

# small steps



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# Welcome to small steps

We are delighted to bring you the brand new 2010/2011 edition of Solihull **small steps**, the free local magazine for parents of babies and young children aged 0-5. Published regionally, this is the 1st edition of the Solihull magazine – we hope you enjoy it!

Crammed inside, you will find useful features on baby safety, choosing childcare, the library bookstart scheme, mouth watering recipes and many other interesting topics for new mums. We've also included a Handy Reference Guide section which lists all those important local contact numbers in one place, along with contact details of all our sponsors. We've also introduced a fantastic reader competition to win £50.00 of gift vouchers sponsored by MOTHERCARE.

**Cover Picture:** Darryl Thomas Photography [www.darrylthomasphotography.com](http://www.darrylthomasphotography.com)  
Telephone 0121 705 4848 / 07836 728250

For this edition, we are pleased to support our chosen charity, the Tiny Babies BIG APPEAL for new neonatal equipment at Birmingham Women's hospital. Please see page 6 to see how you can help too.

The **small steps** website is being developed to compliment the magazine - do take a look at [www.smallstepsonline.co.uk](http://www.smallstepsonline.co.uk) to find offers and discounts from our loyal advertisers.

*Happy Reading!  
The Small Steps Team*

**small steps** is designed and published by Premier Concepts Ltd.

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# Safety Tips for Parents



Keeping your baby safe is often a major concern for new parents but among all the pressures of parenthood some important steps can be forgotten. The Royal Society for the Prevention of Accidents (RoSPA) provides below a handy checklist that will help to keep your child safe in the first year. Much more information is available at: [www.rospa.com/homesafety](http://www.rospa.com/homesafety)

## Falls

- Beware: your baby will move faster than you think when learning to crawl.
- As soon as babies can raise themselves, they are able to roll – Never leave a baby on a raised surface.
- Never leave trip hazards on the stairs.
- Fit a safety gate conforming to EN1 930:2000 at the top and bottom of stairs.

## Hot Drinks

A child's skin is much more sensitive than an adult's and a hot drink can still scald a child 15 minutes after being made.

- Never hold a hot drink and a child at the same time.
- Keep hot drinks out of reach and away from the edges of tables and worktops.

## Bathtime

- When running a bath turn the cold water on first and always test the water temperature with your elbow before letting a child get into the water.
- Never leave young children alone in the bathroom.
- Make sure that a baby bath is on a firm surface.

## Burns

- Always use a fireguard secured to the wall.
- Keep hot irons, curling tongs and hair straighteners out of reach even when cooling down.

## Choking, Suffocation and Strangulation

- Never go to sleep with your baby in your bed.
- Lie a small baby down on his/her back and make sure the child's feet are at the bottom of the cot.
- Never leave a baby or toddler to feed alone.
- Choose toys appropriate to the age of the child.
- Ensure that small objects such as marbles, peanuts and small toys and plastic bags are kept out of reach of children under 3 years old.
- Install blinds that do not have a cord, particularly in a child's bedroom. Keep cords on curtains short and out of reach. A variety of cleats and cord tidies are available.
- Don't hang drawstring bags where a small child could get their head through the loop of the drawstring.

# Which Car Seat?

Understanding which car seat is right for your baby or toddler can be a daunting task! Our quick reference guide below should help you choose the right seat for your baby and older siblings too.

Further information and guidance can be found at [www.childcarseats.org.uk/types/index.htm](http://www.childcarseats.org.uk/types/index.htm)

Type	Stage	Group	Weight (approx age)
Rearward - facing Baby seats	1	Group 0 and Group 0+	Up to 10kg (birth to 6-9 mths) Up to 13kg (birth to 12-15 mths)
Forward - facing Child seats	2	Group 1	9 – 18kg (9 mths – 4 yrs)
Booster seats and cushions	3	Group 2	15 – 25kg (4 - 6 yrs)
Booster seats and cushions	4	Group 3	22 – 36kg (6 – 11 yrs)

# What name will you choose for your baby?

Did you know that West Midlands Mums and Dads have their own favourite names for their babies?

Boys names	West Midlands Ranking	England Ranking
Jack	1	1
Mohammed	2	14
Oliver	3	2
Harry	4	3
Joshua	5	5
Alfie	6	6
Thomas	7	4
William	8	10
Daniel	9	9
Charlie	10	7

Girls names	West Midlands Ranking	England Ranking
Grace	1	4
Jessica	2	5
Olivia	3	1
Chloe	4	6
Sophie	5	7
Ruby	6	3
Lily	7	8
Emily	8	2
Amelia	9	9
Evie	10	10

Source: ONS 2008



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# The Importance of Play

Having your baby can be a magical time in your life, but the early months are a period of adjustment for you both. Attending baby classes can offer many benefits to both you and your baby, to help support you through this time. For mum they can offer the chance to meet other new mums with whom they can share experiences, information and concerns. Baby classes can also offer a wealth of new ideas for songs and activities to do at home and when out and about; after all it may be a while since you last heard or sang a nursery rhyme!

For baby, a baby class can offer a different perspective. Even newborn babies need a change of scenery and can become restless if they stay in the same place. The right class should be age specific and offer a carefully constructed environment designed to stimulate them in a positive and educational way. Babies are eager to make sense of their environment and will try to follow sounds,

making the distinction between loud and quiet, fast and slow. They love seeing distinctive colours and patterns, black and white when very young followed by bright primary colours later and will respond to different textures and images that are presented to them. Even though they may not always appear to respond, this information is not lost, it is simply stored for later use.

Most of all time spent at a baby class offers a great bonding opportunity for mum and baby, a chance to focus completely on them and forget all other jobs that need doing! Despite the ups and downs that invariably go with the first few months of motherhood, make time to enjoy this period as it is all too soon gone. Gymboree run age specific classes for children from newborn through to 5 daily in Shirley.

*For details call 07853 998 566, e-mail [solihull@gymboree-uk.com](mailto:solihull@gymboree-uk.com) or visit [www.gymboree-uk.com](http://www.gymboree-uk.com)*

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# Bookstart - share the pleasure



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Parents and children sharing books together is simply the best start to building the reading habit and developing essential early learning skills.

Bookstart encourages parents to share books with their children from the earliest months by giving families three packs of books.

Each pack is **free** and includes two free children's books, a booklist of great reads for the age group, rhymes or crayons and ideas for parents to help children enjoy the fun and pleasure of reading. There are packs for children at 9 months, two years and when they are three.

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**Call our childcare  
information line on  
0845 872 6251**

To help you find your way through the maze of childcare options, tax credits and other financial help available.

Or visit our website for helpful factsheets and information

[www.daycaretrust.org.uk](http://www.daycaretrust.org.uk)  
[www.payingforchildcare](http://www.payingforchildcare)

Daycare Trust is a registered charity no 327279

## Choosing childcare

By choosing childcare which is registered with Ofsted (Office for Standards in Education, Children's Services and Skills), you know that the childcare provider has been assessed on their suitability to care for children. Registered providers for children under the age of 5 must offer care and early learning to meet the Early Years Foundation Stage framework (EYFS). Providers are inspected before registration and regularly. Registered childcare for infants includes childminders, day nurseries, children's centres and some nannies.

Financial help is generally available for working or studying parents, but there may also be support for lone parents and parents moving into work.

*For more information about choosing and paying for childcare, visit [www.daycaretrust.org.uk](http://www.daycaretrust.org.uk)*

You can pick up the first two gifts from clinics, libraries and nurseries – just bring along your child's 'red book' and take one away. Children usually receive the Treasure Chest when they go to a nursery class in school or you can contact the Bookstart team.

As well as Bookstart, Solihull Libraries offer a range of activities for under-fives including regular story and rhyme time sessions, puppets, pottery and even fruit pictures! Or children can join the Bookstart Book Crawl and earn a whole series of beautiful colour certificates. Ask at your local library for details or visit [www.solihull.gov.uk](http://www.solihull.gov.uk) and look for Fun Activities in the list of services.

There are also special Bookstart packs for children who have visual or hearing impairments and an extra book for families where English is an additional language.



Please contact Solihull Bookstart on 0121 704 6984 or email [stp@solihull.gov.uk](mailto:stp@solihull.gov.uk) for more information or visit [www.solihull.gov.uk/libraries/bookstart.htm](http://www.solihull.gov.uk/libraries/bookstart.htm)



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WEDNESDAY	9.30am - 12.00pm	12.00 - 12.30	12.30pm - 3.00pm
THURSDAY	9.30am - 12.00pm	12.00 - 12.30	12.30pm - 3.00pm
FRIDAY	9.30am - 12.00pm		

Telephone:  
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[www.babysensory.com](http://www.babysensory.com)



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# small steps

## Reader Competition

Your chance to win **mothercare** vouchers worth **£50** to spend in any **mothercare** store.



Just answer these 3 simple questions correctly to be entered into the prize draw.

- 1 On which page in the magazine can you find the Handy Reference Guide listing important telephone numbers?
- 2 Which West Midlands Charity is *small steps* supporting this year?
- 3 What is the *small steps* website address?



### How to enter

Answers by email to: [competitions@smallstepsmedia.co.uk](mailto:competitions@smallstepsmedia.co.uk).

Or by post to: Editor, *small steps* Media, Gable House, 46 High Street, Malmesbury, Wiltshire SN16 9AT.

Please include your name, address, email address and contact telephone number.

All correct entries will be entered in the draw.

A draw will take place on 30th March and 30th September 2011 to win £25.00 of vouchers each time.

Winners will be notified by 17th April & 17th October 2011 respectively and listed on

[www.smallstepsonline.co.uk](http://www.smallstepsonline.co.uk) giving the winner's surname and town & county address only.

### Terms & Conditions

- The winning entry will be drawn by the *small steps* team, the team's decision is final and no correspondence will be entered into.
- By entering the competition you agree that your surname, town and county of residence may be released if you are the winner.
- The prize must be taken as stated; there will be no cash alternative.
- This competition is not open to any employees or contractors of *small steps* or Premier Concepts Ltd. or any persons directly involved in the organisation or running of the competition, or their direct family members.
- By entering this competition you are agreeing to the prize giving company, MOTHERCARE, having access to your contact details. Your contact details will not be disclosed to any additional organisations or bodies unless required to do so by law. Your information will not be sold, rented or leased without your prior written consent.
- We will only accept one competition entry per household.
- If the winner cannot be contacted within one calendar month of the published closing date, the *small steps* team reserve the right to re-draw for the winner.

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## Favourite family recipes



### Home-made Chicken Nuggets in a Crunchy Flax and Corn Coating

Children will love helping to make these easy chicken nuggets, which are delicious dunked in a sour cream and chive dip.

Preparation time : 15 minutes

Cooking time : 20 minutes to 25 minutes

Total time : 35 minutes to 40 minutes Serves: 4

#### Ingredients

125g Nature's Path Organic Mesa Sunrise multigrain flakes  
4 tbsp plain flour  
2 medium eggs, beaten  
400g pack Waitrose Chicken Breast Chunks  
500g Jersey Royal new potatoes, scrubbed  
350g frozen peas and runner beans  
½ x 200g tub Waitrose Fresh Dip Sour Cream & Chives

#### Method

- 1 Preheat the oven to 200C, gas mark 6. Put the multigrain flakes in a plastic bag and tie the top. Use a rolling pin to crush the flakes into small crumbs.
- 2 Tip the flour, beaten egg and crushed flakes into three separate shallow bowls. Dip each chicken chunk in the flour, then dip in the egg and finally the crushed flakes.
- 3 Place the coated chicken on a baking tray lined with baking parchment and cook for 20-25 minutes, turning once, until the coating is lightly golden all over and the chicken thoroughly cooked.
- 4 Meanwhile, cook the potatoes in boiling water for 15 minutes or until tender, adding the peas and beans for the last 2-3 minutes. Serve the chicken nuggets with the dip, the peas and beans, and the Jersey Royals, topped with a knob of butter.



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## Crumbly Cookies with Jammy Fillings

**They're just right for popping into lunch boxes and picnic bags.**

Preparation time : 15 minutes

Cooking time : 15 minutes to 20 minutes

Total time : 30 minutes to 35 minutes

Makes: 30

### Ingredients

225g soft butter

100g caster sugar

1 tsp vanilla extract

275g plain flour, sifted

½ tsp baking powder, sifted

8 tbsps jam (use a selection such as raspberry and apricot)

### Method

1 Preheat the oven to 180°C, gas mark 4. Line 2 large baking trays with baking parchment. Place the butter and sugar in a mixing bowl and beat using an electric whisk or a wooden spoon until pale and fluffy.

2 Add the vanilla extract and continue beating until well combined. Using a metal spoon, fold in the flour and baking powder until the mixture forms a soft dough.

3 Take a small piece of the dough and roll in your hands to make a ball. Place on the baking tray then repeat to make more balls, leaving a gap between each one. Repeat until all the mixture has been used.

4 Make an imprint into each ball using your finger, deep enough to hold a little jam. Carefully fill each cookie with about ½ teaspoon of jam, making sure you don't overfill.

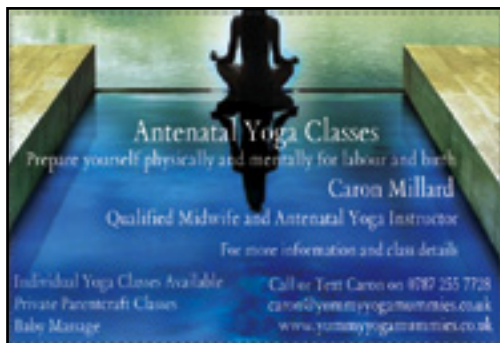
5 Place in the oven for 15-20 minutes until lightly golden brown. Carefully transfer to a wire rack and cool completely before eating.



*We love your ideas!*

**Do you have any brilliant family recipes or handy time savers?**

We would love to use them. Please send them to [info@smallstepsmedia.co.uk](mailto:info@smallstepsmedia.co.uk)



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# Handy Reference Guide

New mums have told us how helpful it is to have listed in one place all those useful numbers that you can't live without! So we've included the most popular below (but do please let us know if you think anything else should be included in the next edition).

We've also included a full listing of all the advertisers in this magazine (with page reference no.) – and please don't forget to mention **small steps** when you contact them!!

## Useful Advice & Local Organisations

**British Red Cross** - children's first aid  
www.childrenfirstaid.redcross.org.uk 02476 304200

**Daycare Trust** - childcare advice p8  
www.daycaretrust.org.uk 0845 872 6251

**Heartlands Hospital, Birmingham**  
www.heartofengland.nhs.uk 0121 424 2000

**Meningitis Trust**  
www.meningitis-trust.org.uk 0800 028 1828

**NHS Direct Helpline**  
www.nhsdirect.nhs.uk 0845 46 47

**Royal Society for the Prevention of Accidents (RoSPA)**  
www.rospa.com 0121 248 2508 p4

**Solihull Central Library** - Bookstart p8  
www.solihull.gov.uk/libraries/bookstart 0121 704 6984

**Solihull Connect** - Birth Register Office  
www.solihull.gov.uk/community/birthsregistering.htm  
0121 704 6099

**Solihull Family Information Service** p15  
www.solihull.gov.uk/familyinfo  
0800 389 8667

**Solihull Hospital**  
www.heartofengland.nhs.uk 0121 424 2000

**Tiny Babies Big Appeal** p6  
www.tinybabiesbigappeal.nhs.uk 0121 623 6874

**Working Families** - advice for working parents  
www.workingfamilies.org.uk 0800 013 0313

## Child Activities & Places to Visit

**Baby Sensory Solihull** - early learning for babies p9  
www.babysensory.co.uk 07971 945 242

**Gymboree** - early learning for babies to 5 year olds p7  
www.gymboree-uk.com 07853 998 566

**Little Kickers Solihull** - football fun for children p6  
www.littlekickers.co.uk 0121 744 9730

**Molly Music** - music & movement p6  
www.mollymusic.co.uk 07954 163 759

**Monkey Music** - music & movement p11  
www.monkeymusic.com 01384 374747

**Rhythmtime** - music & movement p3  
www.rhythmtime.net 0121 711 4224

## Childcare, Nurseries & Education

**Lighthall Under Fives Pre-School** p9  
Email: lighthallunderfives@hotmail.co.uk 0121 744 5128

**Saint Martin's School** - girls school & nursery (2½-18 yrs)  
www.saintmartins-school.com 0121 705 1265 p11

## Local Businesses

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**Avon Cosmetics** - cosmetics franchise opportunity p9  
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**Bel's Boutique** - designer & casual wear for children p13  
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**Darryl Thomas Photography** - specialist photographer  
www.darrylthomasphotography.com 0121 705 4848 p5

**Lacey's Studios** - specialist photographer p12  
www.laceystudios.co.uk 0121 707 5200

**The Spa Henley-in-Arden**  
- pregnancy & general spa treatments p2  
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# Solihull Family Information Service

Solihull Family Information Service provides parents with children aged 0 to 19 years with information, advice and assistance on childcare, things to do, places to go and services that can support families.

You can ask us about choosing childcare, help with childcare costs, free early education places for three and four year olds, clubs and groups, holiday activities, tax credits and benefits. You can also ask us about support services for your family such as parenting advice and counselling and support for families who have children with additional needs. Please contact us for anything else you wish to know about.

We provide tailored information and advice to help you find the right service to meet

your needs. If you wish, we can contact services on your behalf to make sure they are right for you and your family.

We can also give you information and advice on particular topics such as childcare if you are going back to work or training after a break, or if you need some extra support.

## *We are free and impartial*

We are often out and about in the borough, so why not come and meet us face to face – contact us to find out where we are.

### **For more information please contact us:**

**Tel:** 0800 389 8667

**Text:** 07740 046045

**Email:** [familyinfo@solihull.gov.uk](mailto:familyinfo@solihull.gov.uk)

**Web:** [www.solihull.gov.uk/familyinfo](http://www.solihull.gov.uk/familyinfo)

## Solihull Family Information Service



## If you have children and want information about:

- Childcare
- Free early education
- Clubs and groups
- Tax credits and benefits
- Services that can support your family
- and lots more

Contact us and we can help you find the right service to meet your needs.

Free and impartial information, advice and assistance.

**Call:** 0800 389 8667 (Mon to Fri)  
**Text:** 07740 046 045 (Mon to Fri)  
**Email:** [familyinfo@solihull.gov.uk](mailto:familyinfo@solihull.gov.uk)  
**Visit:** [www.solihull.gov.uk/familyinfo](http://www.solihull.gov.uk/familyinfo)



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