Winter activities with Better Start Bradford for families with children under four

Winter 2020

Family News
FREE family events and activities in BD3, BD4 and BD5

Welcome to the winter edition of Family News!

Better Start Bradford is five years old already! With all our projects up and running – plus lots of family activities and sessions to enjoy – there’s never been a better time to check out what we have to offer.

Read on to find out more and you can also visit: www.betterstartbradford.org.uk

Here are some of HENRY’s top tips to make your family mealtimes happy mealtimes:

- Get into a routine of sitting down together for meals away from distractions such as TV, toys and phones – at a table, picnic-style on the floor or wherever works for your family
- Try to create a positive atmosphere – by smiling, chatting and showing interest in what everyone has been doing, rather than just concentrating on whether the children are eating and getting through the meal
- Offer healthy food choices and then let children decide how much they can eat and when they are full
- Eat with your children. When young children see you eating and enjoying healthy food, they are more likely to try it – and decide they like it
- Allow children to eat at their pace rather than rushing them to finish or urging them to hurry up

Find out more at www.henry.org.uk

Check out the events calendar on our website for their healthy family groups, cooking sessions and workshop dates: www.betterstartbradford.org.uk
Better Start Bradford runs over 20 projects for expectant families and families with children under four in Bowling and Barkerend, Bradford Moor and Little Horton.

They’ve all been carefully designed to help you give your babies and children the best start in life, and they’re all completely free of charge. Here’s a snapshot of three of them:

**HAPPY** is an antenatal and postnatal course with a difference. It’s specifically for pregnant women who have a body mass index (BMI) of over 25 who want to make healthy food choices for themselves and their children, and increase their physical activity during and after pregnancy. It takes place over 12 sessions led by experts in family hubs and community centres.

To join, speak to your midwife or contact one of the perinatal co-ordinators on: Miryam (Mon–Thu) 07976 352454 Salma (Thu–Fri) 07852 418690

**Home-Start Better Start** provides emotional and practical support from trained volunteers to help parents feel they can better cope with the stresses of daily life.

They provide an initial visit to discuss what’s needed, a series of home visits by a trained volunteer and referral to other relevant services as required.

To request help, you can contact the Home-Start Better Start team directly on bsb@homestartbradford.co.uk or 01274 666711

**Better Start Imagine** not only provides free books every month to under fours in our area, it also runs weekly story and rhyme time sessions, plus a brand new baby club including baby massage. Delivered by BHT Early Education & Training, experts in communication and language development, Better Start Imagine brings your children’s imaginations to life while helping them develop their language and literacy skills.

To find out more or sign up, please contact Leanne Souster on 01274 730415 leannessouster@bhtearlyed.org.uk

To find out about all our projects, please visit: [www.betterstartbradford.org.uk](http://www.betterstartbradford.org.uk)