

News, Information and contacts for families

*“We are all like snowflakes...
unique and one of a kind”*



Winter Family Fun



- Go for a winter walk – see what wildlife you can spot
- Toast marshmallows
- Make paper chains
- Build a Christmas tree out of Lego
- Make snowflakes and hang them in your windows
- Learn about robins
- Family movie night
- Sort out the toys to donate to a toy appeal or charity shop
- Have a hot chocolate and experiment with toppings (cream with marshmallows/sprinkles/chocolate buttons etc)



Tips for Coping with the holidays

Christmas is an exciting time for children. Sometimes all the excitement can get a bit stressful for you and your child.

Christmas gives a wonderful opportunity for families to enjoy spending time together and to catch up with friends and extended family. It is also a very exciting time for children.

Sometimes all the excitement, visitors, special food and presents can get a bit stressful for you and your child.

With all the build up to Christmas and with all the pressure of planning the day, the cost and the high expectations it is natural for families to feel some stress or anxiety.



Here are some tips for having a calm Christmas:

- Give your child lots of cuddles, attention and praise. During the busy Christmas season try to give them individual attention whenever you can. This will help them feel calm and secure over the busy period.
- Keep up your routine, as far as possible. Your child will find it reassuring if you try to keep to their normal mealtimes and bedtimes. Some children don't respond well to change. It may help if you explain what things will be different during your Christmas celebrations, such as who will be visiting and when you will open presents. Keeping to your bedtime routine can help ensure your child gets enough sleep. A lack of sleep can affect a child's mood and behaviour.
- Christmas Shopping. Try to avoid shopping at busy times, and pack a drink and healthy snack. Keep your baby or child entertained by bringing along a small toy or book, pointing out things you see around the shops, playing games like 'I spy' or singing a song like "The wheels on the bus go round and round." Try to keep shopping trips short. It is hard for children to be patient for long periods



- Plan ahead. Try to avoid planning social visits and visitors back-to-back. When you go out and about have a few small toys, a drink and a healthy snack on hand. It's worth keeping in mind that if you're staying with relatives or friends they may not have the safety items you have put in place at home, like stair gates.
- Try to balance fun time and quiet time. Babies and children can't always cope with too many new experiences, sensations, noise and activity all at once and may get over stimulated or stressed. This may lead to more tears and babies and children becoming more difficult to manage. Some children cope with lots of stimulation and excitement better than others. It can help over the Christmas period to give your child some time, every day to quietly play or rest.
- Presents. Don't worry if you can't afford the latest toys. Your toddler will have as much fun playing with the box and paper anyway! You could set a budget and limit your child to three or four things on their wish list. Don't expect or force your toddler to share their presents with other children as they aren't developmentally ready. It will take your toddler time to learn to share and this is normal.
- Avoid threats relating to Santa. It may be tempting to use Santa as a way of encouraging good behaviour or punishing bad behaviour. It is best to avoid doing this. Young children don't have mature thinking skills and need to be able to link their behaviour directly with the outcome. Talk of Santa and Christmas is too abstract for them and using these threats may make them feel anxious.



www.gov.wales/parenting-give-it-time

Winter Self-care



- Drink your favourite hot drink
- Dance around the kitchen
- Have an early night
- Have a screen free evening
- Go on a winter walk
- Have a nice long warm bath
- Light a scented candle
- Dig out your favourite cosy PJs
- Visit a Farmers Market

Ukrainian families

Children and families from the Ukraine have been welcomed into Powys since the Russian attack on Ukraine started in February. It was lovely to see Ukrainian families joining in and enjoying the Summer of Fun activities, and also taking part in many Remembrance Day parades across Powys. Lots of volunteer led community refugee action groups have set up to offer support locally around Powys sharing information and advice. Speak to FIS for further information on these.

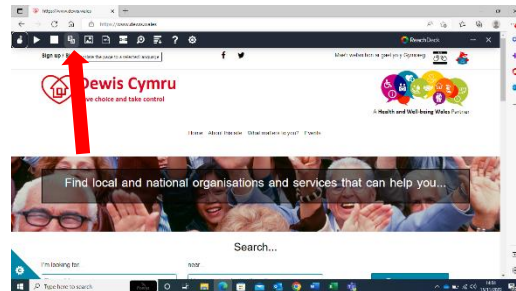


Dewis Translation Tool

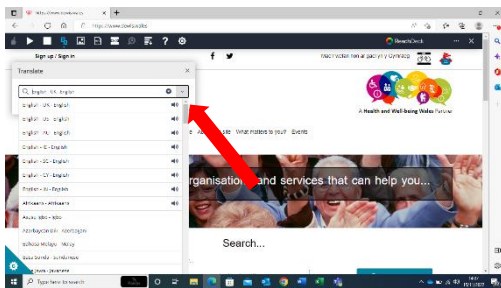
Did you know that Dewis has a really useful translation tool? Here's how you use it:



1: Click on the red circle on the top right hand corner.



2: When the black tool bar appears at the top click on the 4th icon from the left.



3: Select the language you want to use from the drop down menu.



Borrow an iPad – Powys Library

Powys Library Service now have iPads available to loan. The iPads are internet-ready, with a mobile data allowance that allows you to connect to the internet, even if you don't have access to Wi-Fi. New to iPads? No problem - they'll show you how it all works during the handover, and they'll be happy to help at any time during the loan - they'll be glad to answer any questions!

Here's how it works:

- You need to be at least 18 years old.
- You'll need to be a library member, quick and easy to join
- They'll ask to see some proof of name/address - ideally this would be something like a driving licence, but not sure what to take, ask staff when arrange the pickup time.



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- iPads must be booked in advance, so we can get everything ready for you - (iPads are not available from Llanfair Caereinion, Llanwrtyd or Talgarth Community Libraries)
- During the handover, they'll show you how everything works and give you any help you need to get started. They'll also give you a number to call if you need more help - or you can contact the library at any time.
- You can borrow an iPad for four weeks. Just remember to book in advance!

To find out more, or to request an iPad, please contact your local library, call the Library Line on 01874 612394 or email library@powys.gov.uk

FREE Incredible Years Courses

I've learnt so much from attending The Incredible Child course, our home is so much calmer and my daughter is happier as a result. I feel like I have the tools to handle more difficult behaviours and emotions. I can't thank the course leaders enough

The Early Help team offer free courses to promote positive parenting and to help you build your toolkit of strategies to support you in parenting. There are multiple courses depending on the age of your child. Below is an overview of them all;

Your Incredible Baby ®- Suitable for parents of children aged 0-6 months. You will learn about your baby's cues, signals and cries, providing you baby with appropriate play and learning opportunities, your baby's brain and development, how to take care of yourself in the early days, weeks and months of parenthood, ways to communicate with your baby, be given advice on baby safety and have the opportunity to create connections with other parents of the similar age babies. 8 week course

Your Incredible Toddler ®-Suitable for parents of children ages 1-3 years. You will learn about promoting social skills to help sharing, taking turns and good manners, making mealtimes a positive experience, as well as managing fussy eating, tantrums and toileting, how to help your

child learn how to express their emotions in a positive way through self -regulation and calming techniques, how to promote language skills and play through appropriate play opportunities and child safety. 12 week course with 2 optional weeks.

Your Incredible Child ®- suitable for parents of children aged 3-6 years. You will learn about child-directed play, how to appropriately use praise, incentives and rewards to promote co-operative behaviour, how to establish a routine, household rules and setting boundaries, how to manage inappropriate behaviours and how to keep yourself calm, how to help your child to regulate their emotions and learn some calming techniques, appropriate consequences and problem-solving skills and how to support your child's social and emotional skills. 12 week course with 2 optional weeks.

We also offer a 'Your Incredible Child'® course for parents of children aged 6-10 years, along with learning the principles from the younger group incredible child course you will also learn about building stronger relationships with your children, how to help with homework and manage screentime, helping your child improve their independence, promote a healthy lifestyle and positive well-being. 12 week course with 2 optional weeks.

*Courses run for every week at the same time virtually via TEAMS, sessions are 2 hours long.

If any of these courses appeal to you then you can put your name down to attend by filling out an online form which can be found here : en.powys.gov.uk/article/9499/Request-Parenting-Group-Support



Childcare Offer for Wales

If you wish to receive Childcare Offer for Wales funded childcare from January 2023, you will need to apply through the new national digital service. This is a bilingual, online service that can be accessed via a laptop, mobile phone or tablet. If you would like further information about how or when to apply please get in touch with Powys Family Information Service by emailing fis@powys.gov.uk or calling 01874612419 or via their Facebook page 'Family Information Service Powys'.

Merry Christmas!

From all of us here
at the Early Help
Team we wish you a
very Merry
Christmas and a
Happy New year.



Useful Contacts

Powys Family Information Service- fis@powys.gov.uk - 01874 612 419

Early Help- early.help@powys.gov.uk - 01597 826 246

Powys Childrens Social Services /Front Door For concerns about the welfare of a child -01597 827 666- (Out of hours) 0845 0544 847

Housing in Powys- Emergency repairs, Homelessness and general housing enquiries-01597 827464

Citizens advice offers free confidential advice online, on the phone or in person on a whole host of topics from benefits to housing - [0345 6018421](tel:03456018421) Mon-Thurs 9am -3pm - www.citizensadvice.org.uk/wales

Childline help for children and young people under 19 years with emotional support and advice - 0800 11111- www.childline.org.uk

If you need help to get into work get in touch with **Communities for work+** Powys, who can provide 1:1 mentoring to help develop the skills you need. Visit their website- en.powys.gov.uk/CFW

Foodbanks:

Welshpool: 01938 536 379 Llanidloes: 08458 457 555

Machynlleth : 07983 715 162

Newtown: 01686 610 340

Rhayader: 01597 810 921

Llandrindod Wells: 07519 839 189

Brecon: 01874 611 723

Knighton and Presteigne: 07731 524 058

Ystradgynlais/ Ystalyfera : 07923 986 379

Ystradgynlais: 01639 845 475

Newtown, Brecon and Builth Wells : 07955 518 669

Credu- Support for carers and their families- 01597 823 800

Contact Cymru- for Families with disabled children- 08008 083 555

Live Fear Free- 24/7 Domestic Violence Support Helpline- 08088 010 800 - gov.wales/live-fear-free

Montgomeryshire Family Crisis Centre- Supporting men, women & children experiencing or affected by domestic abuse in North Powys- 01686 629114- www.familycrisis.co.uk

Stepchange- helping people with debt problems take back control of their finances and their lives - [0800 138 1111](tel:08001381111)

