

# ALL ABOARD

## WELCOME TO OUR SPRING ISSUE OF "ALL ABOARD".

Hi Everyone,

A warm welcome to our Spring Newsletter 2022.

Our theme this quarter is "Spring into Action" and we have included some great tips to maximise your energy and make the most of family life.

Our Winter programmes were a great success, and if you look carefully, you may notice a few familiar faces in our pictures. Our creche room baby area has been redesigned by our talented staff and is a magical place of welcome and learning.

Programmes highlighted include our well attended Dad's programme, Fundamentals, Eager to Learn, which has been getting families outside whatever the weather, and Cook It, which has been hugely successful this term. Our popular Baby programmes included the popular Baby Sensory, with a seaside theme, and Playtime Baby. Our innovative Play programmes included Whacky Woodcraft, the Clay Play Take Away and Meaningful Mess with a Space theme.

Our Make Chatter Matter event was a great success and ran over 2 rooms to accommodate all who wanted to attend. Lots of water and lots of chat combined to make it a fun event for all.

I want to send warm wishes to our Speech and Language Therapist Ruth Millar, who has moved to a new full-time post in Dungannon SureStart. Our loss is Dungannon's gain, and we hope that this vital position can be filled soon.

Clogher Valley Sure Start have an exciting range of programmes planned for Spring 2022. To ensure everyone has the latest programme information, we are going digital with our Dates for Diary, so please update your email details with the office as soon as possible to make sure you don't miss out.

As always, if you need any help or support, please get in touch, lift the phone or drop us a PM or email, we are always happy to help.

### MAKE CHATTER MATTER

Our 'Make Chatter Matter' event went down a treat! 'I'm a little teapot' was our theme, focusing on 'Water Play'



ADULTS  
 fill children's cups with WORDS and hearing a VARIETY of different words from adults in their first 3 years is key to children's language development.

(Lauren Lowry, 2017)

### CVSS MAKATON SIGN OF THE MONTH IS 'WHERE?'

Makaton is a language programme using signs, symbols and speech to encourage communication skills.

Questions are important for developing turn-taking, interaction and all aspects of communication.



All in CVSS would like to say farewell to Ruth Millar (Speech and Language Therapist), we wish her all the best in her full time post in Dungannon SureStart.



### UPDATE



From April 2022 our Dates for Diary will be sent to all our families via Email. We are currently checking that everyone has an email address and updating our system.

If you have changed your contact email please can you let us know. If anyone still wants to receive the Dates for Diary via post then please contact the office on 028 8554 9898.



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## BABY SENSORY SEASIDE THEME



Baby sensory enjoying water and sand play exploring different textures, wet, warm, cold, gritty, bumpy etc.

## COOK IT



# Spring Into Action

The clocks spring forward; the extra hour means longer, brighter nights which you may find throws your children out of their bedtime routine. Preparing your children with a good bedtime routine e.g. bath, story, bed can make for a smoother transition. Persevere; consistency works!

## SWIM TIME BABY



CVSS CRECHE



CLAY PLAY TAKE AWAY

It's Springtime, the clocks go Forward! So let's Spring clean, declutter and detox. Some idea suggestions:

- Get up half an hour earlier to have your own breakfast
- Take 15 minutes out of your day
- Make a list of short-term goals (things are more achievable when you write them down)



Plan and prepare - plan ahead before leaving the house, have a checklist for essentials that will be needed. Planned events work better. Have something in your handbag to distract, occupy little ones when needed e.g. a lollypop stick and an empty coffee can with holes in the lid.



Build resilience by giving praise, it's Magic! Do's work better than Don'ts. Distract and redirect e.g. if a child is taking a toy from another child, distract them by suggesting "look at the bird outside the window, I wonder what colour it is" or any other form of distraction for the child.



Invest in yourself - take good self-care, we can't pour from an empty cup. Digital detox - some of the benefits helps us calm down and feel content, it can lower your stress levels. You can be more productive and you can feel better about yourself.

[www.webmd.com](http://www.webmd.com)



New life - Spring signifies new growth, new beginning, new life; get outside and experience the fresh air, outdoor play. There is no such thing as bad weather - just layer up!



Give of yourself to yourself... be gentle with yourself, be generous, good natured and good humoured.



## EAGER TO LEARN



## FUNDAMENTALS



## PLAYTIME BABY



## WHACKY WOODCRAFT



## SENSORY SPACE - MEANINGFUL MESS