



Here's what's in the October edition

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#### Keeping Children Safe

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- ☀ Updated Safeguarding Useful Numbers




Main telephone lines are fully available and open between 9am – 5pm Mon - Fri  
**Parents 020 8921 6921** [FIS@royalgreenwich.gov.uk](mailto:FIS@royalgreenwich.gov.uk)



**Providers 020 8921 3877** [Childcare-support@royalgreenwich.gov.uk](mailto:Childcare-support@royalgreenwich.gov.uk)



**Missed a copy of the e-bulletin?** Catch up here and check out links to important information sources

 [Key information and resource links for early years and childcare providers](#) | [Early Years team information \(for providers\)](#) | [Royal Borough of Greenwich \(royalgreenwich.gov.uk\)](https://royalgreenwich.gov.uk)

#### Service Level Agreement 2023/25

Read and sign SLA here by scanning QR Code or clicking or copying either of the links

[Read the SLA](#)

Sign the SLA



<https://forms.gle/E9Px2gNPVfrbdUCW8> or <https://tinyurl.com/SLA-2023-25>

Headcount day is **Thurs 5 October**. Please finalise and submit your claim **NOW**.

The Funding Portal will close on Fri 13 October. Claims not submitted by then will not be processed.

## Early Years Funding : the new rates for September 2023-March 2024

<https://www.gov.uk/government/publications/early-years-funding-2023-to-2024>

<https://www.gov.uk/government/publications/early-education-and-childcare--2>

### Background

The 2023 Spring Budget announced **additional funding** for the existing early years entitlements for disadvantaged 2-year-old children and 3 and 4-year-old children for the 2023 to 2024 and 2024 to 2025 financial years. The DfE then made a funding announcement on Friday 7 July 2023

### Headlines

1. The DfE has announced that for the 2023 to 2024 financial year, they will provide nationally **£204 million of supplementary funding** to local authorities through a new early year's **supplementary grant (EYSG)**.
2. The grant will cover the period September to March (i.e Summer term payments will be at the existing rates and are not affected by this announcement.). The uplift provided is for **autumn (2023)** and **spring term (2024)**.
3. In 2024/25, the EYSG will be rolled into the Dedicated Schools Grant,(DSG) and form part of the Early Years National Funding formula (EYNFF)- at the time of writing we await conditions for grant, so cannot at this point confirm funding levels for 2024/25.
4. The DfE stated that an additional £288m will be allocated to local authorities through the DSG. No further details have been provided to establish if the £288m is in addition to the £204m. Once confirmed, further guidance will be given.
5. There are increases to EY Pupil Premium and the disability access fund
6. There is no additional grant to support deprivation funding.

### The changed funding hourly rate from September 2023 to March 2024 in Royal Greenwich:

- 2-year-olds (per hour) - **£10.29**
- 3 - & 4-year-olds (per hour) - **£6.14**
- EYPP (per hour) - **66p**
- DAF (per year) - **£881**

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## CHILDCARE REFORMS

### TIMELINE: APRIL 2024– SEPT 2026

When	What change/s
From Sept 2023	New ratios in place for 2-year-olds and for childminders caring for their own children [Implemented]
From April 2024	Working parents of 2-year-olds will get 15 hours "free care" per week for 38 weeks per year
From Sept 2024	Working parents of babies from 9 months will also get 15 hours "free care" per week for 38 weeks per year
From Sept 2025	All working parents with an under 5 will get 30 hours "free care" per week for 38 weeks per year
By Sept 2026	Most primary schools will provide wraparound care to support working parents 8am-6pm



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## NEXT STEPS

Awaiting confirmation from DfE

- Eligibility checking arrangements for new cohorts (in partnership with DfE) *To be modelled on 30 hours criteria*
- Funding rates for new cohorts
- Inclusion funding / SEND support expectations for new cohorts
- Funding and guidance for wraparound provision (implementation and places)

A full Childcare Sufficiency Assessment, which will include:

- Stocktake of current provision (early years and primary school age)
  - Mapping of hours and prices
  - Opportunities and barriers for expansion or re-modelling
  - Consultation with children, parents and stakeholders / providers (inc. childminders, group settings and schools)
- Recruitment of business development staff
  - Publicity and promotion with Comms and Families Information Service



# CHILDCARE SUFFICIENCY ASSESSMENT BRIEFING

19:00 - 20:00

Weds 1 November

via Zoom

A Childcare Sufficiency Assessment (CSA) maps supply, demand and gaps in the childcare sector. It is a legal duty for local authorities to carry out a survey and secure sufficient childcare.

With the expansion of places proposed by the government for babies and 2 year olds, this is an opportunity to understand the needs of children, parents/carers and you as providers.

Join this briefing to find out how the CSA will affect you and how you can help prepare for changes.

**To book**  
**[eyc.training@royalgreenwich.gov.uk](mailto:eyc.training@royalgreenwich.gov.uk)**  
**or via QR code**



# GREENWICH EARLY YEARS HOUSEHOLD GRANT



Royal Greenwich are supporting some families with children under 5 with some extra money during the October half term.

You may be eligible to receive a cash payment of £15 through the post office, if your child is eligible for

- Healthy Start vouchers
- Together for Twos place (even if you haven't taken up the offer)
- Early Years Pupil Premium
- have an older child in receipt of free school meals

Please share your up to date email and mobile phone number with your setting or Children's Centre NOW (before **Weds 18 Oct**). To find out more, call Families Information Service

020 8921 6921

# HEALTHY START





# GREENWICH EARLY YEARS HOUSEHOLD GRANT






Royal Greenwich are supporting some families with some extra money during the October half term. Parents/carers of eligible children under age 5 registered with a Children's Centre or attending an early years setting, will receive a cash payment of £15.

Eligible children under age 5 include those

- eligible for or in receipt of Healthy Start vouchers (birth to 4)
- eligible for or in a funded Together for Twos place
- in receipt of an Early Years pupil premium
- have an older sibling who is in receipt of free school meal

A code will be sent directly to mobile phones to be redeemed at the post office. So we need your help to collect up to date email and phone numbers. Please use the form provided and return by

**Thursday 19 October**

 Department for Education	<a href="#">DFE</a> <a href="#">Education Hub Blog</a>	
 <p><b>Statutory framework for the early years foundation stage</b></p> <p>Setting the standards for learning, development and care for children from birth to five</p> <p><b>Published: 12 July 2023</b></p> <p><b>Effective: 4 September 2023</b></p>		<p>The EYFS framework:</p> <ul style="list-style-type: none"><li>• sets the standards that all early years providers must meet to ensure that children learn and develop well</li><li>• ensures children are kept healthy and safe</li><li>• ensures that children have the knowledge and skills they need to start school</li></ul> <p>Statutory guidance is issued by law. You <b>must</b> follow it unless there is a good reason not to do so.</p> <p><a href="#">Help for early years providers and childminders</a> working with 0- to 5-year-olds is available.</p> <p>Supporting material is available on the <a href="#">Foundation Years</a> website</p>

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1170108/EYFS\\_framework\\_from\\_September\\_2023.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1170108/EYFS_framework_from_September_2023.pdf)

<https://www.nurseryworld.co.uk/news/article/draft-eyfs-published-ahead-of-changes-to-two-year-old-ratios-in-september>

#### KEY POINTS – EYFS CHANGES FROM SEPTEMBER 2023

- a change to the current statutory minimum staff: child ratios in England for 2-year-olds from 1:4 to 1:5
- clarifying that childminders can care for more than the currently specified maximum of three young children, when caring for siblings of children they already care for, or when caring for their own child; and
- clarifying that 'adequate supervision' while children are eating means that children must be within sight **and** hearing of an adult (rather than the current wording of 'sight or hearing')

# FAIRER SAFER ACCESSIBLE INCLUSIVE

## Have you signed up yet to the Equality and Equity Charter?

The Equality and Equity Charter sets out pledges to promote the values of equality, diversity, and inclusion.

[Sign our Equality and Equity Charter | Royal Greenwich Equality and Equity Charter | Royal Borough of Greenwich](#)

Royal Greenwich is a vibrant borough with a growing diverse population. We share an ambition to create a fairer, safer, accessible, and inclusive borough where everyone feels they belong, has a voice and an equal opportunity to succeed and thrive.

All early years and childcare providers are invited to adopt the values and principles in the charter in everything that they do so that we can unlock opportunities for all children, families and staff across our borough.

Royal Greenwich primary schools and settings are signing up, including childminders - **have you signed up yet?**

You will get a certificate to display for parents and carers to demonstrate your commitment.

The new Service Level Agreement is due and will include a commitment to the Charter so don't delay.

It's quick and easy ... **Sign up now on link below or scan QR code with your phone camera**

<https://www.royalgreenwich.gov.uk/xfp/form/677>

Sign our Equality and Equity Charter →



Join our **Equality Diversity & Inclusion Training**

Saturday 4 November 2023 9:30 – 12:00

Email [eyc.training@royalgreenwich.gov.uk](mailto:eyc.training@royalgreenwich.gov.uk) to reserve your place.





## Early Years Professional Development Programme (EYPDP)



The [Early Years Professional Development Programme](#) is part of the DfE's [Early Years Recovery Programme](#) to help address the impact of the pandemic on the youngest and most disadvantaged children. Delivering high-quality, evidence-informed professional development to early years practitioners, the EYPDP is available practitioners in Greenwich.

The programme, delivered by [Education Development Trust \(EDT\)](#), has been designed to fit flexibly around busy lifestyles, covering 3 tailored modules in:

- Communication and Language (with content from Speech and Language UK)
- Early Mathematics (with content from early years mathematics experts Dr Sue Gifford and Dr Cath Gripton)
- Personal, Social and Emotional Development (with content from the Anna Freud Centre)

The training is designed for early years practitioners and childminders, qualified to Level 3 or above, who regularly work with disadvantaged children aged 2-4. **Registration for cohort 3 starting next January is now open and places are limited.** Find out more and register your interest by visiting [www.earlyyearsdpdp.com](http://www.earlyyearsdpdp.com).

Let us know at Greenwich if you are interested as well – we support all of our providers to apply!

## **Early Years Education Recovery - Experts and Mentors and Childminders Programme**

These programmes have been rolled out and aim to provide bespoke support to early years settings and childminders to address the impact of the pandemic on children in their care. Greenwich providers are encouraged to participate.

### **Experts and Mentors Programme (for Nurseries):**

- Applications for nurseries to request support from the **DfE Experts and Mentors Programme** for the Spring 24 term open on the 6 October and are **open until 10 November 2023**.
- The support is free and available for eligible settings.
- Settings will receive the support of both an Expert (to work with setting leaders) and a Mentor (providing support to up to 3 practitioners) **over one term**. Experts and Mentors are fellow early years professionals, who are passionate about supporting others to improve practice and outcomes for children.
- For more information or to apply, go to [Early Years Experts and Mentors programme](#).

### **Childminder Mentor Programme:**

- **Applications for childminders to request support from the DfE Childminder Mentor programme** for the Spring 24 term are open until **30 November 2023**.
- By joining the programme, childminders will receive the support of fellow early years professionals, who are passionate about supporting others to improve practice and outcomes for children.
- Please see the **application page** to request support from the programme here: [COVID-19 Recovery Childminders | Hempsalls](#)

## **After school clubs and activities in out of school settings**

The Department for Education (DfE) has updated its non-statutory guidance on keeping children safe in out-of-school settings in England. Updates reflect the latest guidance on keeping children safe in education and new legislation such as positions of trust. It also incorporates findings from the out-of-school settings multi-agency pilot scheme, which has been made in collaboration with representatives from the sector and safeguarding partners.

[After-school clubs, community activities and tuition: safeguarding guidance for providers](#)



The Department for Education has launched a digital and social media campaign promoting Early Years Educator apprenticeships.

The campaign aims to raise awareness of Early Years Educator apprenticeships, showcase how varied and rewarding a career in early years and childcare can be, and highlight the added benefits of the Level 3 apprenticeship route.

The social media adverts will run until mid-December 2023 and will be followed up by a larger scale multi-media campaign from early 2024.

Please offer support to promote the campaign and use the attached toolkit to help with your promotional and recruitment needs. It will help you to:

[Download the toolkit](#)

This is the web page link to information for those interested in taking up an apprenticeship

<https://www.apprenticeships.gov.uk/apprentices/early-years-educator#>

Early years professionals are crucial in helping children develop before starting school. They plan and run education, play activities with children under five years old, and make sure they're safe and happy. It's a joyful and rewarding job where apprentices will get to see children learn and grow thanks to their support.

There are two entry-level early years apprenticeships:

- level 2 early years practitioner
- level 3 early years educator

Both apprenticeships are suitable for those with no previous experience. Level 2 may be more suitable for those leaving school at 16.

Typical tasks include:

- supporting or leading educational games
- conducting activities such as crafts, music and cooking
- preparing the learning environment with resources and displays
- helping with trips and outings

- feeding and changing babies
- observing and assessing children to help their learning

Apprenticeship duration: approx. 12 to 18 months

Salary expectations: starting salary can be between £15k and 19k

[Find out more about a early years apprenticeship](#)

## Meet some apprentices

Meet Erin, [who loves seeing the children she works with progress.](#)

Meet Jess, [who's apprenticeship has helped her build confidence.](#)

Meet Jack, [who enjoys getting a real insight into a nursery setting.](#)

## CAREER STARTER APPRENTICESHIPS EARLY YEARS PRACTITIONER LEVEL 2 OR EARLY YEARS EDUCATOR LEVEL 3

Early years professionals plan and run education and play activities for children under five years old, and make sure they're safe and happy. Many early years professionals find working with children to be extremely joyful and rewarding.

The Level 2 and Level 3 apprenticeships are both suitable for those with no previous experience. Level 2 may be more suitable for those leaving school at 16.

### TYPICAL TASKS INCLUDE:

- ▶ Supporting or leading educational games
- ▶ Conducting activities such as crafts, music and cooking
- ▶ Preparing the learning environment with resources and displays
- ▶ Helping with trips and outings
- ▶ Feeding and changing babies
- ▶ Observing and assessing children to help their learning

### FOLLOWING YOUR APPRENTICESHIP, YOU COULD PROGRESS TO:

- ▶ Early Years Lead Practitioner
- ▶ A lead teaching role in early years



## FURTHER INFORMATION

Our [apprenticeships.gov.uk](https://www.apprenticeships.gov.uk) website has more information about apprenticeships and how to apply.



## REGISTER ON FIND AN APPRENTICESHIP

Go to [Find an Apprenticeship](#), the website to search for apprenticeships in your local area.





## START YOUR CAREER THROUGH AN EARLY YEARS APPRENTICESHIP!

### A guide for young people.

#### DID YOU KNOW...

Early years professionals are crucial to helping children develop before starting school, and demand is high around the country for their specialist skills. It's a rewarding job where you get to see children learn and grow thanks to your support. If you want to work with children, an early years apprenticeship could be the perfect first step in your career. It's also an entry point to becoming a fully qualified Early Years Teacher.

#### AN APPRENTICESHIP IS A JOB WITH A SALARY

You'll also study the equivalent of one day per week to build skills in your chosen profession. The combination of practical work and classroom teaching means you can put into practice the things you learn. You'll gain skills such as communication, teamwork, problem solving and IT.

**You'll be well on your way to achieving your career goals while others are just getting started.**

### MEET SOME APPRENTICES



#### MEET ERIN...

who loves seeing the children she works with progress.



#### MEET JESS...

who's apprenticeship has helped her build confidence.



#### MEET JACK...

who enjoys getting a real insight into a nursery setting.



DURATION:  
**APPROX. 12-18 MONTHS**



SALARIES:  
**APPROX. £15-19K  
STARTING.**



FIND OUT MORE  
ON THE NEXT  
PAGE



## **Greenwich Local Labour and Business**

### **Free recruitment solutions**

A key part of GLLaB's service is to provide free recruitment solutions to businesses, and appropriately match people to job vacancies, with a focus on local labour. We can tailor our service to meet a business's needs and provide a range of support including:

- dedicated Employer Engagement Officer account managers
- matching local, work-ready candidates from our database to job specifications
- pre-screening prospective candidates to identify suitable candidates to progress forward to employers for interview
- advertising and hosting recruitment open days to help employers select candidates for interview, including Annual Jobs and Skill Fair
- working with employers to identify future skill requirements and where required, provide customised pre-employment training
- providing interview venue facilities
- promoting job opportunities via the council's website and social media channels – Twitter, Facebook, and Instagram.

For free help and advice on recruiting local people for your business, contact the GLLaB Employer Engagement team to discuss your requirements:

By phone on 0208 921 2440 or email [gllab-jobs@royalgreenwich.gov.uk](mailto:gllab-jobs@royalgreenwich.gov.uk).

### **Greenwich Access to Apprenticeship Fund**

Greenwich based businesses can access the council's Apprenticeship Levy Fund to cover 100% of the training and assessments costs of an apprenticeship, to upskill existing members of staff or for a new apprentice.

For new recruits, GLLaB can help you identify candidates who live in the borough, and provide advice and support through the entire process, so please get in touch to find out more.

To find out more, please contact Greenwich Local Labour and Business at [apprenticeships@royalgreenwich.gov.uk](mailto:apprenticeships@royalgreenwich.gov.uk) or call 0208 921 2440.



## Royal Greenwich Providers

Well done to our providers who have been inspected by Ofsted and achieved outstanding in 2023 so far!

You can read about their great practice below

[Robert Owen Nursery School](#)

[More 2 Childcare](#)

[Dee's Childcare](#)

[Crafty Wizards Pre-School](#)

[Crafty Wizards World Pre-School](#)

[Royal Eltham Pre - School](#)

Staff read to children with enthusiasm. They excite children, who are, therefore, fully immersed in the many stories they hear. Staff introduce children to new ideas and vocabulary seamlessly. They get children excited about reading. This enables children across the school to enjoy books independently. Children often sit in quiet areas to look through books and retell previously taught stories. They enjoy visiting the school library each week to choose and borrow a book to share at home with their families.

The curriculum is deeply rooted in developing children's curiosity. It is firmly and securely linked to children's interests and areas of learning. All children make excellent progress in preparation for school. Children have an excellent understanding of the world. For example, staff take children on scavenger hunts in the garden to discover minibeasts. Children rake through fallen leaves and turn over damp logs. Staff deepen children's thinking extremely well. For example, they ask children to describe the differences between worms and woodlice. Children greatly enjoy a range of vibrant and unique creative experiences. For instance, they walk across a sensory path in the garden to feel the textures of pebbles, grass, sand and pine cones underfoot. Children enjoy discovering a wide range of sounds by using a variety of interesting instruments on the music wall in the garden.

The managers ensure that they and staff benefit from focused and highly effective professional development. They provide training as a team, observe practice, and support staff to make enhancements to the curriculum. For instance, following training, all staff use sign language and develop creative strategies to support younger children's communication and language skills.

All children, including those with special educational needs and/or disabilities (SEND), flourish due to staff's strong commitment to inclusion, which is at the heart of the ethos of the pre-school. Staff forge extremely effective relationships with parents and other professionals to swiftly identify children's needs. This means that the support required to help children to make the best progress is quickly put in place. This contributes to children being exceptionally well prepared for their next stage of learning.

Practitioners are motivated by inspiring leaders and managers. They have an ambitious vision. This results in a curriculum that is designed to enable every child to succeed. Practitioners are passionate to continue their learning. They consistently use their updated knowledge to enhance teaching. Their sound understanding of early years leads to consistently high standards in the provision. Staff's well-being is paramount. Leaders use supervision meetings to check on their welfare.

Staff set high expectations for children's learning and use their knowledge of child development very well to plan for what children need to learn. They organise the learning areas exceptionally well. Babies move around competently in the well organised room, exploring sensory toys and building on their curiosity. Toddlers become enthralled when exploring ducks and water alongside staff, and they sing the 'Five Little Ducks' nursery rhyme. Children display high levels of self-esteem and excitedly make independent choices in their play.

The managers recognise the impact that the COVID-19 pandemic may have had on children. As a result, during the pandemic, the managers supported children's learning at home and to prepare them for their return to the setting. For example, they shared art and craft activities, online learning recommendations, and healthy menu ideas. Staff also ran online storytelling sessions using props.

# INTRODUCTION TO MAKATON



19.00 – 21.00  
Weds 11 October  
or

19.00 – 21.00  
Weds 18 October

In person @ The Woolwich  
Centre

Makaton is a sign and symbol language programme  
for those who struggle with their verbal  
communication.

This is a great course for professionals working  
with children with speech difficulties.

You will learn around 45 signs and symbols and  
understand more about how this and how you can  
use it in your setting to support children.

BOOK AT [EYC.TRAINING@ROYALGREENWICH.GOV.UK](mailto:EYC.TRAINING@ROYALGREENWICH.GOV.UK)

Part of the Greenwich  
Family Hubs Network

free early  
learning ROYAL borough of  
GREENWICH



Early Talk Boost is a small group language intervention aimed at three- to four-year-old children. Being able to talk and understand words are key skills for young children, enabling them to access all areas of the Early Years Foundation Stage Curriculum (EYFS). Early Talk Boost is designed to help support children who need a targeted approach to catch up with their peers. The Early Talk Boost intervention has been designed by Speech and Language UK specialist teachers and speech and language therapists, with the help of early years practitioners and parents.

The intervention is 9 weeks long and comprises of three 15–20-minute sessions a week. It is usually delivered to around 6–8 children in each setting.

Royal Greenwich are delivering **FREE TRAINING** to groupcare and childminder settings

Email [eyc.training@royalgreenwich.gov.uk](mailto:eyc.training@royalgreenwich.gov.uk)

Find out more below

<https://speechandlanguage.org.uk/training-licensing/programmes-for-nurseries-and-schools/early-talk-boost/>



# EARLY TALK BOOST

Dear Parent/Carer,  
We are running a new programme  
called Early Talk Boost over 9  
weeks this term



You can help your child  
by sharing and talking  
about the Jake & Tizzy  
book they bring home  
each week



3 times a week, the children will  
play games that are lots of fun  
and will encourage them to:

- develop their confidence
- learn and use more words
- share new songs and books together
- make new friends



**Look at the pictures together**

**Encourage your child to talk by  
letting them start the conversation**

**Ask questions about the story**

**Remember to talk about things  
your child is especially interested in**

**Never rush; remember to pause**



Part of the Greenwich  
Family Hubs Network



Children's Centres are running a programme for parents/carers of 2 year olds or you can deliver one at your setting. Let us know if you are interested by emailing [eyc.training@royalgreenwich.gov.uk](mailto:eyc.training@royalgreenwich.gov.uk)

Find your local Children's Centre here

[https://www.royalgreenwich.gov.uk/directory/15/childrens\\_centres](https://www.royalgreenwich.gov.uk/directory/15/childrens_centres)

## GREENWICH TOTS TALKING



Toddlers learn to talk from their family and the people around them.

Come to Tots Talking to find out information and activities to support you to help your two year old get a head start.

Each session lasts for 1 hour a week for 8 weeks.





# WELCOME TO OUR PLACE

Be the best for your children with free emotional health and wellbeing courses for parents.

Sign up for free online courses and become an even better mum, dad, parent, or grandparent.

Free access for Greenwich residents from bump to 19-years-old (or 25 with Special Education Needs).



Access Code: **RBGFAMILY**

Go to **inourplace.co.uk**

Apply the 'access code' for FREE access!

Fill in some details to create an account

To return to the course(s) go to

**inourplace.co.uk** and sign in!



SolihullApproach

For technical support contact [solihull.approach@uhb.nhs.uk](mailto:solihull.approach@uhb.nhs.uk)  
or **0121 296 4448** Mon to Fri 9am to 5pm

Part of the Greenwich  
Family Hubs Network



# DO YOU LIVE IN GREENWICH?



Free parenting courses for anyone who cares for a child or young person. Examples include:

1. Understanding your pregnancy, labour and birth
2. Understanding your baby
3. Understanding your child\*
4. Understanding your child with additional needs
5. Understanding your teenager's brain (short course)



\* professionally translated into: Bulgarian, Modern Standard Arabic, Polish, Simplified Chinese, Somali, Urdu, Welsh. For other languages use Google Translate. [inourplace.co.uk/translations](https://inourplace.co.uk/translations)



And more! For further details visit  
**inourplace.co.uk**

To register you will need to use the password **RBGFAMILY** and enter a Greenwich postcode.

These courses are based on the internationally recognised Solihull Approach, developed by psychologists, psychotherapists, health visitors & NHS and education professionals and are free for all parent carers living in Greenwich.



SolihullApproach

[solihull.approach@uhb.nhs.uk](mailto:solihull.approach@uhb.nhs.uk) | (+44) 0121 296 4448  
[inourplace.co.uk](https://inourplace.co.uk) | [solihullapproachparenting.com](https://solihullapproachparenting.com)

Part of the Greenwich  
Family Hubs Network



# UNDERSTANDING YOUR CHILD



S O L I H U L L      A P P R O A C H

## Online Offer

This is free online for any parent or professional in Greenwich.

- **Parent carers** can also access courses via registration at

[www.inourplace.co.uk](http://www.inourplace.co.uk)

Using the code **RBGFAMILY** and entering a Greenwich postcode.

- **Professionals/Family Hub Staff** working in Greenwich can access them by going to:

<https://solihullapproachparenting.com/online-courses-prf-greenwich/>

Entering the access code **RBGFAMILY\_PRF** and a Greenwich postcode (work or home) when registering

The content includes all courses for Parents online plus

- Understanding Brain Development
- Understanding Attachment
- Understanding Trauma

## Bitesize Webinars



[Courses \(royalgreenwich.gov.uk\)](https://royalgreenwich.gov.uk/courses)

A series of one-hour free webinars at lunchtime with Early Years & Childcare Advisors to share key messages about important themes. You may use these for your staff training and inductions.

For any queries email [eyc.training@royalgreenwich.gov.uk](mailto:eyc.training@royalgreenwich.gov.uk)



Book your place here by scanning QR code or clicking on link  
<https://servicestoschools.royalgreenwich.gov.uk/courses/pvi>



Watch the replay here - click on the links below to watch (do the evaluation if you want the certificate and presentation handouts – please state name of training)

- ☐ [Ofsted Trends June 2023](#)
- ☐ [Staff Wellbeing](#)
- ☐ [Child Safety](#)
- ☐ [Having Difficult Conversations with Parents](#)
- ☐ [Mental Health Awareness](#)
- ☐ [Female Genital Mutilation](#)
- ☐ [LADO Managing Allegations](#)
- ☐ [Emergency Planning](#)
- ☐ [Child Exploitation](#)

Please complete evaluation to receive a copy of the presentation/certificate. State name of training



or <https://forms.gle/PokLJjx5Ku54xavWV9>



## Early Years & Childcare TRAINING PROGRAMME

Area	Training Courses and Workshops	Day	Dates	Start	End	Method of delivery	Cost
Learning & Development	Makaton Training- Introduction	Wednesday	11 October 2023	19:00	21:00	In person	Free
Learning & Development	Safeguarding Forum	Thursday	12 October 2023	18:30	20:30	In person	Free
Safeguarding & Welfare	Designated Safeguarding Person	Saturday	14 October 2023	09:30	17:00	In person	£60
Learning & Development	Makaton Training- Introduction	Wednesday	18 October 2023	19:00	21:00	In person	Free
Learning & Development	Equality Diversity & Inclusion	Saturday	04 November 2023	09:30	12:00	In person	£30
Ofsted Readiness	Ofsted Trends	Tuesday	07 November 2023	19:00	21:00	Zoom	Free
Safeguarding & Welfare	Bitesize Webinar - Child abuse linked to faith and belief	Wednesday	08 November 2023	12:00	13:00	Zoom	Free
Safeguarding & Welfare	Intermediate Safeguarding	Thursday	09 November 2023	09:30	13:00	In person	£45
Safeguarding & Welfare	Intermediate Safeguarding	Saturday	11 November 2023	09:30	13:00	In person	£45
Safeguarding & Welfare	Designated Safeguarding Person	Thursday	23 November 2023	09:30	17:00	In person	£60
Learning & Development	Understanding & Responding to Challenging Behaviour	Saturday	02 December 2023	09:30	12:30	In person	£45
Safeguarding & Welfare	Safer Recruitment	Saturday	09 December 2023	09:30	12:30	In person	£45
Safeguarding & Welfare	Domestic Abuse Awareness	Tuesday	12 December 2023	19:00	21:00	In person	£30

**Cancellation Policy** Must be made in writing by e-mail at least 5 working days before the course [eyc.training@royalgreenwich.gov.uk](mailto:eyc.training@royalgreenwich.gov.uk)

Where cancellation is not received, and you do not attend the training you will be charged the full amount – where courses are free, you will be charged an admin fee of £10

## Paediatric First Aid Training Dates



Day	Dates	Start	Finish
Saturday	14 October 2023	08:45	16:30
Wednesday	11 October 2023	08:45	16:30
Saturday	11 November 2023	08:45	16:30
Wednesday	15 November 2023	08:45	16:30
Saturday	09 December 2023	08:45	16:30
Wednesday	13 December 2023	08:45	16:30

## IMPORTANT NOTICE

**You must complete the online part of PFA before you attend the in-person date. You will be sent a link in advance of the in-person date.**

You must arrive on time so leave good time for your journey. If you are late, you will not be permitted entry and will still be charged. This is to ensure you complete the hours required for certification.

There is an exam which you must pass before receiving your certificate on the day.

If you do not pass, you will need to do the course again to safely embed your knowledge and practice. You will have to re-book and pay for the course again.



### TO BOOK ALL TRAININGS

Most trainings are now in person so please check if via Zoom or in person

If you fail to attend training or fail to provide at least one week's notice of cancellation, you will be charged the full amount if your place cannot be filled

- 📄 For information about training or enquiries, email [eyc.training@royalgreenwich.gov.uk](mailto:eyc.training@royalgreenwich.gov.uk)
- 📄 Book via usual Direct Services to Schools below or the attached QR code
- 📄 [Courses \(royalgreenwich.gov.uk\)](https://courses.royalgreenwich.gov.uk)  
<https://servicestoschools.royalgreenwich.gov.uk/courses/pvi>

# GREENWICH CHILDMINDER NETWORK

A termly opportunity to

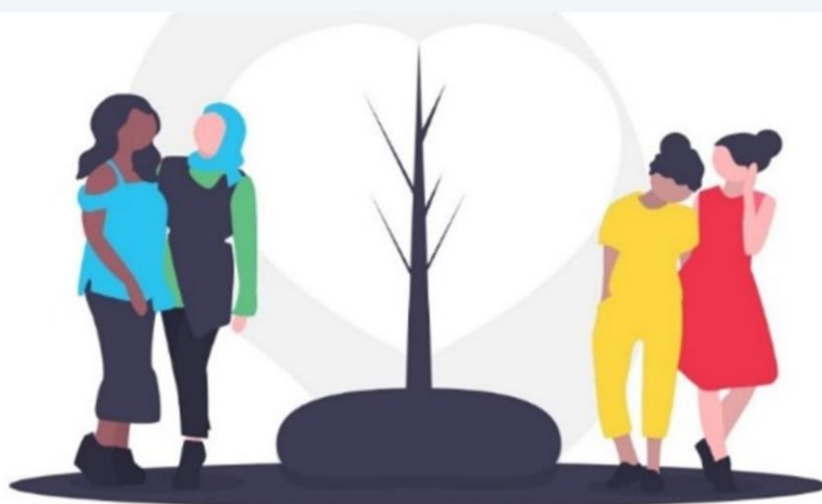
- network with your colleagues & advisors
- discuss what's new & receive updates

19:00 - 21:00

Thurs 19 October  
The Woolwich Centre  
SE18 6HQ

Light refreshments provided

To book  
[eyc.training@royalgreenwich.gov.uk](mailto:eyc.training@royalgreenwich.gov.uk)  
or via QR code



free early learning  
Royal Greenwich

## EYFS “Listen, Discuss, Learn” Event 2023. CREATING A SPACE FOR BELONGING

### Target Audience:

Teachers and Practitioners in Royal Greenwich

### Course Description:

As part of the ongoing focus within RBG to strengthen Equality, Diversity and Inclusion, we are delighted to be hosting a one day “Listen, Discuss, Learn” event for EYFS teachers and practitioners. This day will focus on how we create a learning space where children truly feel that they belong.



Dr. Sharon Colilles SFHEA, will join us as our keynote speaker.

Sharon is Senior Lecturer in Early Childhood Studies at Bath Spa University, a Trustee on Froebel Trust Council, Vice Chair on the Executive for Early Childhood Studies Degrees Network (ECSDN) and an associate trainer for Early Education. She has a diverse career background, initially working for the Department for Work and Pensions (DWP), owning a private day nursery as well as working as project assistant for the development of Birth to Five Matters non-statutory guidance. More recent work is in the role of an advisory panel member for the development of a Children's gallery at the National History Museum.

Sharon's doctoral research is centred around play and how play-based pedagogical approaches facilitate children's understanding about their mixed-ethnic identity. In her writing she considers how less hurried pedagogical approaches can create 'space' for addressing inequalities - hence a deep interest in work that develops anti-oppressive and anti-discriminatory practice.



We will also have workshops led by Pound Park Nursery School and Wingfield Primary School. Both schools will share how they have strengthened their inclusive practice through their own recent learning.

The day will be a mix of listening to expert input and shared good practice, discussing ideas with colleagues and gaining new understandings that can be implemented into your own practice.

Early booking is advised to secure your places as places will be limited.

Refreshments and a light lunch will be provided.

**Impact Statement:**

Through expert input and shared good practice, practitioners will develop their understanding of how they can strengthen children's sense of belonging in our early years classrooms.






Date	Time	Venue	Cost
Friday 13 <sup>th</sup> October 2023	9.00am – 3.30pm	Professional Development Centre	£65.00

**To Book:** Please visit the [Services to Schools Website](#)

**Queries:** Please contact us at [Professional-Development@RoyalGreenwich.gov.uk](mailto:Professional-Development@RoyalGreenwich.gov.uk) or by telephone on 020 8921 5560



## Training support available from DFE

	<p>The National Professional Qualification in Early Years Leadership (NPQEYL) is a free, high quality and evidence-based leadership course provided through the Department for Education. It's designed for current and aspiring nursery leaders, childminders, and leaders of school-based nurseries to help develop the knowledge and skills to lead a setting and boost early years development to ensure every child has the best start in life</p> <p><a href="https://foundationyears.org.uk/2023/01/blog-department-for-education-offers-free-high-quality-leadership-training-for-leaders-of-pvi-nurseries-and-other-early-years-settings/">https://foundationyears.org.uk/2023/01/blog-department-for-education-offers-free-high-quality-leadership-training-for-leaders-of-pvi-nurseries-and-other-early-years-settings/</a></p>
	<p>The <b>Early Years Professional Development Programme</b> has now closed accepting applications for February 2023 with Cohort 1 participating in learning. Good luck to our Greenwich providers who have joined!</p> <p>The programme will be open Cohort 3 soon. Meanwhile have a look at the training.</p> <p>The training is designed for childminders and early years practitioners, qualified to Level 3 or above, who regularly work with disadvantaged children aged 2-4.</p> <p>To find more information on eligibility and how to apply please visit the <a href="https://www.earlyyearsdpdp.com/about-the-programme/">website</a>. Early years practitioners should discuss with their line managers before applying</p> <p><a href="https://www.earlyyearsdpdp.com/about-the-programme/">https://www.earlyyearsdpdp.com/about-the-programme/</a></p>
<p><b>Help for early years providers</b></p> <p>Guidance for people who work in early years, from the Department for Education.</p>	<p>The <a href="#">Help for early years providers</a> has a wealth of information that can help. For example, there's useful advice on <a href="#">reducing paperwork</a> so you have more time to focus on areas such as <a href="#">sensory food education</a>.</p>
<p><b>Early years child development training</b></p> 	<p>This training:</p> <ul style="list-style-type: none"> <li>• is free for childminders and nurseries</li> <li>• combines theory with practical tips and ideas to use in your setting</li> <li>• includes opportunities to reflect on your practice</li> <li>• reinforces your understanding through learning check questions and tests</li> <li>• links to additional resources</li> <li>• offers the opportunity to download certificates of completion</li> <li>• has been developed by expert practitioners</li> <li>• 5 modules can be completed in any order and at any time</li> </ul> <p><a href="#">Early years child development training : Home page (education.gov.uk)</a></p>

## Foundation Years Online

### Recording now live from 13 Sept

- Brighter Start: East London Early Years Stronger Practice Hubs talked about the ShREC approach,
- Ofsted who discussed the two years since 2021 EYFS reforms,
- the Department for Education for an update on the Early Years Foundation Stage Profile.

If you would like to catch up online, you can watch the video recording of the event [here](#).



### 2023 Lunchtime Learning webinars

- Learn how **The Parent Rooms** are creating a circle of support for parents.

<https://youtu.be/S6ECKI2Dyyo>

Michelle Bradley, Founder and CEO of [The Parent Rooms](#)

- The **Solihull Approach** and strengthening the infant mental health agenda in Northern Ireland.

<https://youtu.be/ddpIcn5G3pc>

Averil Bassett (Solihull Approach), John McLeod (Solihull Approach) and Gail Anderson (Queen's University Belfast)

[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)

- The role that **Registered Childminders play in the first 1001 days** in a child's life.

<https://youtu.be/BunTICOfjyA>

Andrea Knocker, Regional Development Manager, [NICMA](#)

- See Hear Act: Taking a closer look at the impact of **domestic abuse on early childhood**.

<https://youtu.be/mRWEZgD5M7M>

Grainne McHugh, See Hear Act Regional Champion, [Women's Aid Federation NI](#)

- The **Dad's Project: Fatherhood** - Supporting mum's mental health and ensuring their child's socio-emotional wellbeing.

<https://youtu.be/y-oBorqm8VW8>

Cahir Murray, Dad's Project Coordinator, [Parenting NI](#)



## Everyone has a part to play in helping mums to breastfeed

The 18 to 24 September marked National Breastfeeding Week. Seventy percent of babies in Royal Greenwich are having breastmilk at six to eight weeks, making our local mums some of the best breastfeeders in the country!

Breastfeeding offers both mum and baby protection from illnesses and provides important vitamins and minerals for the baby.

For face-to-face free advice and support about breastfeeding, pop into any one of our 23 [Children's Centres and Family Hubs](#) across the borough.



<https://www.royalgreenwich.gov.uk/news/article/2391/everyone-has-a-part-to-play-in-helping-mums-to-breastfeed>

**For Breastfeeding Awareness Week (18 to 24 September 2023) the Royal Borough of Greenwich has put together some information about breastfeeding and where parents can find support in Royal Greenwich.**

Seventy percent of babies in Royal Greenwich are having breastmilk at six to eight weeks, making our local mums some of the best breastfeeders in the country!

Breastfeeding offers both mum and baby protection from illnesses and breastmilk is tailor made to offer a baby the best nutrition. It is currently recommended that babies are exclusively breastfed for the first six months of their life, and that breastfeeding continues alongside solid foods until the baby is at least one

year old. Breastfeeding is a way to build a close and loving relationship between mum and baby. You can learn more about the benefits of breastfeeding here.

**Cllr Denise Scott-McDonald, Cabinet Member for Health and Adults' Social Care, said:** "Royal Greenwich is a Unicef UK Baby Friendly accredited borough that supports everyone to meet their infant feeding goals. We are currently investing additional money from the Government Start for Life programme to support even more mums, both before and after they have their baby.

"You can find out about the support available at any of the 23 Children's Centres and Family Hubs in the borough."

### Useful resources if you're already breastfeeding or thinking about it

- Breastfeeding in public - you are legally allowed to breastfeed your baby in public. Look out for the Breastfeeding Friendly Greenwich sticker in your local cafes, restaurants, shops and community centres for a welcoming place to breastfeed.
- You can talk to a mum about breastfeeding at any day of the week between 9.30am and 9.30pm via The National Breastfeeding Helpline on 0300 100 0212.
- For more information about how to breastfeed, expressing your milk, what to eat and common breastfeeding challenges, head to the NHS Start for Life website.
- A guide to introducing solids and eating well up to baby's first birthday from First Steps Nutrition Trust
- The Greenwich Community Development Agency (GCDA) offer courses to support parents to feed their babies and young children.
- If you have decided to formula feed your baby or are doing a mix of both, you can also ask for advice at any of our Children's Centres or at an infant feeding drop-in.

#### Infant feeding drop-ins

**Alderwood Children's Centre**  
Rainham Close, Eltham, SE9 2JH  
Tuesdays: drop-in between 10 to 11.30am

**Brookhill Family Hub**  
Brookhill Road, Woolwich, SE18 6UZ  
Wednesdays: drop-in between 1 to 2.30pm

**Quaggy Family Hub**  
Orchard Hill, Lewisham, SE13 7QZ  
Fridays: drop-in between 12 to 2pm

**Slade Children's Centre**  
Erindale, Plumstead, SE18 2QQ  
Tuesdays: drop-in between 10 to 11.30am

**Storkway Family Hub**  
Ridgebrook Road, Kidbrooke, SE3 9QX  
Wednesdays: drop-in between 10am to 12.30pm

**Waterways Family Hub**  
Southwood Road, Thamesmead, SE28 8EZ  
Thursdays: drop-in between 10am to 1pm  
There is also a café on site where you can meet other families and feed your baby

For any advice or support on infant feeding, pop into any one of our 23 Children's Centres and Family Hubs across the borough, find your nearest one.

[https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/04/happybaby\\_leaflet\\_web.pdf](https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/04/happybaby_leaflet_web.pdf)



<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2022/10/Breastfeeding-leaflet.pdf>

<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2017/12/Responsive-Feeding-Infosheet-Unicef-UK-Baby-Friendly-Initiative.pdf>

**UNICEF Ambassador Ewan McGregor** reads *Baby, I Love You*, a special book which helps build loving and nurturing relationships between new parents and their baby, encouraging skin-to-skin contact, holding, stroking, playing and singing.

Find more resources to support relationship building:

- [Building a Happy Baby: A Guide for Parents](#)
- [The importance of relationship building video](#)
- [Breastfeeding and relationship building in the early days video](#)
- [Responsive feeding infosheet](#)



<https://youtu.be/x70-522CW5M>



<https://youtu.be/UmvY7t6RRUo>



## Shining a light on early years nutrition

The LGA has [published a report](#) that investigates the barriers and enablers to good nutrition in early years settings, something which plays a pivotal role in a child's development. The report shares the views of 12 early years leads from five councils on what challenges they face in working to improve early years nutrition.

The guidance for the early years sector - the [Eat Better Start Better](#) guidelines and the [example menus](#) from the former body Public Health England – are voluntary. [Research indicates](#) that children in nurseries eat many high-sugar or high-fat snacks, and a low proportion meet the standards for fruit, vegetable, and oily fish consumption.

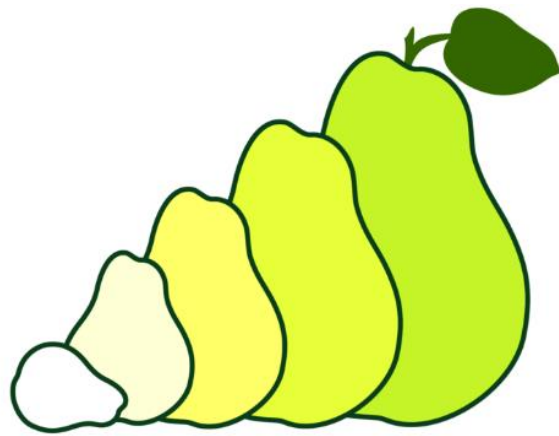
Ofsted is the single policy instrument for monitoring nutritional quality in EY settings. All early years providers in England have a mandatory obligation to follow the [early years foundation stage framework](#), which states that “where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious”. Councils interviewed for this report stated that the Ofsted reports they access have limited information on nutrition.

### Key messages

- [The childcare and early years providers survey](#) found there are 1.5 million children registered to attend an early years setting in England.
- The food they eat in settings greatly contributes to their daily intake of calories – for school food this is estimated to be [30 per cent of their daily calories](#) according to a National Library of Medicine report.
- Nutrition indicators, such as dental caries and obesity rates, provide an indicator that children's diets from nought to five may not be supporting their health in an optimum way.
- Settings report doing the best they can with funding, stretched resources and managing the cost-of-living crisis. Many go above and beyond to feed disadvantaged children who do not meet the criteria for funding.
- Many councils focus their efforts on early years nutrition in the maintained sector, however, [a Department of Education survey found 77 per cent of nought to five Childcare provider places are in PVI or childminders settings, with only 23 per cent in maintained.](#)
- There is a data gap around whether food served to children in settings meets their nutritional needs.
- In councils, where good practice exists, it is supported by funding, engaged teams, strong political interest in this agenda and good data. Matrix working and engaging stakeholders in a collaborative manner is core to progress. A comprehensive nought to five strategy that incorporates nutrition, mental health, and physical activity helps early years development and growth.
- There are challenges to overcome, but also many innovative examples of where councils and settings are striving to meet standards and deliver well-rounded nutrition in the early years.



## Eating well in the early years



<https://www.firststepsnutrition.org/eating-well-early-years>

**Children from 1-4 years old need to eat well to establish good eating patterns, ensure they grow and develop appropriately, to protect their teeth and to ensure they arrive in school at a healthy body weight able to enjoy a variety of minimally processed foods.**

First Steps Nutrition have a range of resources to support eating well in the early years, including a resource to support infants and children on a vegan diet and resources which provide ideas for packed lunches and consider good food choices and portion sizes for 1-4 year olds. The recipe book provides examples of simple, cost-effective nutritious meals that the whole family can enjoy with portion size information for adults, school-aged children, 1-4 year olds and infants. They also have some additional information to support early years settings in encouraging a sustainable approach to their food.



<https://foundationyears.org.uk/eat-better-start-better/>

Eat Better, Start Better guidance and supporting material have been developed to help early years providers and practitioners to meet the Early Years Foundation Stage welfare requirement for the provision of healthy, balanced and nutritious food and drink.

- [Baby and toddler meal ideas - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [Example menus for early years settings in England - Part 1: Guidance](#)
- [Example menus for early years settings in England - Part 2: Recipes](#)

# Food safety

<https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety>

- [Why is food safety so important for young children?](#)
- [What it says in the EYFS framework](#)
- [Food safety advice for children age 5 and under](#)
- [Food and drinks to avoid](#)
- [Safe weaning](#)
- [How to prepare infant formula bottles](#)
- [Allergies](#)
- [Hygiene](#)

## **Food safety advice for children age 5 and under**

### **How to reduce the risk of choking**

Food preparation:

- remove any stones and pips from fruit before serving
- cut small round foods, like grapes, strawberries and cherry tomatoes, lengthways and into quarters
- cut large fruits like melon, and hard fruit or vegetables like raw apple and carrot into slices instead of small chunks
- do not offer raisins as a snack to children under 12 months – although these can be chopped up as part of a meal
- soften hard fruit and vegetables (such as carrot and apple) and remove the skins when first given to babies from around 6 months
- sausages should be avoided due to their high salt content, but if offered to children these should be cut into thin strips rather than chunks and remove the skins
- remove bones from meat or fish
- do not give whole nuts to children under five years old
- do not give whole seeds to children under five years old
- cut cheese into strips rather than chunks
- do not give popcorn as a snack

- do not give children marshmallows or jelly cubes from a packet either to eat or as part of messy play activities as they can get stuck in the throat
- do not give children hard sweets

## **Supervision**

Infants and young children should be seated safely in a highchair or appropriately sized low chair while eating. Infants and young children should never be left alone while they are eating, and staff should be familiar with paediatric first aid advice for children who are choking.

The criteria for effective Paediatric First Aid (PFA) training can be found in the [Statutory framework for the early years foundation stage](#), Annex A.

## **Useful resources**

- [Early years choking hazards poster and table \(foundationyears.org.uk\)](https://foundationyears.org.uk)
- [Early Start Nutrition - Preparing food safely for young children \(video\)](#)
- [Choking hazards in the home and how to avoid them \(rospa.com\)](https://rospa.com)



# Early years choking hazards food safety advice

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For babies and young children, food can be a choking hazard, especially when they do not chew their food well or they try to swallow it whole.

Choking can happen with any foods, but 'firm foods', bones and small round foods that can easily get stuck in the throat present a higher risk. Therefore, care givers should follow these five essential steps:

- 1** Make sure food is **suitably prepared and served** for babies and children under 5 years old. For suitable foods, see <https://www.nhs.uk/start4life/weaning/> Introduce babies to solid foods from around 6 months of age.
- 2** **Think about size, shape and texture of food.** Cut food into narrow batons, avoid round shapes and firm foods. Firm fruit & vegetables can be softened by cooking.
- 3** Ensure that babies and young children are **alert and seated safely upright** in a highchair or appropriately sized low chair whilst eating.
- 4** **Babies and young children should be supervised at all times** while eating. You will be able to identify the early signs of choking and prevent harm.
- 5** **Encourage babies and young children to chew food well.** Teach children how to chew and swallow food properly, and ensure they take their time during meals. This will reduce their risk of choking.



# Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.



WHEN YOU STOP SMOKING, GOOD THINGS START TO HAPPEN'

Stoptober is back and is calling on the over 5 million smokers in England to join the thousands of smokers who are committing to quitting this October. This year's Stoptober mass quit attempt is as important as ever, with quitting remaining one of the best things a smoker can do for their health.

Stop smoking for 28 days and you're 5 times more likely to give up for good.

When you stop smoking good things start to happen - quitting will allow you to start moving better, breathe more easily and give you more money to spend. Stoptober offers a range of free quitting tools. Just search 'Stoptober' for more information or visit the Better Health Quit Smoking Website

<https://www.nhs.uk/better-health/quit-smoking/>

A light blue banner for Stoptober. In the top left corner is the HM Government logo. In the top right corner is the NHS logo. In the center is the 'STOP TOBER' logo. Below it, the text 'STOP SMOKING AND GOOD THINGS HAPPEN' is written in large, bold, black capital letters. Underneath that, it says 'Join the thousands of smokers committing to quitting this October'. In the bottom left corner is the 'Better Health Let's do this' logo. In the bottom right corner is a dark grey button with the text 'Commit to quit' in white.



<https://www.nhs.uk/live-well/quit-smoking/passive-smoking-protect-your-family-and-friends/>



<https://www.lullabytrust.org.uk/wp-content/uploads/fact-sheet-smoking.pdf>



# HELP PAYING FOR YOUR CHILDCARE



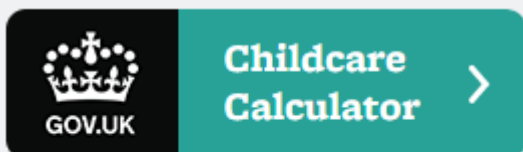
An online application is quick and easy

You get an immediate response on whether you  
are eligible for a place



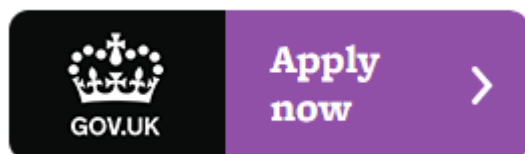
Access the online portal

<https://tinyurl.com/Together-for-Twos>



Get an **estimate** of how much  
help you can get with Tax-Free  
Childcare and other offers.

<https://www.gov.uk/childcare-calculator>



<https://www.gov.uk/apply-for-tax-free-childcare>

<https://www.gov.uk/apply-30-hours-free-childcare>

Childcare  
**Choices**

<https://www.childcarechoices.gov.uk/>

Here is the link to some videos from Childcare Choices which you can share on your social media

<https://www.childcarechoices.gov.uk/providers/guidance-and-resources/social-media/short-films-2022/>

# Keeping Children Safe

## Contact Children's Services

Emergency Duty Team (out of office hours only): 020 8854 8888

Referral team: 020 8921 3172

Email: [mash-referrals@royalgreenwich.gov.uk](mailto:mash-referrals@royalgreenwich.gov.uk)

**You don't need to be sure that a child or young person has been abused - it's OK to report a suspicion.**

### Early Years & Childcare



020 8921 3877



[childcare-support@royalgreenwich.gov.uk](mailto:childcare-support@royalgreenwich.gov.uk)



GREENWICH  
**Safeguarding  
Children**  
PARTNERSHIP



020 8921 4477



[safeguardingchildren@royalgreenwich.gov.uk](mailto:safeguardingchildren@royalgreenwich.gov.uk)

### LADO



020 8921 3930



[childrens-LADO@royalgreenwich.gov.uk](mailto:childrens-LADO@royalgreenwich.gov.uk)

Ofsted: 0300 123 4666 / [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)

DBS Regional Office: 0300 105 3081 / [Kiranpreet.rehal@dbb.gov.uk](mailto:Kiranpreet.rehal@dbb.gov.uk)

[DBSRegionaloutreach@dbb.gov.uk](mailto:DBSRegionaloutreach@dbb.gov.uk)



Prevent Team 020 8921 8340



[prevent@royalgreenwich.gov.uk](mailto:prevent@royalgreenwich.gov.uk)

This is the Greenwich Domestic Violence and Abuse Service.



Telephone: 020 8317 8273



Email: [info\\_gdva@h4w.co.uk](mailto:info_gdva@h4w.co.uk)

All children in Royal Greenwich, regardless of their background and circumstances, should have a happy and fulfilled childhood where they enjoy school and family life, learn, belong, grow and achieve so that they enter adulthood ready, willing and able to achieve their highest potential.

# SAFEGUARDING FORUM

18:30 - 20:30

Thurs 12 October

in person at

The Woolwich Centre

**To book**  
**[eyc.training@royalgreenwich.gov.uk](mailto:eyc.training@royalgreenwich.gov.uk)**  
**or via QR code**



A termly opportunity for Designated Safeguarding Leads, including Childminders, to participate in peer support and receive updates from Greenwich Safeguarding Children's Partnership

- Case Reviews
- LADO case studies
- Child abuse linked to faith & belief



# Free Safeguarding Bitesize Webinars

[royalgreenwich.gov.uk](http://royalgreenwich.gov.uk)



[Courses](#)



If you missed it, click on the links below to watch

- ☐ [Female Genital Mutilation](#)
- ☐ [LADO Managing Allegations](#)
- ☐ [Emergency Planning](#)
- ☐ [Child Exploitation](#)

## NSPCC 'Learning'

### Non accidental head injury

NSPCC Learning has published a new blog on the use of the term 'non accidental head injury' (NAHI) in place of 'shaken baby syndrome' as part of their Why Language Matters series. Discussions include: where the phrase 'shaken baby syndrome' came from; why the phrase 'shaken baby syndrome' should be replaced by NAHI; and working with parents to prevent NAHI.

[Why language matters: using 'non-accidental head injury' and not 'shaken baby syndrome'](#)

### Online safety

The SBNI has published a report covering children's online activities, harm and safety amongst children and young people in Northern Ireland. The report explores findings from two online surveys completed by 6481 children and young people and qualitative research with 95 participants. Key findings include: 1 in 5 participants have experienced something upsetting happening to them online; girls are much more likely to experience something upsetting; while most internet use is between reasonable limits (2-4 hours per day), many children and young people are spending much greater amounts of time online (more than 7 hours a day); and 20% of 8-13 -year-olds and 34% of 14-18 -year-olds felt that their parents were 'not at all interested' in their online activities. Recommendations include: a need to provide relevant, timely, age-appropriate training and resources for children and their parents and teachers; and greater regulation by technology companies.

[Growing up online: children's online activities harm and safety in Northern Ireland - an evidence report](#)

### Online sexual abuse

The Internet Watch Foundation (IWF) has published an article which reports a rise in children tricked into sharing sexual images of themselves by individuals intending to extort money or further imagery from them. The IWF found that in the first six months of 2023, reports of confirmed child sexual abuse involving 'sextortion' rose by 257% compared with the whole of 2022. The report found that older teenagers, aged 14 to 17-years-old were the most at risk.

#### [Hotline reports 'shocking' rise in the sextortion of boys](#)

### **Harmful sexual behaviour**

The Guardian has published an article highlighting concerns that access to extreme pornography is leading to a rise in harmful sexual behaviour in children, including the accessing of child sexual abuse material. The Lucy Faithfull Foundation has seen a 32% increase in under-18s contacting them about their sexual thoughts or behaviour, and a 26% rise in adults contacting them because they were concerned about the behaviour of a young person. To address this they have launched a website called Shore, an anonymous chat and email service for teenagers aged 13-18 who are worried about their own or someone else's sexual thoughts or behaviour.

#### [Pornography driving UK teens towards child abuse material, say experts](#)

#### [Launching our pioneering website Shore to help teenagers tackle harmful sexual behaviour](#)

### **Physical restraint**

The University of Strathclyde and Centre for Excellence for Children's Care and Protection (CELCIS) have published a new report on holding, or physical restraint, in residential child care. The study interviews care and education workers, adults with care experience and family members. It discusses: identifying and exploring key factors in reducing or eliminating physical restraint; the successful holding, both literally and metaphorically, of children and young people in distress; and how care workers and children have managed to avert physical restraint and learn from these positive incidents.

#### [New pilot report on holding in residential child care](#)

### **Discrimination in care**

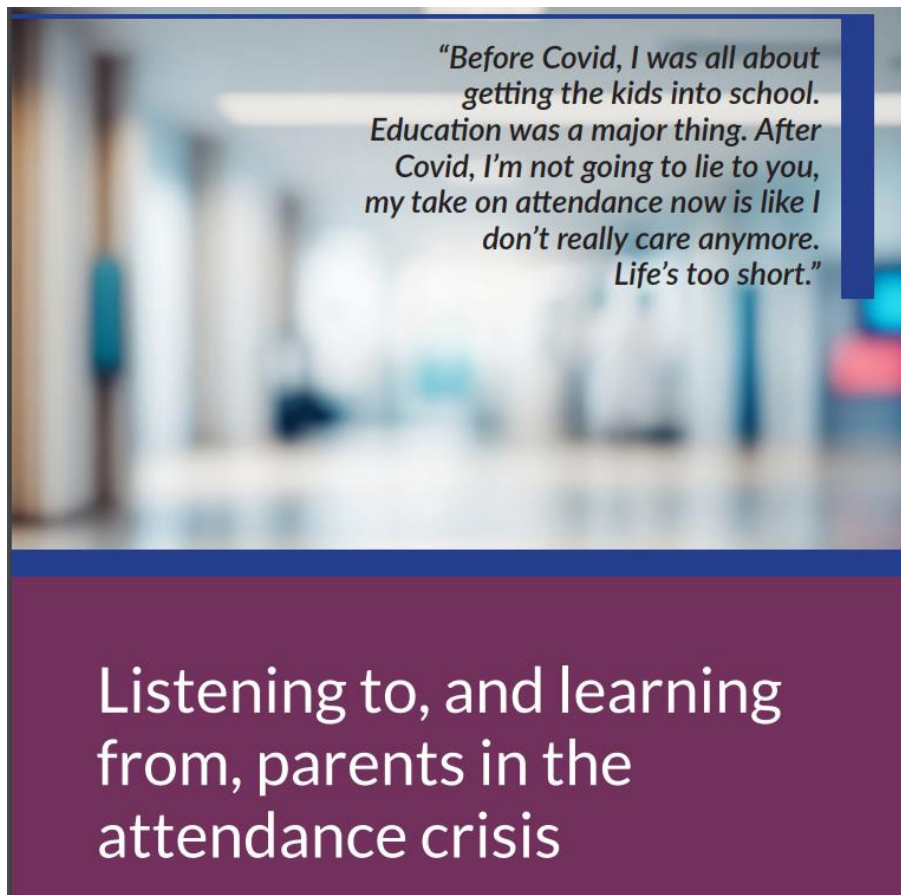
Barnardo's has published a report on discrimination, racism, exclusion and isolation faced by young Black people within the care system, including residential settings, foster care placements, education, mental health provision and prison. Discussions include: young people being ignored when reporting racial abuse; care staff involving the police as a tool of discipline in non-criminal matters; and inconsistent support from social workers. Recommendations include: the introduction of a Black Foster Care network; timely access to mental health support; full implementation of the Lammy Review; and urgent action from the Government to prevent the unnecessary criminalisation of children in care.

#### [Double discrimination – Barnardo's calls for change as report highlights young Black people who have been in care experience racism, exclusion and isolation](#)

### **School attendance**

The Education Committee has published a report on persistent school absence and support for disadvantaged children in England. This report proposes a range of measures to tackle persistent school absence, including improved mental health and SEND support, and food and enrichment-based interventions.

[Tackle school absence crisis with better mental health and SEND support and urgent legislation, says Education Committee](#)



<https://www.publicfirst.co.uk/wp-content/uploads/2023/09/ATTENDANCE-REPORT-V02.pdf>

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<https://www.greenwichsafeguardingchildren.org.uk/>

### Register here for our newsletter

**Name \***

**Email \***

**Interest**

You can select one or more interest groups below

**Submit**

<https://www.greenwichsafeguardingchildren.org.uk/news-2/>



Sign up to NSPCC newsletter safeguarding here

<https://learning.nspcc.org.uk/newsletter/email-subscriptions-safeguarding-child-protection>

# Royal Greenwich Children's Services

## Useful Safeguarding Contacts and Telephone Numbers

<b>Children's Services Front Door (Safeguarding, Social Care &amp; FaASS previously Early Help)</b>	
'Multi Agency Safeguarding Hub' (MASH) <a href="mailto:MASH-referrals@royalgreenwich.gov.uk">MASH-referrals@royalgreenwich.gov.uk</a>	020 8921 3172
Safeguarding Consultation Line	020 8921 2267
Social Care and Safeguarding Emergency Duty Team <a href="mailto:Childrens-Out-Of-Hours@royalgreenwich.gov.uk">Childrens-Out-Of-Hours@royalgreenwich.gov.uk</a>	020 8854 8888
<b>Local Authority Designated Officer - Winsome Collins Service Leader</b>	
<a href="mailto:childrens-LADO@royalgreenwich.gov.uk">childrens-LADO@royalgreenwich.gov.uk</a>	020 8921 3930
Winsome Collins – DO PVIs/ CMs	020 8921 3930
Laura Lhumbis –DO Schools	
<b>Greenwich Safeguarding Children Partnership</b>	
Greenwich Safeguarding Children Partnership website <a href="http://www.greenwichsafeguardingchildren.org.uk">http://www.greenwichsafeguardingchildren.org.uk</a>	020 8921 4477
<b>Prevent</b>	
Adam Browne – Prevent Co-ordinator	020 8921 8321/ 8340
Confidential Anti-Terrorist Hotline	0800 789 321
<b>Police 999</b>	
CAIT - Child Abuse Investigation Team	0207 230 3705
<b>Ofsted</b>	
Ofsted enquiries, complaints, investigation, and enforcement	0300 123 1231
<b>Royal Greenwich Early Years</b>	
Early Years & Childcare	020 8921 3877
Families Information Service	020 8921 6921
<b>Support, Advice &amp; Signposting</b>	
NSPCC	0808 800 5000/ 0800 136 663
Childline	0800 1111
Samaritans	08457 909090
Family Lives - Parentline	0808 800 2222
Young Minds – Parent Helpline	0808 802 5544
CAMHS	0203 260 5211
Greenwich 0 to 4 Health Visiting Service <a href="mailto:bromh.greenwich0to4@nhs.net">bromh.greenwich0to4@nhs.net</a>	0300 330 5777
<b>Children with Disabilities</b>	
Disabled Children's Social Work & Occupational Therapy	020 8921 2599
Disabled Children's Keyworker Team	020 8921 4939
SEND Assessment & Review Service	020 8921 8029
SEND Outreach Support Services	020 8921 3311

