

Our Vision: Every child and young person has the love, support and opportunity they need to reach their potential

Welcome to the latest newsletter from the Hart Children's Centre Cluster. We produce a newsletter twice a year to keep parents, carers and local practitioners up to date.

Within the Hart District we have the following children's centres funded by Hampshire County Council and managed by Action for Children:

**Little Saplings & Wisteria
Water Lilies & Woodlark
Wild Rose, Fleet Fireflies &
Turners Wood**

Hart Children's Centres new Website

Our website has now launched and we are very pleased with it. It is a great tool for getting information and updates to parents. The link to our website is <http://services.actionforchildren.org.uk/hart-childrens-centres>

Or scan this QR code using a QR code reader app on your smartphone to go directly to our new website.



Please have a look at our website, if there is anything you feel would be useful to add to it either as a practitioner or as a parent please contact hannah.holland@actionforchildren.org.uk with your feedback.

Have you seen our Facebook page?

Like us on Facebook:

[Hart Children's Centres](#)



Making your garden safe - being outdoors and in gardens provides children with wonderful opportunities for learning and Development - but they do have their hazards.

Stay safe this summer with the following tips:

Can your child get out of the garden?

Make sure that fences/walls/gates are secure and well maintained. If your garden is bordered with bushes keep an eye out for toddler sized spaces!



Is your play equipment safe and on a suitable surface? Always follow

manufacturers guidelines when putting together play equipment (be careful if buying 2nd hand equipment as it may not have been put together correctly). Make sure that equipment is on a safe soft surface and check paving slabs for trip hazards.

Are power tools and DIY equipment stored safely and away from children? Make sure that tools and equipment are never left lying

around. A lawnmower cable could cause a nasty trip hazard. When you have finished using tools and equipment store them in a locked shed/garage out of reach of children.

Where do you keep chemicals?

Chemicals such as weed/insect killers, paints, wood preservers etc. can be highly poisonous. Make sure that these chemicals are kept locked away and keep children away from areas in your garden that have been recently treated.

Do you know which plants, flowers, trees, bushes, fruits and vegetables can potentially be poisonous?

Some plants, flowers, trees, bushes, fruits and vegetables can be hazardous if touched or eaten. For more information please visit:

[RHS guide to harmful garden plants](#)



**Incredible Years
Parenting programme**



This 12 week course guides parents through effective steps to improve behaviour and relationships within the family.

Parents who have attended these sessions have told us it makes a positive difference to family life and that the strategies learned make them calmer when dealing with unwanted behaviour.

Parents also benefit from sharing experiences with other parents and making new friends.

Courses will continue across the Hart cluster, please register your interest on Eventbrite or contact your local centre for details of upcoming courses.

Hart Children's Centres have lots of fun activities running through the summer holidays including water play, craft sessions, obstacle fun, stay & plays and school transition workshops. Summer timetables have been emailed out to all our families who have registered with an email address and can be viewed on our [website](#).

If you don't receive our emails please contact us (details overleaf) to update our records.

Ideas for free or cheap outdoor activities this summer.

Nature Walk & Collage

You will need: Paper Bags, A place to walk that is rich in nature. Paper, glue, crayons.

Description: Go on a nature walk. Allow the children to pick up objects from nature such as rocks, bark, grass, leaves, flowers, nuts etc. and put them into their bags to take back home. As you walk along encourage children to talk about what they see and hear in the surroundings. Allow them to observe and ask questions. When you return set out art tools and let them create a collage of their nature walk using their finds.

Nature Rubbing Books

You will need: Lightweight paper (recycled/thinner paper works well), old crayons without the wrappers.

Description: Encourage children to place paper over outdoor objects and areas. (pavements, tree trunks, grass, exterior of buildings, fences etc.) and rub with crayons. Have young children arrange the rubbings in order from smoothest to roughest.

Screen time is any time spent watching television and DVDs, playing games on computers, tablets or phones or on any other device with a screen, and surfing the Internet.

Children today are spending more time with screens than in any other activity (with the exception of sleeping).

Recommendations on how much screen time children should have per day is:

Children under 2 = none

Children aged 2 - 5 = a maximum of 2 hours per day

Why reduce screen time?

Too much screen time has been linked to:

- Increased anxiety and depression
- Obesity
- Attention problems
- Low self-esteem
- Makes it hard for children to sleep at night

How to reduce screen time

- Remove screens from bedrooms
- Get active - Go to the park or go on a bike ride/walk
- Get crafty - make cakes, play dough or messy 'gloop' (Don't forget your local Children's Centre has home learning packs for you to borrow)
- Read books - Your local Children's Centre has story sacks to loan to families full of activities connected to a particular book.

Donations.

Hart Children's Centres have introduced a donation system (£1 or £1.50) for some of our groups to help us provide more services for local families.

Donations can be made at any children's centre by cash or cheque and are gratefully received. Please speak to a member of staff if you have any queries.

Eventbrite

Have you used our booking system; [Eventbrite](#)?

Using Eventbrite, our online booking tool, you can now register your interest in some of the groups and courses we provide from any computer or using the smartphone app.

To access all Hart Children's Centre groups and courses please visit <http://hartcc.eventbrite.com> or alternatively download the Eventbrite app to your phone.

Centre staff are trained to use this and can assist you if you require support.

You can view our
Timetable on our webpage or use the link
below:

[Hart Children's Centres Cluster Timetable](#)

Fresh air is great but the sun can burn.

It's lovely to be able to play out in the sunshine but it's important to remember that children's skin is very sensitive. Be safe with our top tips:

- 1) Encourage your child to play in the shade and keep babies under 6 months out of direct sun - especially between 11am and 3pm, when the sun is at its strongest.
- 2) Cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days. Use one that has a sun protection factor (SPF) of 15 or above and is effective against UVA and UVB. Don't forget to apply it to their shoulders, nose, ears, cheeks and the tops of their feet and reapply often, particularly if your child is in and out of the water. All types of skin, fair or dark, need protection.
- 3) Wear a floppy hat with a wide brim or a long flap at the back. This will protect your child's head and neck from the sun. Hair does not stop the head from burning.
- 4) Protect eyes with sunglasses that carry a CE mark
- 5) Remember to drink plenty of water to keep hydrated. This can include cubes of ice, fruit juice lollies and plenty of fruit.

For more information see the [NHS website](#)

Contact Information

Woodlark	01252 877624
Water Lilies	01252 879254
Little Saplings	01252 845238
Wisteria	01256 704685
Wild Rose	01252 810904
Fleet Fireflies	01252 616909
Turner's Wood	01252 813756
Fleet & Yateley Health Visitors	01252 813842
Odiham, Hook, Hartley Wintney Health Visitors	01256 393116
Liz Morley-Smith (Children's Services Manager)	07738 888379
Pauline Wawick (Service Coordinator)	07507 515499
Food bank	07926 806256
NHS	111
NSPCC	0808 800 5000
Family Lives	0808 800 2222

Remember... your views and opinions really do matter so please let us know what you think about our services and what you would like to see in your local centre. Email: Hart@actionforchildren.org.uk