

Supporting
Families
Providing services to children
aged 0-4 years and their families



Autumn has arrived,

the nights are getting longer and the days shorter but that's not going to stop us at Splash SureStart! Time to don the woollies and the wellies and enjoy the crisp, fresh days ahead. We have lots coming up in the next couple of months from Halloween fun in Lurgan park to Santa's Grotto in Legahory. There's sure to be something to tickle your fancy. Give us a call or message us on Facebook to book into the activities that you're interested in.

We are pleased to have welcomed all the new boys and girls into the new term at the Developmental Programme for 2-3 year olds this year. We hope that their time in the programme throughout the year will be fun filled, enjoyable and rewarding and that all the boys and girls make lots of wonderful, happy and long lasting memories.

We also have some exciting news, as we extend a big warm welcome to our new Midwife, Stella Doyle and our new assistant in the Developmental Programme for 2-3 Year Olds, Fiona Fitzsimmons. Stella and Fiona have recently joined the team at Splash SureStart and are very much looking forward to their Splash SureStart journey. Their skills and talents will be great additions to the Team.

From everyone at Splash SureStart, we hope that you are all keeping well but please know that we are always here to listen, we are always here to help and we are always here to support you in any way that we can, when it is needed.

Perhaps slightly premature.... but Happy Halloween and Happy Christmas and New Year from all at Splash SureStart.



Stella is a registered midwife with the Southern Trust. She will be with us every Wednesday and Thursday and is looking forward to meeting all of our antenatal parents in the upcoming weeks.

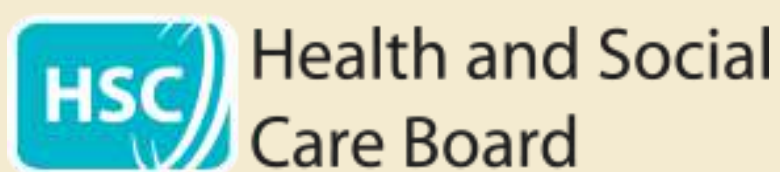


Fiona will be working in the Church of the Nazarene in our Developmental Programme for 2-3 year olds. Fiona is looking forward to getting to know all the children she will be working closely with.



To learn more about all our programmes visit our website

Splash SureStart, Office 1 First Floor, Legahory Centre, Craigavon, BT65 5BE
Tel: 028 3831 3360. Email: info@splashsurestart.org. Website: www.splashsurestart.org



Important Dates

Splash SureStart offices will be closed from Friday 24th December 2021 to Monday 3rd January 2022

Join us for a walk in your fancy dress costume through Lurgan park, while hunting for the characters from the story of Room on the Broom. Then gather round for some songs, rhymes and interactive story telling.



Halloween Safety Tips

- Stick your sparklers into a carrot for your child to hold
- Make sure all costumes are fire resistant
- Make sure to stand back from fireworks
- Bring cats and dogs inside
- Use reflective strips on costumes to make your child visible
- Remember to accompany your child when trick or treating
- Be careful of choking hazards in your child's bag of treats



Our Sociable Babies programme is back! Join us each week where we will look at different areas of development and give examples of different thing you can do with your child. We will also be doing songs and rhymes to promote speech and language development, as well as some baby massage techniques to strengthen your bond with your baby and to help your baby become more settled.



Sociable Babies

Wednesday 20th October -
8th December 2021
10am - 12pm
Legahory Playroom

To book, please contact the office on 028 3831 3360

Parenting Puzzle Family Links

Wednesday 6th October -
3rd November 2021
6:30pm - 8:30pm
Splash Training Room in
Legahory Centre
Parents/carers only

At Splash SureStart we understand that parenthood is one of the most challenging yet rewarding journeys in the world. The Parenting Puzzle programme, developed by Family Links, provides parents/carers with tips and ideas around areas such as:

- Behaviour strategies
- Time in to calm down
- Setting boundaries
- Handling emotions
- Praise and criticism

And most importantly, ways of nurturing ourselves as parents.

Enjoy a hot cuppa and some evening nibbles whilst learning new ideas and techniques to help you along your family journey.



Important Information

When booking into any programmes, your name will go down onto an expression of interest list. You will be contacted by a member of staff to confirm your place closer to the time. All programmes have limited numbers due to COVID-19 / Government restrictions.

Splash Water Babies 0-12 months.

A brand new swimming programme to Splash SureStart. This program is baby led, centred around water safety and focuses on increasing parents' and babies' confidence in the water. Sessions will be taught through song and rhyme and, of course, plenty of fun and enjoyment.

Baking is a great way to get the whole family involved. In the run up to the festive period why not take some time out together as a family and give our simple iced biscuits recipe a go. Kids of all ages will love to get involved just as much as the adults and you get a tasty treat at the end.



Iced Biscuits

Ingredients

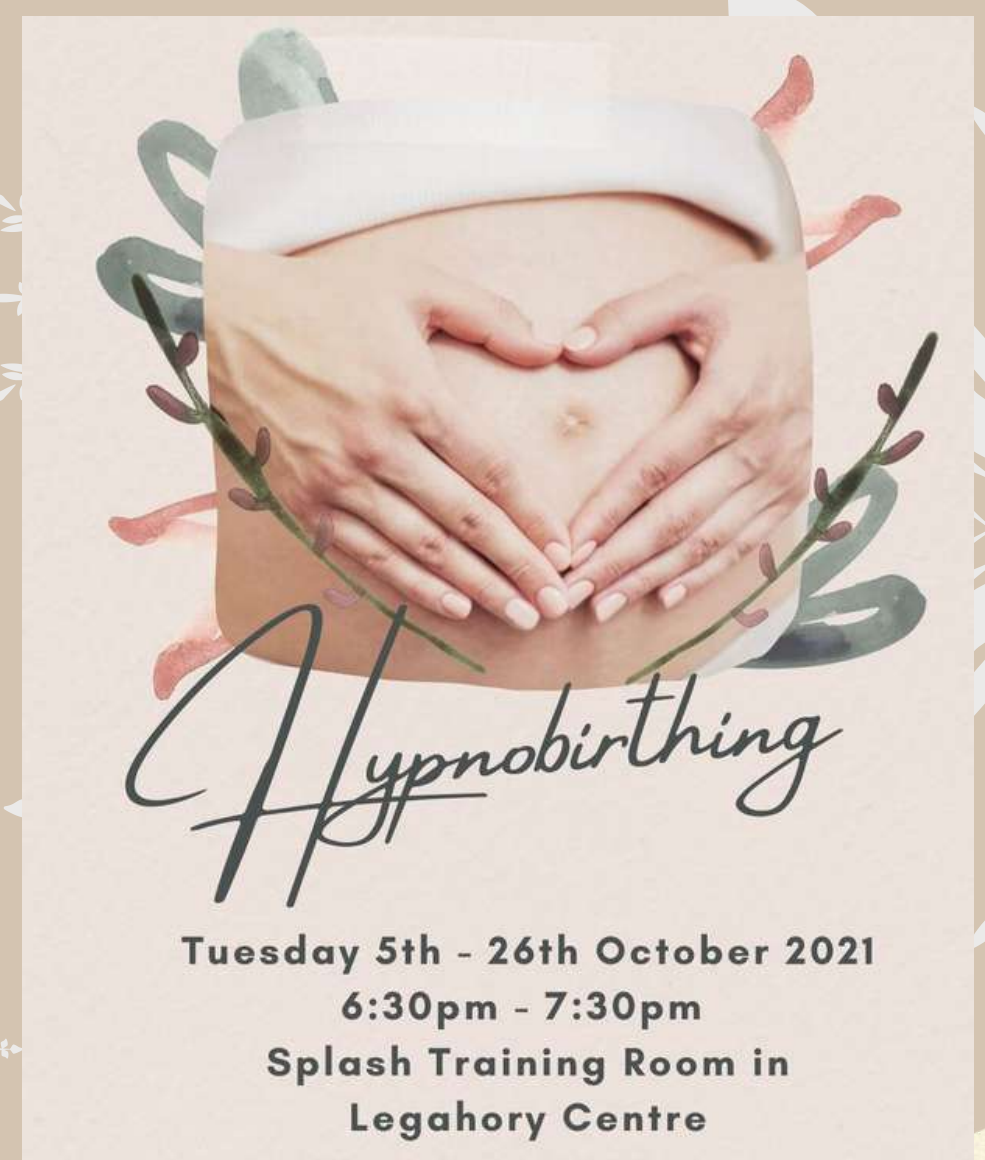
- 100g unsalted butter softened
- 100g caster sugar
- 1 egg, lightly beaten
- 1tsp vanilla extract
- 275g plain flour

To decorate

- 400g icing sugar
- 3-4 tbsp water
- 2-3 drops of you choice of food colouring
- Edible glitter (you can never have too much glitter)
- Sprinkles

Method

- Preheat the oven to 190C. Line a baking tray with greaseproof paper.
- Cream the butter and sugar together in a bowl until pale, light and fluffy.
- Beat in the egg and vanilla extract, a little at a time, until well combined.
- Stir in the flour until the mixture comes together as a dough.
- Roll the dough out onto a lightly floured work surface. Roll the dough to a thickness of about 1cm.
- Using any shape biscuit cutter you have, cut the biscuits out of the dough and carefully place onto a baking tray. To make into Christmas decorations, carefully make a hole in the top of the biscuit using a straw.
- Bake the biscuits for 8-10 minutes, or until pale golden brown. Set aside to harden for 5 minutes, then cool on a wire rack.
- For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in your food colouring.
- Carefully spread the icing onto the biscuits using a knife or just dip the biscuits in (an extra excuse to try the icing) and the sprinkle over the glitter or the sprinkles. Set aside until the icing hardens and last but not least ENJOY!!



Hypnobirthing is a way of managing pain and anxiety during childbirth, using relaxation and deep breathing.

A baby is sunshine and moonbeams and more. Brightening your world as never before.

COVID-19 GUIDELINES

We are here to keep you safe!

In line with Public Health Agency guidelines we have safety measures in place.

These include - Health Checks, good personal hygiene, social distancing, additional cleaning to all premises and increased hand washing and sanitising.

If you are booked into any programmes / groups and you are showing symptoms or awaiting test results then please do not attend and let a member of staff know if that is possible.

Please keep safe and well!

UPCOMING ACTIVITIES FOR OCTOBER TO DECEMBER

Activity	Day	Dates	Times	Venue	Booking/Drop In
Busy Buggies	Monday	4 - 25 October	10:30am - 11:30am	Lurgan Park	Booking Required
Baby Café (0 - 1yrs)	Tuesday	5 Oct - 30 Nov	10am - 11am	Legahory Playroom	Booking Required
Breastfeeding Support	Tuesday	5 Oct - 30 Nov	11:30am - 12:30pm	Legahory Playroom	Booking Required
Advice & Benefits Clinic 30mins slots	Tuesday	5 October	9:30am - 12:30pm	Splash Training Room	Booking Required
Playtime - Relaxed Kids	Tuesday	5 - 26 Oct	10:30am - 11:30am	YMCA Lurgan	Booking Required
Hypnobirthing	Tuesday	5 - 26 Oct	6:30pm - 7:30pm	Splash Training Room	Booking Required
Multicultural Group	Wednesday	6 Oct - 15 Dec	11am - 12pm	The Links	Booking Required
Parenting Puzzle	Wednesday	6 Oct - 3 Nov	6:30pm - 8:30pm	Splash Training Room	Booking Required
OT Workshop - Tips for Creating a Settled Baby	Monday	11 October	11am - 12pm	Splash Training Room	Booking Required
Splash Water Babies (0-12 months)	Monday	11 Oct - 8 Nov	12:30pm - 1pm & 1pm - 1:30pm	South Lakes	Booking Required
Autumn Funshop (0-4yrs)	Tuesday	12 October	10am - 11am & 12pm - 1pm	The Links	Booking Required
Mellow Bumps for Dads	Tuesday	12 Oct - 30 Nov	6:30pm - 8:30pm	Legahory Playroom	Booking Required
Sociable Babies 6weeks - 3months	Wednesday	20 Oct - 8 Dec	10am - 12pm	Legahory Playroom	Booking Required
Meet the Midwife	Wednesday	20 October	11am - 12pm	Splash Training Room	Booking Required
Weaning Workshop	Friday	22 October	10:30am - 11:30am	Legahory Playroom	Booking Required
Splash Spooktacular	Thursday	28 October	10am - 11am & 11:30am - 12:30pm	Lurgan Park	Booking Required
Advice & Benefits Clinic 30mins slots	Tuesday	2 November	9:30am - 12:30pm	Splash Training Room	Booking Required
Baby Massage 0-1 years	Thursday	4 Nov - 2 Dec	11am - 12pm	YMCA Lurgan	Booking Required
Mr Rumbles 2-4 years	Thursday	4 - 25 Nov	2pm - 3pm	The Hub	Booking Required
Baby, Babble & Bounce 6-12 months	Monday	8 - 29 Nov	11am - 12pm	Legahory Playroom	Booking Required
Music Funshop 1-4 years	Tuesday	9 November	10:30am - 11:30am & 12pm - 1pm	Splash Training Room	Booking Required
Rugby Funshop 2-4 years	Wednesday	17 November	10am - 10:30am & 10:45am - 11:15am	Lurgan Park	Booking Required
International Children's Day Funshop 0-4 years	Saturday	20 November	11am - 12pm	Church of Nazarene	Booking Required
Advice & Benefits Clinic 30mins slots	Wednesday	1 Dec	9:30am - 12:30pm	Splash Training Room	Booking Required
Santa's Grotto	Friday	3, 10 & 17 Dec	Allocated time slots	Legahory Playroom	Booking Required
Santa's Grotto	Monday	6 & 13 Dec	Allocated time slots	Legahory Playroom	Booking Required
Santa's Grotto	Tuesday	7 & 14 Dec	Allocated time slots	Legahory Playroom	Booking Required
Santa's Grotto	Wednesday	8 & 15 Dec	Allocated time slots	Splash Training Room	Booking Required
Santa's Grotto	Thursday	9 & 16 Dec	Allocated time slots	Splash Training Room	Booking Required