

Family News

FREE family activities and events
in Bowling and Barkerend, Bradford
Moor and Little Horton



Autumn 2020

Welcome to the autumn edition of Family News!

The last few months have been challenging for so many people. However, if you are expecting a baby or have young children, we have lots of support available and plenty of activities to get involved in, including the third Baby Week Bradford which takes place from 9-13 November 2020 (find out more on the back).



Autumn activities with
Better Start Bradford for families
with children aged 0-3



Better Start Bradford is #StillHereToHelp

We've got lots on offer during autumn and winter 2020 for expectant families and families with 0-3s in Bowling and Barkerend, Bradford Moor and Little Horton, including:

- Virtual antenatal classes
- Story and rhyme times
- Breastfeeding support
- English language classes for pregnancy
- Starting solids workshops
- Parenting courses

To find out more visit:
www.betterstartbradford.org.uk



Baby Week Bradford is back!

Here are some of the FREE family events happening in the Better Start Bradford area and beyond:



9 - 13 November 2020
Why Wellbeing Matters

www.babyweekbradford.org

Monday 9 November

10.00-10.30am

The Big Virtual Baby Rave! (Online)

For families with children aged 0-2 years

Fun, colourful and musical activities to get little hands, feet and brains moving. Boogie with your baby and enjoy the ultimate sensory experience in your own home.

11.00am-12.00pm

Building a Happy Baby: Q&A with a Midwife (Online)

For pregnant women, partners / birth partners and family members

Join midwife Caroline Lamb for a relaxed online session to help expectant families prepare for their new arrival, in particular to explore what makes a happy baby.

11.00am-1.00pm*

Get Started with Better Start: Pop-Up Stall

(Thornbury Centre - socially-distanced outdoor event)

For expectant families, families with children aged 0-3, grandparents, professionals

Stop by to chat with Melissa about all the fantastic support available for expectant families and families with children aged 0-3 from Better Start Bradford and other local organisations.

*Also taking place on Tuesday 10 November from 11.00am-1.00pm

100-2.00pm**

Starting Solids Virtual Workshop (Online)

For parents of babies aged 0-8 months across the Bradford district

Find out how to spot signs that your baby is ready to try solid food, how to know when your baby is hungry and when they've had enough.

**Also taking place on Wednesday 11 November from 10.00-11.00am

Tuesday 10 November

10.00-11.00am

Storytelling Session (Online)

For families with children aged 0-4 years

Join Leanne who will read *Dear Zoo* and *We're Going on a Bear Hunt* then get you all joining in with some well-known songs and rhymes.

1.00-1.45pm

First Friends Zoom (Online)

For families with children under 1

Join BD4 Family's Jenny for a fun, interactive session of sensory activities, with baby signing, singing, and an introduction to baby massage.

6.00-7.00pm

Virtual Antenatal Class - Giving Birth (Online)

For pregnant women and their birth partners

A friendly and safe space to discuss aspects of pregnancy, birth and beyond, with lots of opportunities to ask questions. This class covers: birth partners and support, pain relief and bonding with your baby.

Wednesday 11 November

11.00am-12.30pm

Date with a Doula (Online)

For women - pre and post pregnancy

Come along and find out why doulas are a 'match made in heaven' and what the benefits are for both the doulas themselves and the women they are matched with.

11.00am-1.00pm:

Baby's Day Out Screening

The Princess Bride (Pictureville Cinema, National Science and Media Museum - Socially-distanced event)

For families with children aged under 1

This screening is open to families with babies under the age of 1. Lights will be left on at a low level throughout the screening and the volume of the film is quieter than a normal presentation.

11.20-11.50am and 12.35pm-1.05pm

Center-Baby

(Canterbury Nursery - socially-distanced outdoor event)

For families who have children attending Canterbury Nursery, plus local families who have been involved with the HENRY programme.

Join Gulsoom and Sally for a fun, active outdoor session for you and your young children, with tips and information on healthy eating for your family.

12.30-2.00pm

Baby Musicians

For families who attend Karmand Centre Nursery who are aged between 2 and 4 years. These families are also welcome to bring their babies.

A fun, sensory music session that will stimulate the children's creativity and promote language development, led by a professional family musician.

1.30-2.30pm

Baby Massage (Online)

For families with babies aged up to 6 months or until they start crawling

Baby Massage is a great way for you to bond with your baby and develop a relationship through touch, soothing your baby and helping them to sleep better at night.

Thursday 12 November

10.00-11.00am

Makaton Signing for Babies - Taster Session (Online)

For families with babies aged up to 2 years

Join a Makaton expert for this fun and interactive session where you can learn some basic signs and join in with singing some songs with signs.

11.00am-12.00pm

Childhood Transition Tips for Grandparents (Online)

For Grandparents involved in caring for grandchildren aged 0-3 years

Join other grandparents for a conversation with ChildSide on Childhood Transition Tips for

Grandparents and why wellbeing matters, featuring shared family stories.

10.00-11.00am

"My Baby and Me": Group Workshop (Online)

For parents with babies under the age of 1

A fun, interactive online workshop for parents and their babies based on the practices and principles of Theraplay.

6.00-7.00pm

Virtual Antenatal Class (Feeding and Sleep)

For pregnant women and their birth partners

A friendly and safe space to discuss aspects of pregnancy, birth and beyond, with lots of opportunities to ask questions. This class covers: feeding your baby and safe sleep.

Friday 13 November

10.00am-12.00pm

Wonderlab Little Explorers Session (National Science and Media Museum - socially-distanced indoor event)

For families with children under 5 years

With a mirror maze, colour changing room and laser sound tunnel to play on there is lots to explore in Wonderlab!

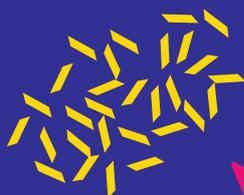
Download the full programme at: www.babyweekbradford.org

Make a shaker

What you need...



a sturdy plastic jar, bottle or tub with a secure lid



dried pasta shapes

Simple shakers made from placing dried pasta (or coins or buttons) in closed containers are great fun for young children and can stimulate different senses (touch, sight, hearing). Older toddlers can learn by picking pasta pieces up and transferring them to the container, developing their handling skills, and you could even encourage them to count as they go. Younger toddlers and babies can enjoy the texture of the pasta even if they're not able to transfer it themselves. The finished shakers make some great sounds for all ages and can be used along with music, nursery rhymes or even the Big Baby Rave on Monday 9 November! (See above for details). This activity must be supervised at all times as some items can pose a choking hazard for very young children.

Better Start Bradford helps children in Bowling and Barkerend, Bradford Moor and Little Horton get the best start in life.

We run over 20 projects for expectant families and families with children aged 0-3, including support before during and after birth, reading, play, healthy cooking and eating, support in the home, English language skills and much more.

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