

WE NEED YOUR HELP!

Did you enjoy your course? Behind the scenes we have lots of jobs to do and could do with some help, even if it is for just a couple of hours a month. If you feel that you could spare a little of your time, already have some skills you could share and would be interested in helping us, we can find all sorts of things for you to do! Such as:

- Distributing leaflets to groups of parents locally
- Working on publicity
- Organising an event
- Helping with money matters
- Joining a working group
- Being on the committee or joining us as a Trustee

If you are interested please ring our hotline 01277 633910 and Rosie will contact you.

TEDDY BEAR'S PICNIC

Wednesday June 9th
12.30pm to 2.30pm

Join us at Lake Meadows Park for the annual Teddy Bear's Picnic when we shall be there - look out for the TIME banner as well as our stand and children's fun activity.

If anyone is free to help us on the day please ring us!



SUMMER OPEN MEETING

MY CHILD HATES VEGETABLES!

Tips to tackle food fads

How to encourage young children to eat a balanced diet including fruit and vegetables



Once again we are delighted to welcome David Soraf, Chef Extraordinaire for a lively fun-packed evening with a demonstration of lots of recipes, all of which you can taste!

Wednesday June 30th • 8pm
Queen's Park Community Church
Everyone Welcome!

To book a place ring our hotline: 01277 633910



Mend 2 - 4 will also be joining us for the evening to tell us about their healthy eating and exercise programme for mums and children aged 2 - 4 years.



This Term's Courses

All four courses this term are up and running well. In September we hope to run a 0-2yrs course as well as our ever popular usual courses. If you would like to come to one of these, then please register your interest soon on our website www.billericayparents.com

Transition Sessions

Is your child off to secondary school this autumn?

Do you wonder how they will cope with this big change?

We are again offering sessions this summer to parents in all Billericay

Primary schools in the town.

Details will be sent to you from your child's school, so look out for the date. If you can't make the date at your school, you can always join a session at one of the other schools just ring 02177 633910

The Food Doctor for Babies & Children

by Vicki Edgson ~ Publisher: Collins & Brown ~ £14.99
ISBN 97818 4340 0004 ~ available from Amazon.co.uk

Food affects your child's health, growth and behaviour, so a balanced diet can positively influence mental alertness, energy levels and sound sleep. Every parent wants the best for their child and The Food Doctor for Babies & Children gives invaluable information about the foods and nutrients children need for optimum health, maximum energy, immunity, brain growth and healthy bones.

- Provides expert advice on nutrition for growing children, from birth through to adolescence
- Identifies and helps children with food allergies and food intolerances
- Examines behavioural problems and links with food
- Features delicious recipes and meal planners including first foods, family meals and easy options

"The Food Doctor for Babies & Children provides a sensible, practical aid to ensure that your child has a balanced and nutritionally sensible diet. I cannot recommend this book highly enough."

Dr Mike Thompson - Consultant in Paediatric Gastroenterology and Nutrition, Royal Free Hospital, London

68% OF FAMILIES 'CAN'T AFFORD' TO SPEND TIME TOGETHER

The average family spends just 49 minutes a day together, but think that's enough, according to new research commissioned by UK initiative, National Family Week.

For 68% of parents, money was shown to be thought the biggest barrier to spending time with family. However, children disagreed, with 66% happy to spend time with family at home rather than going out.

Days out and family holidays were seen as the best examples of quality time by parents, whilst cheaper alternatives, such as engaging in sports and reading together, fell by the wayside.

The family facts about quality time:

- Children cite boredom as the hardest thing about spending time with family
- More than half of parents feel they spend enough time with family.
- Children would like to spend more time with Dad (35%) with friends (14%) and with mums (8%).
- 76% of parents say quality wins over quantity
- 76% of adults see family as the most important thing in life, and 60% of children feel the same.

**National Family Week is the UK's
largest celebration of family life
May 31st to June 6th**

INFORMATION

FIRST AID SESSIONS

Following requests from parents, we have run First Aid sessions this term for parents of babies and toddlers. The two sessions covered resuscitation, cuts, breaks, burns and scalds and both were excellent! The trainer made it fun as well as being informative. Many couples, as well as mums, attended and we plan further sessions in the autumn. For details look at our website in coming weeks,

and if you would like a place please complete the form and Rosie will get back to you.

SMACKING

According to the Council of Europe, Britain is one of only a handful of countries still holding out against a complete ban on smacking. Currently corporal punishment has been banned in schools and a legal loophole allowing private tutors to smack children is to be closed after recommendations from Sir Roger Singleton, head of the Independent Safeguarding Authority.



There are more new short videos on this website for parents of children and teenagers aged 5-19 years. Do take a look at it and get some good hints and tips on matters that concern you. The Forum team is working with the parentchannel.tv team looking at new video materials for this site and we feel you would find it useful.

<http://www.parentchannel.tv>

CHILDHOOD ILLNESSES

If you want up to date information on chicken pox, measles and other nasties, then look at <http://healthguides.mapofmedicine.com/choices>
See what your doctor can see with the Map of Medicine Healthguides

Children who watch television are less clever

A recent study has found that parents who let their toddlers watch more than two hours of television a day often turn out to be less clever and fatter than other children.

Researchers at the Universities of Montreal and Michigan examined the television viewing habits of more than 1,300 children between the ages of two and four.

Children who watch the most television are the least likely to take part in physical activities and are

more likely to eat junk food and consume fizzy drinks, the study found.

INCREASED LIKELIHOOD OF OBESITY

It discovered that the increased likelihood of obesity and disengagement from the classroom caused by watching television would lead to a greater chance of being bullied at school, and concluded that most parents were probably unaware of the potential

damage they were causing to their children.

Dr Linda Pagani, of Montreal University, said: "Early childhood is a critical period for brain development and formation of behaviour. High levels of TV consumption during this period can lead to future unhealthy habits. Although we expected the impact of early TV viewing to disappear after seven and a half years of childhood, the fact that negative outcomes remained is quite daunting."

Course Bookings Secretary:

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<http://www.nct.org.uk/home>

For details of NCT events locally, please go to:
<http://www.nct.org.uk/in-your-area/basildon/events>