



Better Start
BRADFORD
INVESTING IN THE FUTURES OF OUR CHILDREN



Family NEWS

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

Helping families develop healthy lifestyles



HENRY is a free eight-week programme for parents and carers of babies and young children to give them the information and tips they need to provide a healthy family lifestyle.

Held in Children's Centres, schools and other community settings across the Better Start Bradford area, these friendly sessions cover areas such as healthy eating, sociable mealtimes, physical activity and parenting skills, with the aim of developing a healthier lifestyle for the whole family.

They are run by trained professionals, supported by a network of 23 parent volunteers, many of whom have completed the course themselves and now encourage other parents and carers to take part.

To find out about the nearest session to you, please email HENRY Coordinator Nicola Charnock: nicola.charnock@henry.co.uk or call: **07709 640 454**.



What HENRY participants have said:

"It's been a life changer."

"If HENRY was a person he would be my best friend. What we have learnt from him has made our lives better in such a short time."

We are all happier and healthier and it is just a shame we can only be friends for 8 weeks."

"It feels great. A big change to my life."

We're working with local families and partners, in Bowling and Barkerend, Bradford Moor and Little Horton, to create and set up over 20 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.

Find out more by visiting our website:

betterstartbradford.org.uk
To keep up-to-date sign up to our monthly email bulletin online too.

Follow us on:

[betterstartbradford](https://www.facebook.com/betterstartbradford)

[@BetterStartBfd](https://twitter.com/BetterStartBfd)

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

baby buddy™

the must-have app for parents and parents-to-be



Your personal baby expert

Baby Buddy is a free mobile phone app for parents and parents-to-be, to guide you through pregnancy and the first six months of your baby's life.

You can log your appointments, watch short videos, ask questions and find useful places near to you such as support groups, plus lots more.

You can download Baby Buddy for free on the App Store or Google Play, or there is also a web version for people without phone access.

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

Forthcoming events and activities

Mortimer House Open Day

Thursday 21 December 2017
1.00-2.30pm

Mortimer House Children's Centre,
Mortimer Avenue, Bradford, BD3 7EY

If you live in Bradford Moor, why not come along to the Mortimer House Children's Centre open day! Meet the Action for Children and Better Start Bradford teams and hear about all the exciting events and projects that are happening locally. There will also be lots of family activities including henna, face painting and loads of fun for under fours.

For more information please give our community team a call on:

01274 723146 or keep an eye on Facebook: www.facebook.com/betterstartbradford

Storytelling and Rhyme Time Sessions

The Better Start Imagine team continues to run its free, interactive 'Storytelling' and 'Rhyme Time for Babies' sessions every week from venues across the Better Start Bradford area:

Rhyme Time for Babies

Tuesdays 1.00-1.45pm
Woodroyd Children's Centre
Woodroyd Road, BD5 8EL

Thursdays 1.00-1.45pm
Mortimer House Children's Centre
Mortimer Avenue, BD3 7EY

Storytelling

Wednesdays 9.30-10.30am
Laisterdyke Library
Leeds Road, BD3 8EL

Thursdays 9.30-10.30
Shine West Bowling
Newton Street, BD5 7BH

These sessions run on the above days, times and venues until the week beginning 11 December 2017.

Please check our website in the new year for 2018 sessions.

My story:

Better Start Imagine has helped my children develop

We started attending the rhyme time and storytelling sessions after we saw an advert for Better Start Imagine at our local library, Laisterdyke Library.

My wife and I regularly attend the sessions with our children Fawzan, 3, and Safa, 16 months. They give us time together to learn and create new ways to read. We have seen our children's social skills develop and we love to simply watch them watching the storyteller attentively and excitedly.

Not only do our children love to read the books, they are also building their knowledge and skills. Safa has learned to brush her teeth through reading 'Snap Croc'. She now absolutely loves crocodiles!

We all love going to the sessions: the Better Start Imagine staff make you feel very relaxed and you get to know other parents in the area. It's not tense for dads like many

other sessions that I have been to, and most importantly you get to see your child learn and have fun on their own, with others, and their daddy!

Darryl Young

Storytelling and Rhyme Time for Babies sessions run weekly – see left for details. For more information about Better Start Imagine, our free book-gifting scheme, please visit:

www.betterstartbradford.org.uk
or call: **01274 723146.**



Activity idea: Leafy Lucky Dip

Crisp, colourful autumn leaves are great for children of all ages. They can collect them, create art with them, or just enjoy crunching big piles of them under their feet. Here's something you can do with your babies and toddlers:

Step 1 | Fill an old shoe box or other container with dry autumn leaves.

Step 2 | Hide small toys, such as balls, wooden blocks or figures, among the leaves.

Step 3 | Help your little one root through the crackly leaves to find a 'prize'.

They will enjoy this through many of their senses: touch, sound, smell and sight. It's also good fun for you!

