

April 2022



## Early Years news, advice and guidance for Square Mile families and settings

### Hello...

Welcome to our monthly newsletter.

Our aim is to share regular local and national Information for families in the city. If you would like to find out anything further on any items or like more advice or information, please contact the Family Information Service -

020 7332 1002

[EEYService@cityoflondon.gov.uk](mailto:EEYService@cityoflondon.gov.uk)

[www.fyi.cityoflondon.gov.uk](http://www.fyi.cityoflondon.gov.uk)

### Makaton

Talking does not just involve speaking. Watch someone talking, they will also be using gestures, facial expression, eye contact and body language. All this is communication. Makaton uses speech with signs (gestures) and symbols (pictures) to help people communicate. Would you like to learn some useful signs to use with your child?

As part of our Coltale programme (City of London Talks and Listens Enthusiastically) we post Makaton videos every Wednesday on our social media platforms. Follow us on Instagram, Facebook, Twitter or search [#ColtalesTopTips \(@SqMileFamilies\)](https://www.instagram.com/SqMileFamilies)

To find out more about Makaton, please visit their website by clicking [here](#).

### Coltale and Goldie's day out

Coltale's Adventures is a collection of short stories written by children living in the City of London. Here's where you can watch an enjoyable episode Coltale and Goldie's day out!

<https://www.youtube.com/watch?v=aN5Z47pl468>



### Free books for children under 5!

Dolly Parton's Imagination Library is a book gifting programme devoted to inspiring a love of reading in children everywhere.

Enrolled children from birth to five can receive high-quality books, sent via the post and best of all it is free of charge.

To register please click [here](#)



# How to interpret Toddler Behaviour

When words fail them, toddlers behaviour can take a turn for the worse. Learning to interpret what they need is vital says Sarah Ockwell-Smith . Follow Sarah on twitter [@TheBaby\\_Expert](#)

## Tiredness

Many toddlers find it hard to switch off. This leads to their bodies compensating by releasing the hormone cortisol to keep them awake. Pre-empting the tiredness is the key here.

## Physical wellbeing and comfort

Hunger , thirst, feeling too hot or cold or wearing uncomfortable clothing. These can cause toddlers to behave in ways we may find unacceptable in order to communicate their needs to us.

## Emotional wellbeing and comfort

Feelings are often demonstrated in tantrums, clinging, and crying.

## Psychological hunger

This describes a child lacking stimulation, needing 1-1 attention and often needing a structure to the day.

## Easter Egg Hunt

There are 12 eggs around the Barbican children's library. Can you find them all? Why not visit and follow clues to locate all 12 eggs and win a chocolately prize. The Barbican Centre, Silk Street. EC2Y 8BS Saturday 2nd April till Saturday 30th April.

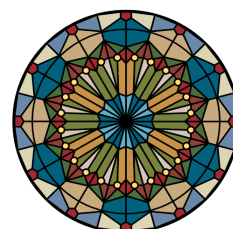


## Family Advice Resources

Why not follow [@Barbicanlib](#) and [@SqMileFamilies](#) on Twitter and check out Coltale's top tips for talking.

## Westminster Abbey at Shoe Lane Library

You can join Westminster Abbey in the Library for spring stories and crafts. These include a feathery folktale from India and a tale of a beloved rabbit. You can also create your own stunning stained glass window and enjoy the glow of the spring sunshine.



This interactive session is suitable for children over 3 years old.

So head down to Shoe Lane Library, Little New Street EC4A3JR on Wednesday 13th April, Session runs from 10.30-11.30am.

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