

For further help and support talk to your Health Visitor.

You will probably find that potty training is fastest if your child has started to show any of the signs opposite before you start.

Planning Childcare

You may be planning on returning back to work, it's not always easy to find satisfactory arrangements and it may take you some time.

Contact the Family Information Service, www.fis.sandwell for a list of registered childminders and nurseries in Sandwell.



Play

Learn

Have fun

Explore

Make new
friends

Adventure

FREE childcare for 2 year olds in Sandwell

Do you qualify?

For further information visit www.sandwell.gov.uk

