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

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).

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
**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.

**10.00-10.15am**
**Virtual Antenatal Class (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 it feels like to make a happy baby.

**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 it feels like to make a happy baby.

**10.00-11.00am**
**First Friends Zoom (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.

**11.00-11.45am**
**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.

**11.00am-12.00pm**
**Data with a Deal (Online)**
For women - pre and post pregnancy
Come along and find out why doula is 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 Day Out Screening - The Princess Bride (Pictureville Cinema, Bowling)**
For families with children aged 0-6 years
Join Gulsoom and Sally for a fun, creative outdoor session for you and your young children, with tips and information on healthy eating for your family.

**10.00-11.00am**
**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.

**12.30-2.30pm**
**Virtual Antenatal Class - Feeding and Sleep (Online)**
For families with children 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.

**10.00-11.00am**
**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.

**11.00-12.00pm**
**Wonderlab Little Explorers Session**
(National Science and Media Museum - socially-distanced indoor event)
For families with children aged 5 years
With a mirror maze, colour changing room and laser sound tunnel to play on there is lots to explore in Wonderlab!

**10.00-11.00am**
**Baby Musicians**
For families who have children under 1
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.

**10.00-12.00pm**
**“My Baby and Me” - Group Workshop (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: feeding your baby and safe sleep.

**10.00-12.00pm**
**Childhood Transition Tips for Grandparents (Online)**
For Grandparents involved in caring for grandchildren aged 0-3 years
Join other grandparents for a conversation with ChildsLife on Childhood Transition Tips for Grandparents and why wellbeing matters, featuring shared family stories.

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**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.