

ALL ABOARD

Hi Everyone

and welcome to our Final Edition of All Aboard in 2020. As we approach the end to a very different year, it is timely to reflect on the resilience shown by you, the families of CVSS, which was recognised through our celebrations during Parent's Week. 2020 may not have been the year we hoped for, but have a look inside this edition to reflect on what we have achieved and how we have all remained connected both virtually and through face to face services when it was safe to do so. In this edition we feature the 'Importance of Play'. Albert Einstein stated that "play is the highest form of

research", so nurture your little Einsteins at home and book onto some of CVSS's Play Programmes in 2021. As we approach the end to a very busy and challenging year, I would like to thank all our families for your participation, engagement and feedback. I would also like to acknowledge and thank the dedicated team here in CVSS for adapting and continuing to provide high quality services and programmes in new and different ways throughout this pandemic. Finally, I wish you and your families a very safe and Merry Christmas and a Happy New Year. I will leave you with a poem I found online that gives us food for thought this Christmas.

Christmas 2020

Life was a little strange this year and the world seemed so unsure but one thing that we learnt was that we couldn't love each other more. We lived a moment in history our lives changed beyond doubt, but we learnt the true meaning of what family is all about. We will hold our loved ones a little tighter and celebrate what we have, let's try and make Christmas 2020 the best we ever had.
Mairead and all the team

NOTICES

A new 'Phone First' service is being trialled at Daisy Hill and Craigavon Area Hospital Emergency Departments and South Tyrone Minor Injuries Unit from Monday 30th November.

Patients including children, who are considering attending with an urgent but not life threatening injury or illness are being asked to 'Phone First'.

To read more please see the website. www.southerntrust.hscni.net/get-in-touch/out-of-hours-and-emergency-contacts/

24 HOUR Domestic & Sexual Violence Helpline
0808 802 1414

make the call
0800 232 1271
text 'CHECK' to 67300
nidirect.gov.uk/makethecall

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-Traumatic Stress Disorder

Lifeline
0808 808 8000

Thank you to Emmett Kelly for generously donating the straw for our shadows and scarecrow play date.

January 2021 Message of the Month

Take your place face to face
I learn the most when you are close



The first step in communication is to get face to face. After babies are born, faces are the thing they like looking at most! Within 7 hours of birth, babies start to take an interest in their mum's face and from 6-10 weeks will start holding eye contact. So when you're talking to your baby, let them see your face. They'll pick up more than you think! Face to face is also so important for your toddler and older children. When the two of you are face to face you and your child can connect more easily and share the moment. Both of you can hear and see each other's messages better and it's easier for you to follow your child's lead. It's more fun face to face! (References: It Takes Two To Talk By Jan Pepper and Elaine Weitzman; BBC Tiny Happy People: Why face-to-face conversation is so important to babies' language development).

Nurturing yourself and your little Einsteins at home with our 12 days of Christmas



Santa Seals Our Small Parts Packs Sweet Snowmen Surprise Delivery



Little hands exploring their homemade kaleidoscope



Parent's Week NI

In cvss we celebrated Parents' Week virtually.

The theme was 'Celebrating Parenting in Challenging Times. Our families engaged in a Halloween Hooley and could get crafty at home with our resource packs.

We hope you all enjoyed squeak getting magically transformed into a dinosaur with Winnie the Witch and Hocus Pocus !!

Play Time Baby

This has given me more confidence to sing to my children out loud

I love the one to one time I have with my child, precious



Speaking with other mums is so reassuring

So many ideas on what to use around the house



Our Virtual Cook it Event



Male Yoga



Antenatal Classes

Contact CVSS for more information or advice
Tel : 028 85549898

Why Play is Important?

A child's right to play is a Human Right and its importance is contained in Article 31 of the UN Convention on the Rights of the Child.

"The Right of the Child to rest, leisure, play, recreational activities, culture life and the arts."



Not only is playing fun but it's an important part of a child's early development. Children learn through play. Children learn and develop cognitive skills, physical abilities, new vocabulary, social skills, and literacy skills.



Having space and time to play provides children with the opportunity to meet and socialise, keep them physically active and give them the freedom to choose what they want to do. At Clogher Valley Surestart we have a range of play

programmes for all ages and stages of development.

- Play Time Baby 0-6 months
- Baby Sensory 0-12 months
- Little Rollers 6 months to pre walkers
- Time for Tots, walking to 2

- Ready Steady Grow 2-4-year-old
- Monthly Play and themed activities for birth to 4 years

It is through play that children at a very early age engage and interact in the world all around them.

Too Busy for Play

Often, we as Parents feel that we don't have much time in our day for Play but there are so many ways we can involve our Children in everyday activities to make it Playful and fun whilst learning.

On a long car journey from home to school, playing eye spy using colours can make the journey seem shorter and give your children a chance to look at their journey and ask questions about their environment. What animals they see, what colour the sky is, where the sun has gone, why the leaves change colour. So many wonderful learning opportunities.

When doing your daily chores, asking your child to help you with small tasks such as, pairing socks, when washing up let your child join in, setting the table, cutting mushrooms or something soft, for the dinner can make them feel more involved and enthusiastic about what they are doing. Children love to help and tasks like this include them whilst helping them to become familiar with routine.

Imitative play is the first step towards having fun and learning without knowing it