



Better Start
BRADFORD
INVESTING IN THE FUTURES OF OUR CHILDREN



Summer 2017

Family NEWS

Welcome to our summer newsletter for families in the Better Start Bradford area

Happy Mum - Happy Bump

When you look after yourself you help your baby before they are even born.

We raised awareness of coping with stress and worries during pregnancy with our Happy Mum - Happy Bump campaign. We handed out our Happy Mum - Happy Bump leaflet with a massage ball to 200 mums-to-be in the area in June.

A little stress in life is healthy, but increased or constant stress can have a lasting effect on both Mum and the developing baby in the womb. Help is out there, so don't be afraid to ask for it to share your worries and concerns.

Rachel Wild, specialist midwife at Better Start Bradford, said:

"It is not always possible to reduce the amount of stress in your life, but it is usually possible to get help and support. Mums and Dads can speak to their family, friends, community projects, voluntary organisations, Midwife, GP or Health Visitor.

We also have many projects to support families during pregnancy and post pregnancy such as our Perinatal Support Service, Bradford Doulas and Personalised Midwifery Care pilot. Please look at our website for more information."



We're working with local families and partners, in Bowling, Barkerend, Bradford Moor and Little Horton, to create and set up 22 projects for parents-to-be and parents of children under four. We're aiming to ensure local families have all the support and information they need to give children the best possible start in life.

visit: betterstartbradford.org.uk
To keep up-to-date why not sign up to our monthly email bulletin online too.

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sign up for text alerts by texting 'sign me up' and your postcode to: **07494 558337**

Funding opportunities for parents

Our Parents in the Lead activities fund is designed to help parents run activities for families expecting babies or with children under four, in the Better Start Bradford area. You can apply once a year for a maximum of £2,000 to fund your activity. 11 projects have been funded so far this year.

Activities should be for under fours and:

- Contribute towards social and emotional development
- Develop communication and language
- Improve nutrition and health

We really want to hear from



parents including: dads, mums, grandparents of children under four, families expecting a baby and groups who want to develop new activities with babies and children.

Check out our website: betterstartbradford.org.uk/projects or call 01274 723146.

Please check the guidance notes to see what activities are fundable and what we cannot fund. Our next funding deadline is 31 August.

Summer Events and Activities

Summer fun is here. Here are some of the places we'll be and we would love to see you and your families too.



Summer Fair

13 July, 3-5pm
Karmand Centre, Barkerend Rd,
BD3 9EP

Summer Fair

19 July, 2-4.30pm
Westminster Primary School,
Westminster Rd, BD3 0HW

Family Action Fun Days

Thur 10 August, 12-3pm
Thur 24 August, 12-3pm
Shine, 48 Newton Street, BD5 7BH
(family activities and fun for
under fours)

Parkside Play Day

Wed 16 August, 1-5pm
Parkside Park, Parkside Rd, BD5 8EH
(activities with the Big Swing,
den building, crafts, games and food)

Meet the Family

19 August, 1-3pm
Barkerend Health Centre,
Barkerend Rd, BD3 8QH
(Find out about Better Start Bradford's
family of projects)

For more information on the summer activities, give our community team a call on: 01274 723146 or keep an eye on facebook.com/betterstartbradford



Better Start Bradford is a full and equal partnership programme working with families to help children have the best possible start in life. A 10-year Lottery-funded programme, we aim to leave a lasting legacy for our part of Bradford and beyond.

Better Start Bradford,
Mayfield Centre Broadway Ave,
Bradford, West Yorkshire, BD5 9NP.
Tel: 01274 723146



My story: my baby loves story time

"Some children see a book and don't know what to do with it and that is really sad."

Mona has signed up her baby son Hamsa to Better Start Imagine, our free book gifting project. They really look forward to receiving his new book in the post each month.

"Books were always a big part of my family but because I was dyslexic, I was never really into reading, but I loved being read to. Hamsa may be too young to read, but he loves lifting the flaps and looking at the pictures. He likes listening to my voice as I describe what he is looking at. Books are so important in helping to develop his language and literacy skills. We



have had some lovely books so far including Hamsa's favourite: Spot says Goodnight."

Every child born after 1 January 2016 in the Better Start Bradford area can join Better Start Imagine, and receive a free book each month.

Find out more at
betterstartbradford.org.uk

Activity idea: Blowing bubbles

Blowing bubbles is lots of fun whatever your age, all you need is a tub of bubble mix and an area without obstacles.

- Let your baby feel them on their fingers and toes.
- Encourage your toddler to try and catch them.
- Let your toddler have a turn at trying to blow their own.
- Talk about their shape, the colours they see in them and how they feel when they touch them.

All of this bubble fun can help your child experience new textures, develop motor control in their hands, track movement with their eyes and use their mouth muscles in new ways.



Calling all Grandparents – our new project

Autumn sees the launch of our free Older Yet Wiser workshops for Grandparents caring for children under four in the Better Start Bradford area.

You can get free play resources, home activities and learn new skills. Investing two hours a week over six weeks.

You'll also discover ways to improve relationships, cope with stress and see how important you are to your Grandchild's brain development.



To book your place at the Barkerend or Woodroyd Children's Centre workshops (Urdu interpreter available) please visit: betterstartbradford.org.uk or call ChildSide on: 07519 860089.