



Early Movers Staff Training



Story time in Lisnaskea



Cook It at the ARC HLC



Solid Start at the ARC HLC

Bronagh Dooley and Charlene Stevenson are the new speech and language therapists working in Cherish Surestart.

Bronagh is based in the Irvinestown and Enniskillen area and Charlene is currently based in Newtownbutler. Bronagh will be offering talk link appointments on Mondays, Tuesdays and Fridays. Talk links offer parents a chance to come and meet the speech and language therapist along with their child and request speech and

language advice/guidance.

If you would like to book a talk link please on any of these days please call the ARC on 028 686 21970.

Talking tots will also be available to children and parents, talking tots is a group for children and their parents (6 places at a time) to come and join in with language activities and rhyme. If you are interested in attending our next talking tots please call the ARC on 028 686 21970 to book a place.

Tips to Help Keep Children Safe on the Internet and Social Networks

The internet is always changing, and being able to keep up to date with your children's use of technology can be a challenge, especially if you feel that your children may have better technical skills than you do. However, children and young people still need support and guidance when it comes to managing their lives On-line and using the internet positively and safely.

Make sure that content is age-appropriate

You know your child best, so check that the websites, social networks and games they're using are suitable for them. Check that your browser's homepage (the page that you see when you open an internet window) is set to a website that you're happy for your child to see. Online games, movies and some websites will also have an age rating or minimum age to sign up. Age limits are there to keep children safe. So you shouldn't feel pressured into letting your child sign up or use websites that you feel they are too young for.

Check they know how to use privacy settings and reporting tools

Remind them to keep their personal information private. Talk to your child

about what to do if they see content or are contacted by someone that worries or upsets them. Make sure they know how to use tools to report abuse.

Know who your child is talking to online

Children don't think of people they've met online through social networking and online games as strangers, they're just online friends. So it's important to keep track of who your child's talking to. Ask them questions like:

- Who do they know that has the most online friends?
- How can they know so many people?
- How do they choose who to become friends with online?

Explain to your child that it's easy for people to lie about themselves online, like their age, for example, because you have never met them. You could become 'friends' with your child so you can see their profile and posts but your child may not want to 'friend' you, especially as they get older. Agree that your child can 'friend' a trusted adult like an aunt or uncle so they can let you know if they see anything worrying on your child's profile.

The Dangers of Button Batteries

Button batteries and lithium coin batteries are the small, round batteries found in toys and everyday objects. They are extremely dangerous for children if swallowed - especially lithium coin batteries and can kill within hours. If the battery gets stuck in the throat, energy from the battery can make the body create caustic soda (the chemical used to unblock drains!) This can burn a hole through the throat and cause serious bleeding internally.

If you suspect your child has swallowed a button battery then you need to take them to A & E straight away or call an ambulance. Inform the doctor that you think your child has swallowed a button battery. Do not let your child eat or drink anything and do not make them sick.

For more information on battery safety and other accidents visit www.capt.org.uk



A warm welcome to our latest newsletter! Thank you all for your involvement with Sure Start services over recent months and for all the feedback on our services, this information has been used to plan courses and activities for our autumn term. We look forward to seeing you all over the next few months.

The Sure Start Team

Photography course for Dads with Pat Lunny

Learn how to create perfect photos of those precious moments in your child's life. Understand basic principles of photography, put images onto a computer and use photo shop to prepare for printing.

On completing the course each participant will receive a mounted photograph to take home.

Digital cameras or phones can be used for taking photos.

Commences 5th October for 4 weeks from 7pm - 9pm in the ARC Healthy Living Centre

Antenatal Coffee Afternoon

Monday 7th November 2pm - 3pm in The Arc Healthy Living Centre

This will give you a great opportunity to chat to our staff about Sure Start support services and also to Anne Marie McDonnell the Breastfeeding Co-ordinator from South West Acute Hospital who will discuss breastfeeding and caring for your new baby.

Stop Smoking in Pregnancy

There is no doubt about the fact that smoking has negative side effects when you are pregnant. This includes lower birth weights, stillbirths, poor foetal growth, premature delivery and respiratory problems once the baby is born. Most mums know smoking whilst pregnant isn't good for them or their baby, but that doesn't make it any easier to kick the habit. When you smoke you inhale over 4,000 chemicals, one of these is the dangerous chemical Carbon Monoxide which gets into your bloodstream. This restricts the baby's oxygen supply and their tiny heart has to beat harder every time you smoke. It's never too late to quit, when you stop smoking both you and your baby will feel the benefits immediately. For support to stop smoking speak to your midwife, health visitor, GP or contact a member of the Sure Start team – we have Carbon Monoxide Monitors and can check your reading for you and support and signpost you to the appropriate professionals.



Breastfriends Irvinestown

A friendly, supportive group that offers advice and support to mums who breastfeed. The group informally discusses different topics e.g. positioning and attachment, expressing, demand feeding and returning to work.

Wendy Maher, Peer Support mum and Sure Start Family Support Worker will be on hand should you require any help with breastfeeding. Health Visitor will be in attendance every 2nd and 4th Monday in the month. Antenatal mothers who are considering breastfeeding are also welcome to come along.

Electric pumps and books available for loan.

Refreshments provided.

The group meets every Monday from 1.30pm - 3.00pm

Join Cherish Sure Start face book page to get up to date information on what's happening in Sure Start.



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WHAT'S ON DIARY & AUTUMN COURSES

Monday	Venue	Starting	Time	No. of Weeks	Childcare
One Stop Baby Shop* *(Local Health Visitor Drop in Clinic)	Irvinestown, ARC Healthy Living Centre	Ongoing	1.30pm - 3.00pm	2nd & 4th Week of every month	Children in Session
Hypnobirthing	Irvinestown, ARC Healthy Living Centre	7th Nov 2016	6.30pm - 9.30pm	4	No Childcare
School Readiness Programme	Irvinestown, ARC Healthy Living Centre	19th Sept 2016	10.00am - 12.00 noon	4	Crèche - Active Allsorts
Get Up & Dance Classes	Irvinestown, ARC Healthy Living Centre	17th Oct 2016	10.30am - 11.30am	6	Crèche - Active Allsorts
Breastfriends	Irvinestown, ARC Healthy Living Centre	Ongoing	1.30pm - 3.00pm	Weekly	None
Infant Massage	Irvinestown, ARC Healthy Living Centre	19th Sept 2016	10.15am - 11.15am	4	Children in Session
Infant Massage	Irvinestown, ARC Healthy Living Centre	17th Oct 2016	10.15am - 11.15am	4	Children in Session
Antenatal Yoga	Irvinestown, ARC Healthy Living Centre	3rd Oct 2016	7.00pm - 8.00pm	4	None
Weaning Workshop	Irvinestown, ARC Healthy Living Centre	28th Nov 2016	10.00am - 12.00 noon	1	Crèche - Active Allsorts
Christmas Crafts	Enniskillen, Scout Hall	5th Dec 2016	10.00am - 11.00am	2	Children in Session
Tuesday	Venue	Starting	Time	No. of Weeks	Childcare
Stay & Play	Trillick Leisure Centre	6th Sept 2016	9.30am - 11.30am	Weekly	Children in Session
Antenatal Nurturing	Irvinestown, ARC Healthy Living Centre	27th Sept 2016	7.00pm - 9.00pm	8	None
Rhyme Time	Irvinestown, ARC Healthy Living Centre	20th Sept 2016	10.00am - 11.00am	4	Children in Session
Baby Yoga	Irvinestown, ARC Healthy Living Centre	18th Oct 2016	10.00am - 11.00am	4	Children in Session
Christmas Craft	Irvinestown, ARC Healthy Living Centre	13th Dec 2016	10.30am - 11.30am	1	Children in Session
Baby Yoga	Newtownbutler, The Old Courthouse	4th Oct 2016	10.30am - 11.30am	4	Children in Session
Baby Massage	Newtownbutler, The Old Courthouse	1st Nov 2016	10.30am - 11.30am	4	Children in Session
Sensory Play	Newtownbutler, The Old Courthouse	6th Dec 2016	10.30am - 11.30am	3	Children in Session
Wednesday	Venue	Starting	Time	No. of Weeks	Childcare
Stay & Play	Kesh, Community Centre	7th Sept 2016	9.30am - 11.30am	Weekly	Children in Session
Tickle Tummy Time	Newtownbutler, The Old Courthouse	21st Sept 2016	10.30am - 11.30am	4	Children in Session
Solid Start	Irvinestown, ARC Healthy Living Centre	30th Nov 2016	10.00am - 12.00 noon	3	Crèche - Active Allsorts
Incredible Babies	Irvinestown, ARC Healthy Living Centre	28th Sept 2016	10.00am - 12.00 noon	9	Children in Session
Dads Photography	Irvinestown, ARC Healthy Living Centre	5th Oct 2016	7.00pm - 9.00pm	4	None
Boogie Beats	Roslea Community Centre	5th Oct 2016	9.20am - 10.10am	4	Children in Session
PEEP	Roslea Community Centre	2nd Nov 2016	12.15pm - 1.30pm	5	Children in Session
Postnatal Fitness	Newtownbutler, The Old Courthouse	9th Nov 2016	7.00pm - 8.00pm	4	None
Baby Yoga	Enniskillen, Aisling Centre	7th Sept 2016	10.00am - 11.00am	4	None
Thursday	Venue	Starting	Time	No. of Weeks	Childcare
Stay & Play	Irvinestown, Bawnacre	8th Sept 2016	10.30am - 12.00 noon	Weekly	Children in Session
Employers for Childcare, Individual appointments from 12.00 noon at the ARC HLC					
Stay & Play	Newtownbutler, The Old Courthouse	8th Sept 2016	10.30am - 12.00 noon	Weekly	Children in Session
Breast, Cervical & Bowel Awareness	Irvinestown, ARC Healthy Living Centre	15th Sept 2016	9.00am - 12.00 noon	3	Creche - Active Allsorts
Ante-Natal Yoga	Irvinestown, ARC Healthy Living Centre	15th Sept 2016	7.00pm - 8.00pm	4	None
Tickle Tummy Time	Irvinestown, ARC Healthy Living Centre	24th Nov 2016	10.30am - 11.30am	4	Children in Session
Feeding Under 5's	Irvinestown, ARC Healthy Living Centre	21st Nov 2016	10.00am - 12.00 noon	4	Children in Session
Food Values	Irvinestown, ARC Healthy Living Centre	6th Oct 2016	10.00am - 12.00 noon	3	Crèche - Active Allsorts
Tickle Tummy Time	Enniskillen, Aisling Centre	22nd Sept 2016	10.30am - 11.30am	4	Children in Session
Living Life to the Full - AWARE	Irvinestown, ARC Healthy Living Centre	27th Oct 2016	10.00am - 12.30pm	7	Crèche - Active Allsorts
Boogie Beats	Enniskillen, Scout Hall	6th Oct 2016	10.00am - 11.00am	4	Children in Session
Food Values	Newtownbutler, The Old Courthouse	15th Sept 2016	9.30am - 11.30am	3	Crèche on site
Boogie Beats before Stay & Play	Newtownbutler, The Old Courthouse	6th Oct 2016	9.45am - 10.30am	4	Children in Session
Hypnobirthing	Newtownbutler, The Old Courthouse	13th Oct 2016	6.30pm - 9.30pm	4	None
Friday	Venue	Starting	Time	No. of Weeks	Childcare
Stay & Play	Ederney Town Hall	9th Sept 2016	9.30am - 11.30am	Weekly	Children in Session
Stay & Play	Roslea Community Centre	9th Sept 2016	10.30am - 12.00 noon	Weekly	Children in Session
Rhyme Time	Irvinestown, ARC Healthy Living Centre	25th Nov 2016	10.30am - 11.30am	4	Children in Session
Toddler Yoga	Irvinestown, ARC Healthy Living Centre	4th Nov 2016	2.00pm - 3.00pm	4	Children in Session
Incredible Babies	Enniskillen, Aisling Centre	14th Oct 2016	10.00am - 12.00 noon	9	Crèche - Aisling Centre
Christmas Fun	Irvinestown, ARC Healthy Living Centre	14th Dec 2016	10.30am - 11.30am	1	Children in Session
Breast, Cervical & Bowel Awareness	Newtownbutler, The Old Courthouse	7th Oct 2016	10.30am - 12.30 pm	3	Children in Session
Weaning Workshop	Newtownbutler, The Old Courthouse	16th Sept 2016	9.30am - 11.30am	4	Crèche - on site
Solid Start	Newtownbutler, The Old Courthouse	16th Sept 2016	9.45am - 11.45am	4	Crèche - on site
Cook It	Newtownbutler, The Old Courthouse	4th Nov 2016	9.15am - 11.15am	6	Crèche - on site
Saturday	Venue	Starting	Time	No. of Weeks	Childcare
Working Parents Stay & Play	Irvinestown, Tullynagarn	10th Sept 2016	10.30am - 12.00 noon	First 3 Saturdays*	Children in Session
Working Parents Stay & Play	Newtownbutler, The Old Courthouse	10th Sept 2016	10.30am - 12.00 noon	First 3 Saturdays*	Children in Session

* Of each month

INFORMATION TO HELP YOU CHOOSE

School Readiness Programme, age 2 - 4

The School Readiness Programme is a 4 week parenting programme designed to promote children's school readiness by enhancing language, reading and social skills.



Incredible Babies Programme

A 9 week programme supporting parents and their babies, it is organised around the developmental baby stages of 0-3 months 4-6 months and 6-12 months. It provides simple but effective techniques to help you promote your children's social, emotional, and language development.

Antenatal Yoga

A 6 week programme that provides support to your body and mind in preparation for labour through exercise stretching, power of your breath and mediation.

Hypnobirthing

A 4 week complete birth education programme that teaches simple but specific self-hypnosis relaxation and breathing techniques for an easier more comfortable birth. The programme lets you discover and experience the joy of birth, when you will realise that severe pain does not have to be an accompaniment of labour.

Christmas Crafts

A 2 week family learning course full of Christmas activities, sessions will include make and take scented playdough, decorating buns/ biscuits and making decorations. Suitable for children aged 0-3 years.

Parenting Puzzle

The Parenting Puzzle Programme is a 4 week programme that helps to:

- Introduce the Four Constructs (Building Blocks) for positive, constructive relationships and calm, confident parenting;
- Helps develop parents' understanding of empathy;
- Develop parents' understanding of the importance of listening and communication;
- Explore the power of praise and positive interaction;
- Increase parents' understanding of the power of play;
- Promote positive approaches to discipline and boundary setting;
- Develop an understanding of the importance of nurture of self and others in family relationships

Boogie Beats

Boogie Beats is a four week music and dance programme for parents and toddlers aged two to four years old. The sessions consists of singing, nursery rhymes, playing percussion instruments, musical games and dancing. There are many benefits of boogie beats including exercising and physical development, improving speech and language through singing and rhymes, self-expression and self-esteem through movement and learning musical concepts such as the beat and rhythm, overall contributing to brain development.



Baby Yoga

A 4 week programme that complements infant massage offers quality physical stimulation including flowing postures, holding, movement, touch, voice and relaxation. It induces a happy, care-free and lively parent-infant interaction which develops as the babies grow. For babies aged 4 months to 1 year.

Infant Massage

A 4 week family learning activity designed to teach massage skills, suitable for use with young babies aged up to 12 months that may aid relaxation and sleep and assist with the symptoms of colic.

Rhyme Time

A five week programme facilitated by the Sure Start Speech and Language Therapist which focuses on learning new words through rhymes and songs. Each class will focus on a different topic and practical talking tips will be provided.

Tickle Tummy Time

Tickle tummy time is a 4 week programme for parent/caregivers and their young child to have fun singing and playing together. Suitable for babies from 6 to 12 months and their parent/caregiver.



Food Values programme

Food values is a 3 week programme showing how to get better nutritional value for money when shopping for food. You will develop the budgeting skills to help you get better value for money when shopping for food. The key skills to be learnt from the programme are menu planning and using a shopping list, budgeting tips, cooking tips and healthy eating.



Paediatric First Aid

Thursday 1st December at Devenish.
Thursday 3rd November at the ARC HLC.
Thursday 27th October at Newtownbutler.
All at 10.00am - 12.00 noon. Creche available, please book.
Telephone the ARC for further details.

Easy Weaning & Solid Start

Information and advice on feeding infants from 6 months to 1 year. Interactive activities are used to discuss the what, when and why of introducing solids to the infant's diet. Information is provided on, suitable foods to include, foods to avoid, practical aspects of weaning, introducing a cup, vegetarian weaning, fussiness and vitamin supplement guidelines. Parents will have the opportunity to prepare food to bring home.