

ALL ABOARD

WELCOME TO OUR AUTUMN ISSUE OF "ALL ABOARD".

I am delighted to have commenced my post as Clogher Valley SureStart Project Manager and I am looking forward to meeting our families and making a positive contribution to Clogher Valley. I have been busy getting to know staff, visiting our premises, and familiarising myself with the wealth of programmes delivered. In our Autumn newsletter, we have celebrated the success of the Summer Camp programme, Baby Reflexology and Antenatal Programmes, Woodland Wonders and the Tooth Fairy event, and you may recognise some happy faces in the lovely photographs inside.

As we adjust to Autumn and the seasonal changes, we welcome new activities and programmes to keep parents and children active, learning, and involved in the community. Look out for Parenting Week from 18th-22nd October and our October Dates for Diary. There is also some great advice on helping your child adjust to the time change when the clocks go back, and on the importance of speech and language development for babies. Clogher Valley SureStart staff are keen to reuse any recyclable materials you may have at home, to save them from landfill and put them to good use for our programmes. Please get in touch with us if you have any recycling donations suitable.

Finally, a warm welcome to our new children starting out on the Developmental programme for 2-3-year olds in "Two's Company". We wish them a successful and fun filled year of learning with Clogher Valley SureStart. Please do get in touch if you need any support via phone, email or PM, we are happy to help.

Louise and all the team.



Louise McLaughlin
Project Manager

SUMMER CAMP



CVSS MAKATON SIGN OF THE MONTH IS 'BUS'

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



Learn a new sign each month with Patricia!

Notices

Your Rubbish is our treasure
As you know at Clogher Valley Surestart we love to recycle and create wonderful projects and pieces of art from recyclable goods. We would like to ask you to please keep us in mind if you have recyclable materials we could benefit from: these can range from Electrician/plumber reels, pipe off cuts, bends, bendy wire, twine, bailing string, pallets, tyres, bike wheels, wood off cuts, Perspex off cuts, card boxes, etc.

24 HOUR Domestic & Sexual Violence Helpline
0808 802 1414
Open to all women and men affected by domestic & sexual violence
Text support to 07797 805 839 | 24hrsupport@dvhelpline.org

Lifeline
0808 808 8000

Childcare Survey now open!
<https://www.surveymonkey.com/r/ParentCCSurveyN121>
Share your views to help inform the future of childcare in Northern Ireland

Renaming of St. Brigid's Premises
As you are aware we have a new premises, the former St. Brigid's Primary School. All new names suggestions welcome. Please send your ideas through our Facebook messenger or to info@cloghervalleysurestart.org

Parenting Week
Celebrating Parents
Reset & Reconnect
Monday 18th - Friday 22nd October
PARENTINGNI.ORG #PARENTINGWEEK

COVID-19: HELP SAVE LIVES
WASH YOUR HANDS | KEEP YOUR DISTANCE | WEAR A FACE COVERING | DOWNLOAD STOP COVID NI


Support Together
Support for people living with Post-Natal Depression

Our Speech, Language and Communication Message of the Month for September is "Words by one make talking fun; copy my actions, sounds and words!"

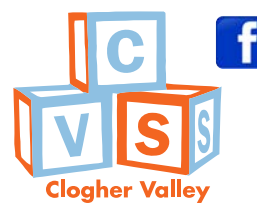
Babies often start saying their first real words between 12 and 18 months. They may babble and make sounds long before this and if you respond back to your baby's sounds and babbles, you will help the babble turn into words. "Smile, talk, laugh and sing" with your baby; your smiles help your baby learn to be happy and your words helps your baby learn to talk.

It's important to remember that every child is different and will develop skills in their own time. To find out more about when babies start to talk and how to help visit www.wordsforlife.org.uk

Words by one make talking fun!
Copy my actions, sounds and words!



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[#speechandlanguagemessageofthemoth](https://www.instagram.com/speechandlanguage/messageofthemoth)



Clogher Valley Sure Start
74 Main Street, Augher, Co. Tyrone. BT77 0BG
Tel. 028 8554 9898
E. info@cloghervalleysurestart.org
www.cloghervalleysurestart.org

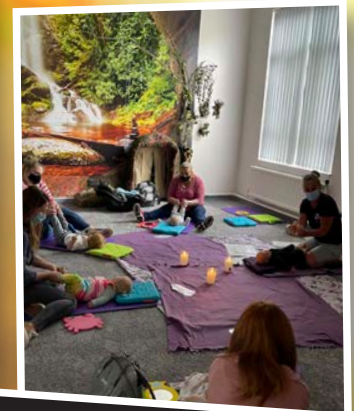
WELCOME TO THE WORLD!



CVSS 5 Week Antenatal Programme

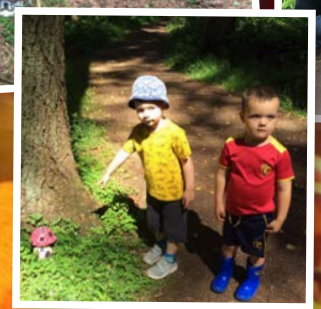
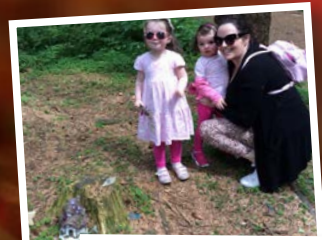


CVSS Annual Breast Feeding Celebration



CVSS 4 Week Baby Reflexology Programme

TOOTH FAIRY EVENT



WOODLAND WONDERS



TIME ZONE CHANGING Children's Body Clocks Adjusting

As the leaves change colour, the Autumn breeze starts blowing and our evenings become shorter, we start to make small preparations for the Winter ahead. Why do we do this? Because NATURE'S ROUTINE is reminding us to do so. All the cues that nature provide us with is preparing us for cooler weather, shorter evenings and our clock turning back an hour at Halloween.

We are prepared. We are ready, because we have been giving time and we understand the changes that are coming our way but how can we help prepare our babies and young children's BODY CLOCK and help them transition smoothly to the time change. Below are a few ideas:

SOFT ROUTINE
Communication can be difficult for young children, by providing other ways to communicate you can help your child better understand what is happening, for example, a picture chart of 3 or 4 daily patterns, a picture of a child brushing their teeth, eating lunch, playing, story book, bath and bed. You can make it with your child, draw it, cut it out or use a symbol or song. Turning it into a game can provide even more fun.

CALMER ENVIRONMENT
When a routine is followed daily, children learn to transition smoothly, moving from one activity to the next with little or no issues.

TIME SPENT TOGETHER
When your family have established a routine, this can free up more time to spend with each other, playing games, going for walks etc.

CREATING CONFIDENCE
Toddlers learn through repetition. When they are doing some of the same activities daily, they learn to complete them on their own, leading to confidence.

WIND-DOWN BEFORE BED
Creating a relaxed environment, pulling the curtains, reading a story together and singing a quiet song is a lovely way to prepare your children for bed.

Remember when the clock goes back it will take your child a little time to adjust so be patient, be flexible and work together on what suits your family best.