



# LOCKDOWN NEWSLETTER

MAY 2021  
ISSUE 26

## Magnetic Toys—A warning to parents



The worrying case of three-year-old Tomas Quinn from Northern Ireland highlights a disturbing trend in serious injuries from children swallowing small, round, coloured magnets from magnetic toys.

Please follow the link for more information about the case and find out what the risks are for your child

## [Magnetic Toy Safety](#)



## **Family Corner—7 tips for travelling with children**



Getting the whole family out of the house, even on a normal day, can feel like a military operation. Have you remembered the snacks? water? A change of clothes? How about wet wipes? sun cream? His favourite comforter (no, not that one, the one he can't live without since yesterday morning)? We've all been there.

Add a few more miles and an overnight stay or two to the mix, and you'll be forgiven for breaking out in a cold sweat just thinking about it.

Even if you're lucky enough to have a child who'll sleep in the car or on the train, you're bound to face a few challenges along the way.

So how can you prepare for travelling with small children? The key is, no prize for this one, preparation!

Follow the link for some great tips to follow the next time you plan a day trip

[7 Travel Tips](#)



## **Early Years Alliance YouTube Channel**

To view all the new recordings on the Early Years Alliance YouTube channel please visit

[Early Years Alliance—Videos](#)





## **NEW—Stay and Play** **for Tweenies**

A session aimed at children who are  
crawlers or coasters

This session is a bookable play and learning session



**These sessions are available across  
Lincolnshire Children's Centres**

**Please e-mail your local  
Centre to book on**

**Please include the following details within your e-mail  
your name, child's name, child's DOB,  
postcode and contact number**



**Family Learning - *Who are we?***

We offer a variety of courses throughout Lincolnshire in schools, community venues and offer online workshops, where parents are able to learn about how their child learns. It may be to learn about how phonics is taught, the importance of play or it may be to improve your own literacy or numeracy skills, so that you feel more confident in supporting your child. They can also provide an opportunity for parents to share ideas with other parents and develop their own skills. But don't just take our word for it!

Oliver joined in on some of our workshops:

*'I enjoyed the pace and flow of the informative and fun sessions with a variety of friendly and professional tutors. The sessions were highly beneficial, applicable and useful for everyday family learning and activities.'*

Please visit our website for more information: [2aspire website](https://www.2aspire.org.uk)





Please remember to head over to our Facebook pages for regular updates  
There are daily posts signposting families to our virtual sessions and as we start to add more face to face sessions these will also be added



All of the Children's Centre Groups across Lincolnshire have a Facebook page.  
Please enquire with your local centre if you are unsure which one to look for





## **Early Support Care Co-ordination (ESCO)**

**Lincolnshire**  
COUNTY COUNCIL  
*Working for a better future*

An ESCO telephone appointment provides the opportunity for you, as a parent or carer of a child with a disability, to speak to a skilled professional for a friendly and confidential consultation.

ESCO is available to support, advise, signpost and encourage, whilst recognising parents' and carers' skills and expertise.

To book an appointment contact the  
Customer Service Centre  
**01522 782111**



## **Lincolnshire Food Banks**

Food banks in Lincolnshire are there to help and support local families in a crisis.

See the link below for a list of some of the bases and how to access the Food Parcels

[Local Food Banks](#)



# KIDS Early Support and Learning Provision

A free, self-referral early support and learning provision for children with disabilities/complex health needs under 5 years old

Please contact your local practitioner using the details below

## MONDAYS

**Lincoln City North** 9.15-12.15 Senior Practitioner **Ruth Hobbs** Mob - 07976 520600  
ruth.hobbs@kids.org.uk

**Grantham** 12.15-15.15 Senior Practitioner **Sophie Parke** Mob - 07970 753432  
sophie.parke@kids.org.uk

## TUESDAYS

**Gainsborough** 9.15-12.15 Senior Practitioner **Ruth Hobbs** - 07976 520600  
ruth.hobbs@kids.org.uk

**Boston** 9.15-12.15 Senior Practitioner **Diane Short** - 07760 309309  
diane.short@kids.org.uk

## WEDNESDAYS

**Birchwood** 9.15-12.15 Senior Practitioner **Catherine Whitehead** - 07793 777295  
catherine.whitehead@kids.org.uk

**Lincoln City North** 9.15-12.15 Senior Practitioner **Ruth Hobbs** - 07976 520600  
ruth.hobbs@kids.org.uk

**Skegness** 9.30-12.30 Senior Practitioner **Jade Moss** - 07976 523497  
jade.moss@kids.org.uk

**Stamford** 12.15-15.15 Senior Practitioner **Diane Short** - 07760 3309309  
diane.short@kids.org.uk

## THURSDAYS

**Sleaford** 9.30-12.30 Senior Practitioner **Sophie Parke** - 07970753432  
sophie.parke@kids.org.uk

**Binbrook** 9.30-12.30 Senior Practitioner **Jade Moss** - 07976 523497  
jade.moss@kids.org.uk

## FRIDAYS

**Birchwood** 9.15-12.15 Senior Practitioner **Catherine Whitehead** - 07793 777295  
catherine.whitehead@kids.org.uk

**Holbeach** 9.00-12.00 Senior Practitioner **Diane Short** - 077603 309309  
diane.short@kids.org.uk

**Spalding** 12.15-15.15 **Diane Short** - 07760 309309  
diane.short@kids.org.uk



Giving  
**disabled children**  
a brighter future



## Children's Health 0-19 Health Service

### 3-4 month Top Tips

The Children's Health team offer a group for the parents of children aged 3-4 months (currently online delivery).

This group supports parents in:

- Understanding baby led weaning and what to expect when starting their baby on solids aged 6 months.
- Exploring dental care including what drinks are best to offer their baby and which cups are better for dental hygiene and health.
- Exploring minor illnesses that may affect the baby and where to seek the most appropriate help for that condition.
- Exploring potential dangers for babies and how to prevent accidents.
- A discussion about behaviours for a baby of this age group and to understand their developmental stage.
- A discussion about vaccinations and the importance of ensuring they are up to date

This group is led by a Family Health Worker, but will enable parent to parent discussion. If you would like to book on to this group please contact the Single Point of Access on **01522 843000** and they will book you in to the next available session when your baby is between 3-4 months.

## County Wide Breastfeeding Virtual Groups Via "ZOOM"



### South East Area

(Boston, South Holland, Spalding)

Mondays—1.00pm

Wednesdays—11.00am

### North and South Kesteven Area

(Grantham and Sleaford)

Thursdays—11.00am

Tuesdays—1.00pm

### East Lindsey Area

(Skegness, Louth, Mablethorpe)

Mondays— 10.30am

Thursdays—10.00am

### Lincoln & West Lindsey Area

(Lincoln, Gainsborough, Market Rasen)

Tuesdays - 2.00pm

Wednesdays- 1.30pm

Join one of the Health Visiting Team and other mums for support, advice and a general chat via "Zoom" on all things Breastfeeding

Please ring SPA on **01522 843000** to book your space.



## Gardening with kids: What children can learn from looking after plants

In the modern world of social media, keeping house plants seems to have become the latest trend! But plants do more than contribute to a pretty Instagram Story. They can actually be really beneficial for your child's overall wellbeing and development.

"Gardening has lots of benefits for our children that people don't think about..." says Raoul Lindsay, mental health expert, dad and keen gardener

[Click Here](#) as Raoul shares eight surprising benefits of looking after



Please go to the Tiny Happy People website for lots of tips, advice and activity ideas for you and your little ones

[Tiny Happy People](#)

### Clapping Games

Clapping along to rhymes is a great way for children to listen out for rhythms.

Listening for rhythm helps children to pay attention to language too. Try speeding up and slowing down as you sing and clap

[Click here](#) for a short video that will give examples





Our Early Years  
Improvement  
Advisors

have created this  
short video clip with top tips for  
you as parents to encourage  
your toddlers to develop a love  
of books

[Top Tips for Parents](#)



[Click here](#) for BookTrusts Great  
Books Guide 2020—best new  
children's books

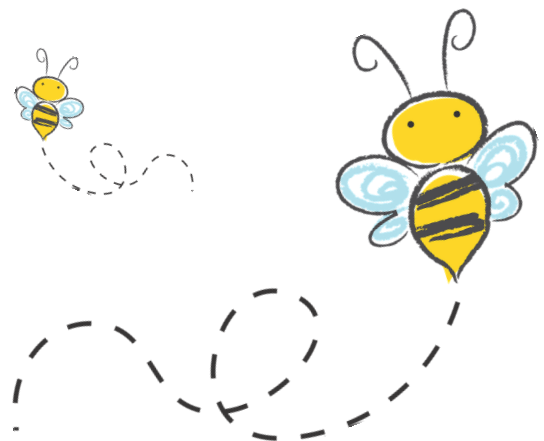
By following the link you can  
search great children's books by  
a specific age group



How much do you know about  
the incredible secret life of  
bees?

Everyone loves to see a  
bumblebee buzzing along,  
collecting pollen... but there's so  
much more to these fascinating  
animals than meets the eye!  
Take BookTrusts quiz to see how  
much you know...

[Bee Quiz](#)





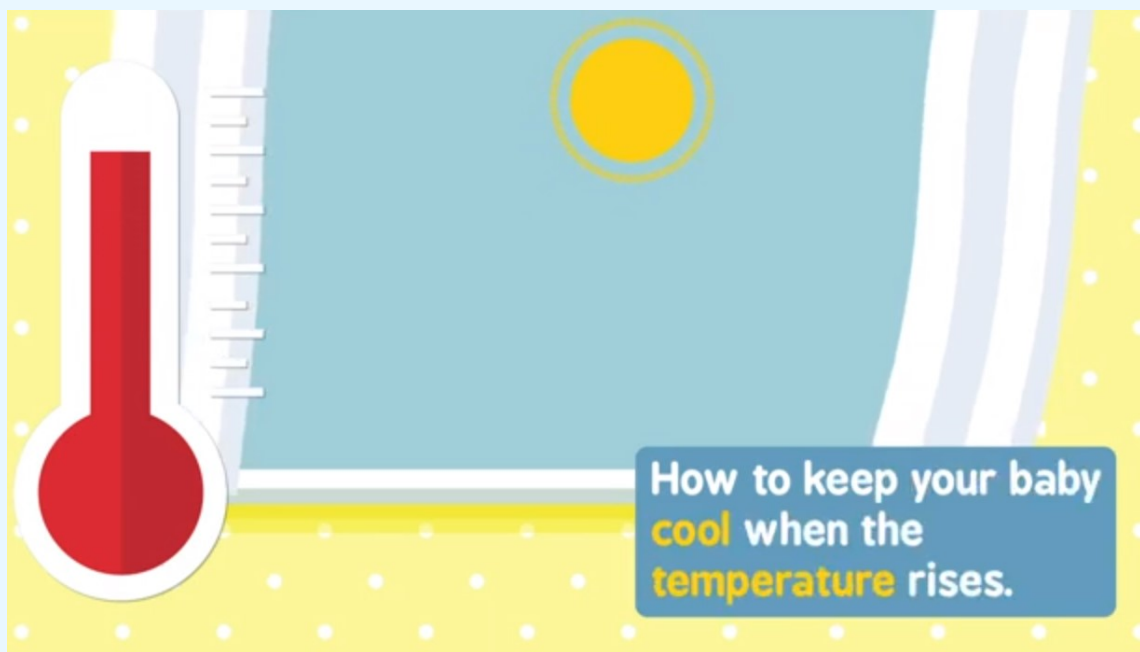
## Baby Summer Safety—How to keep baby safe when the weather gets hot



The weather is getting warmer, which can make following safer sleep advice more complicated. It is harder to keep baby cool and holidays and travel can disrupt routines. The Lullaby Trust have put together some tips on baby summer safety so you can enjoy the summer and keep baby safe when the weather gets hot.



### [Lullaby Trust—Summer Safety Tips](#)







# Better Births Lincolnshire

## **WE NEED YOUR HELP !**

If you have used maternity services in Lincolnshire in the past 5 years, we would like to hear your experiences about your postnatal care.

The information provided will help us to develop and improve your local maternity services, as part of the Better Births Maternity Transformation Programme

[Postnatal Services Survey](#)





## Antenatal Education

### 'Preparation for Parenting'



**FREE** virtual group sessions provided by Children's Health 0-19 and Early Years Alliance on **'Zoom'**

#### Session 1

Baby Equipment and Safety  
Bonding and Attachment  
Supporting your Babies Early Development

#### Session 2

Parental Wellbeing  
Understanding Baby's Cues  
Brain Development  
Community Resources and Children's Centre's

**To register a place on the following sessions, please use links below.**

|           |                                       |  |
|-----------|---------------------------------------|--|
| Session 1 | 19 <sup>th</sup> May 1.30pm – 2.30pm  | <a href="#">Click here to register</a> |
| Session 2 | 2 <sup>nd</sup> June 1.30pm – 2.30pm  | <a href="#">Click here to register</a> |
| Session 1 | 16 <sup>th</sup> June 1.30pm – 2.30pm | <a href="#">Click here to register</a> |
| Session 2 | 30 <sup>th</sup> June 1.30pm – 2.30pm | <a href="#">Click here to register</a> |

Please note you will need to click on the link prior to the session to register and await approval, you will then receive an email with the link to join. For any problems registering, please contact [beststart@eyalliance.org.uk](mailto:beststart@eyalliance.org.uk)