

BEGINNINGS



WINTER 2016



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Peterborough & District newsletter

LOOK INSIDE FOR..

VOLUNTEER STORIES, EXERCISE DURING PREGNANCY AND BEYOND, BUMPS AND BABIES, A FLOURISHING ROSE CHRISTMAS TOY GIFT GIDE AND NCT MEMBER'S CLUB

Please pass this newsletter on to someone else to read. Request your own copy from peterborough@nct.org.uk

WELCOME TO OUR BRANCH NEWSLETTER

NCT Peterborough is part of the UK's largest charity for parents. We are run by local parent volunteers and organise social events, fundraising events, campaigning and more. Some specialist services are provided by fully trained and qualified NCT Practitioners. ALL local parents are welcome to come to our branch activities and use our support services, but we do encourage you to support our charity financially by becoming a member.

National NCT Helpline
0300 330 0770

Option 1: Help feeding your baby
Option 2: Course information
Option 3: Pregnancy, birth and life with a new baby
Option 4: General enquiries

8am-midnight (daily all year round for support feeding your baby)

Breastfeeding Support

Local NCT

Breastfeeding Counsellors

Trina Warman: 01733 563989

Abigail Salehi: 07785 913675

We currently have an exciting new advertising opportunity available to you.

Why not become a sponsor?

*Sponsorship is one of the most effective ways of promoting your brand, particularly if your demographic or ethos is in line with ours.

* NCT is a well-respected and trusted organisation with a highly sought-after market of local NCT members. Being seen to support our charity will give your brand a positive association.

* Virtually every copy of our newsletter is given to someone either pregnant, or with a young baby or child.

* Most newsletter copies are effectively "paid for and requested", so people are much more likely to read them than free advertising magazines.

Would you like to advertise your business in our newsletter?

Our rates are very affordable and you'll reach a targeted audience that includes expectant couples and families with babies, toddlers and preschoolers. Plus, you'll be helping to support the NCT, the UK's largest charity for parents! For more information email our advertising coordinator on advertising.peterborough@nct.org.uk

Ask about NCT antenatal courses: bookings5g@nct.org.uk Call the NCT helpline: **0300 330 0700** for practical and emotional support in all areas of pregnancy, birth and early parenthood including help with feeding. National NCT websites: www.nct.org.uk a great source of accurate and impartial information.

Our branch is run by volunteers who are mostly parents with young children at home. Please allow a few days for us to respond to emails. This includes breastfeeding counsellors and peer supporters.

Disclaimer The information in this newsletter is for the benefit of NCT (National Childbirth Trust) members and beneficiaries. It may be used only in connection with NCT activities and may not be used for any commercial purposes. The views and opinions expressed in this newsletter are not necessarily those of NCT. The information contained in this newsletter should not be reproduced without the editor's consent in writing. The appearance of an advertisement in this newsletter does not imply endorsement of the company or its products by NCT, nor does it constitute a recommendation. However, it is always worth mentioning when replying to an advertisement that you saw it in an NCT newsletter. NCT cannot be held liable for loss, damage or injury arising out of goods sold through any advertisements in this newsletter. Any discount offered to NCT members by any advertisement is done so entirely at the discretion of the advertiser.

BRANCH NEWS

Welcome to the winter edition of Beginnings. Christmas is literally around the corner, so amongst all the hustle and bustle this season, I hope that you get to enjoy the most important aspect of Christmas, which is family. If you are pregnant this season, at least you don't have to feel guilty for that extra piece of cake and if you have just given birth, smile and cherish that lovely (and sometimes 'screamy') gift. On behalf of everyone at NCT Peterborough Branch we would like to wish you all a restful Christmas and a happy New Year!



NCT Peterborough Volunteers enjoying their Christmas meal and a much needed break.

Promote your business while supporting our charity by advertising in this newsletter. Ask for details of our competitive rates at advertising.peterborough@nct.org.uk

Branches have been celebrating our 60th year with Diamond Jubilee Tea parties. Over the last 12 months, 45 parties were held raising a staggering £14,300 for parent support activities.

A big thank you to all our advertisers. Annie Faith, Baby Sensory, First Signs and Little Scrummers. Seasons Greetings!

BRANCH COORDINATOR

Hi there, my name is Leanne and I am the Peterborough Branch Coordinator.



I have been volunteering with the Peterborough NCT Branch for a little over a year now. I got involved after seeing an advert on Facebook asking for more volunteers to help out. My first volunteering role with the branch was as the Nearly New Sale Volunteer Coordinator and then a few months later as the Branch Coordinator. As I work full time and have an almost two year old, I was concerned about how I would fit this in to my current commitments. But with some planning and lots of help from a supportive partner and fantastic NCT volunteers, I am really enjoying my new role and being part of the branch. Have you ever considered volunteering? Do you have any spare time on your hands? It can be as little as a few hours a year. We are currently on the lookout for more wonderful people to come and help us continue to make this branch successful and support as many Peterborough parents as possible. There are a variety of roles available, from coordinator roles to Nearly New Sale helpers. There really is something to suit everyone's time commitments. In return, we can promise you a friendly welcome. We regularly meet up for branch meetings and socials and through volunteering I have made so many wonderful new friends. If you would like to know more about volunteering with us, please email me on coordinator.peterborough@nct.org.uk

MEET THE VOLUNTEERS



Vol_nteer

What is missing from the above? U!
Your branch needs you!

NICOLA

Hi, my name is Nicola Goy and I am the NCT Treasurer. I first got involved with the NCT via the antenatal classes which I found very informative and allowed me to make some great friends. Following this, I started to volunteer at the Nearly New Sales and have now graduated to the role of Treasurer. I basically handle all of the money for the branch and complete the accounts. The busiest time for me is the Nearly New Sales where a small team sits out the back to ensure all of the money is distributed effectively to the sellers. I enjoy working as a team, with a great bunch of ladies, doing something that will ultimately benefit other mummies like myself.



HANNAH



I'm Hannah and I'm Home birth coordinator, as well as breastfeeding peer supporter. I also host our wonderful local Nature Play Group to which everyone is always welcome- those of you with babies, toddlers and older children- it's perfect for everyone! (Check out my article). Lastly, I also write for naturalchilddevelopment.com on the subjects of free play, natural movement and education.

ERIN



Hi, I'm Erin, and I've recently moved here from London with my 19-month -old daughter and husband! I'll be helping run the Nearly New Sales, here in Peterborough, after previously being the Fund-raising coordinator at the Croydon Branch! I look forward to meeting you all and making new friends here!

LENA



Hi, my name is Lena and I am currently the NCT Newsletter Editor. My role involves sourcing content and piecing it all together so it looks somewhat presentable! Volunteering with the NCT has not only granted me with the opportunity to develop new skills and harness old ones, but has provided me with the tools to facilitate my common goal of uniting parents and soon to be parents, by staying true to the NCT ethos.



Volunteering

Are you thinking about volunteering with the NCT Peterborough Branch? Here is a story from one of our Branch volunteers...

Hi, I'm Julia,

I have been volunteering with the Peterborough NCT Branch for 3 years now. I currently hold the volunteering position of Deputy Branch Chair. The role requires about 1 or 2 hours per week of my time and it fits nicely around my day job. During the day, I work part time leading the NCT Breastfeeding Peer Support volunteers and not to mention the most important job of being a mum to Nathan {8} and Milly {3}!

I have held several volunteering roles with the NCT over the past 3 years, including being a Peer Supporter, organising our Bumps and Babies group and editing our website. I have also volunteered at our famous Nearly New Sale. I volunteer with the branch because I love giving back some of the support to other Mothers, that I received when my daughter was younger.

If you are considering joining us and volunteering your time, I'd say come and join us! We are a very friendly bunch who will welcome you with open arms. Not only will you make some new friends, it's great to see lots of families benefit from the support they receive from us.



Interested in finding out more?

Email us on:

coordinator.peterborough@nct.org.uk

For more information



Bumps & Babies Group



Make new friends with other parents & parents to be
We welcome all expectant and new parents, with refreshments, chat and toys.

Mondays 1-2.30pm term time only
Tesco Community Room
Serpentine Green Shopping Centre, Hampton PE7 8BE
Ideal for babies under 18 months
£1 donation per family
Everyone welcome: no need to be NCT member
For more information, email parentsupport.peterborough@nct.org.uk

Visit www.nct.org.uk to find your nearest group

What's on in January

9th January, 2017-Bambino Lingo
16th January, 2017-Jo Jingles



NCT PETERBOROUGH

EXERCISE THROUGHOUT PREGNANCY AND BEYOND

Staying fit during pregnancy helps you prepare for the birth, lower chances of niggly aches and pains, makes you sleep better and gives you more energy, and getting back to fitness after having your baby is great for you to have some time to yourself and boost those tired day moods!

This all sounds good doesn't it? But with so much conflicting information out there, it can leave you feeling a bit lost. As a mum to 3 children (ages 7, 4 and 1) running a mums fitness business, here are my top tips for staying fit and healthy.



Annie Faith



NCT PETERBOROUGH

During pregnancy

Do not start a new exercise routine, but it's fine to carry on with what you have been doing if you feel up to it.

Always warm up and cool down fully.

Reduce weights used and exertion level with each trimester.

Keep moving! Even if it's just a 30 minute walk a day.

Avoid overheating.

Drink plenty of water.

Avoid exercises that increase the chance of falling.

Give yourself a break! Pregnancy is exhausting, listen to your body.

DO not lie flat on your back to exercise beyond 16 weeks.

Things like squats and lunges are brilliant exercise to keep your lower body toned and strong.



1. Pelvic floor exercises – your pelvic floor is part of your core, so by keeping up with your kegel exercises you are working your deep core muscles as well as stopping leakage from you pelvic floor.

2. Box position on all fours – neutral spine and then arch up towards ceiling then return to neutral

HERE ARE A FEW LOW
LEVEL STOMACH
TIGHTENING EXERCISES
TO KEEP THOSE CORE
MUSCLES WORKING.

3. Pelvic tilt – stand against wall, knees soft, pull belly button towards spine so that back flattens against wall, hold for 5 secs and release

Post natal period

Once you've had your baby you should start back with pelvic floor exercises as soon as you feel ready to- the sooner you do, the sooner they will tighten again. A week or 2 after a vaginal birth (longer for a C-Section), you can start to engage your core again. This is key to try and encourage your tummy muscles back together. When you are pregnant the 2 sides of your abdominal muscles get stretched and separated. The connective tissue in the middle gets stretched like a piece of blutak and unless you are fortunate often doesn't fully rejoin. A gap between the 2 sides of the belly of more than 2cm can cause core weakness and instability.

The core

The core is a cylinder made up of your diaphragm at the top, your abdominal wall at the front, your pelvic floor at the bottom and your lumbar muscles at the back. During pregnancy all these things are shifted and stretched. Postnatal ladies often have faulty breathing patterns having had their baby squashing their diaphragm for 9 months! The abdominal wall is stretched and lax, the pelvic floor, especially after a vaginal birth and any intervention such as ventouse and forceps can be very weak.

This is why it's the first thing postnatal ladies must do. By reconnecting with their core they can once again withstand the pressure of transfer-

ring load. If any aspect of your core isn't firing as it should, then the core becomes dysfunctional which leads to greater problems. Only once this is addressed, and remedial work for the whole core – helping heal diastasis (tummy muscle separation), strengthening pelvic floor etc can postnatal ladies even begin to think about putting any more load (dynamic work, running, weights etc) through their bodies.

Annie Faith Fitness

Postnatal exercise classes (daytime, bring baby) – join me on a 6 week program to rebuild your core and get your body functioning as it should again. Lots of deep core work, releases and stretching as well as time for a chat with other mums at the end. Mums circuits classes (evening)– all abilities welcome! A great mix of cardio and weights to get fab results. 1:1 personal training- bespoke sessions designed around you and your needs, setting goals and getting the most out of your precious exercise time. Core consultation – 3 sessions where your tummy is checked to see if you need some help with your core and pelvic areas. Lifestyle consultation and remote PT- An evaluation of your lifestyle and help and support to make the changes you want to make for a fitter healthier you. I can include weekly training plans to do from the comfort of your own home.

annie faith
fitness



Annie is a Mum of three who is passionate about women's health and fitness. She knows how hard it can be getting the right fitness support during pregnancy and how hard it can be to get safely back into training after children. If this sounds like you give Annie a call.

- Post natal classes (bring your baby)
- Core & lifestyle consultations
- Mums circuits classes
- Annie Faith Pulse
- 1:1 personal training
- Remote personal training

annie faith
fitness



How can we tell which toys really are the best for our children?

Children learn through play and the highest form of play is imaginative play. Looking for toys that are going to help our children learn and use their imagination can be an overwhelming and confusing experience. We could end up adding to the ever growing pile of unloved toys if we believed every marketing claim of great developmental boosts for our child. A useful perspective can be to think about how we as humans have evolved without manufactured toys. It is then we come to realise that the best toys



Hannah Pattison



Open Ended

It can't be denied that children are drawn to electronic toys that flash, whirr, play music and move at the press of a button. As adults we often fall for the tiny cute replica of a phone, kitchen, camera, push chair etc too. Often in the hopes that this will mean they stop reaching for our phone to play with! A toy phone with buttons that produce responses is an obvious way for your child to pretend to talk on his own phone, but the look and details of it are so specialised that it limits your child's ability to imagine other uses. By contrast a rectangular wooden block can be a phone, a remote control, a car, a chocolate bar- the sky's the limit! This is what is meant by 'open-ended'.

Objects that have an infinite number of uses, limited only by your child's imagination. Another way of looking at it is the more active or electronic the toy the more passive the child. But the more passive the 'toy' the more active your child.



Wooden Blocks- The individual blocks can become anything your child imagines them to be. Then later on the blocks can be put together in a myriad different ways to become cars, ships, castles, houses, cities and more! **Natural Treasures-** Pine cones, driftwood, smooth pebbles, conkers, flower petals, shells and whatever else you can find on your nature walks. Bring the outdoors, in. These are the world's original and best 'toys' where a child uses their imagination so that a stick becomes a saxophone, becomes a magic wand, becomes a fireman's hose from one moment to the next. They're also bonding with and downloading the smells and textures from nature at the same time.

Real Objects

It's possible to buy a plastic miniature replica toy of just about anything from plastic food to plastic. But what message is this sending our children? Why not let them explore and play with the real thing instead? The engagement and learning will be a hundred times better! Art supplies- a selection of different sized white paper and card, good quality crayons, felt tips, colouring pencils and powder paints will last a child from one to a hundred! Keep them accessible, well stocked and cared for. No need to set up any set craft activities. After plenty of practice exploring the different media, and as children get older, they will naturally create their own worlds of imagination on paper. Garden Tools- metal hand trowels that actually work (as opposed to plastic ones) and a patch of soil where they are free to dig to their hearts content. **Kitchen and Household Tools** – real old pots, pans, wooden spoons and cutlery work really well on an upturned crate outside (no need to buy a fancy mud kitchen). Just add a big bucket of water and access to some soil. Their imagination will fill in the rest.



Woodwork Tools- Children are more capable than we often give them credit for. They are able to handle real tools such as knives and hand saws from a relatively young age under supervision. How quickly their skills at using the tools will blossom.



Musical Instruments- Pentatonic xylophones, ukuleles and percussion instruments. Real objects for a real person living in the real (not a fake plastic) world.



Physical

We all know the importance of children getting plenty of fresh air and exercise yet it can be incredibly hard to ensure that they get the two hours minimum a day. We live in a culture that restricts our children's natural urge to move. The signs read 'No running, jumping, swinging, climbing, throwing' etc... So anything that we can provide for them in our houses and gardens that says 'hey here's your space and licence to move' will help counter all that time spent sat down at school, in cars and in front of screens. Some ideas for presents that will last the years: climbing frames (wooden or metal A frame style), scooters, bikes, trampolines, space hoppers, wobble boards, swings, see saws and tunnels. Remembering as always that nothing beats the importance of free time spent out in nature for our child's physical development- trees for climbing, logs for hauling around and most importantly

plenty of space to roam and run. So good quality, well fitted outdoor gear for all seasons is a great investment as it will encourage the whole family to get out and about whatever the weather.



Schemas

Schemas are strong urges to play in a particular way. They are all about children exploring the world and making scientific deductions. Some schemas you might have seen your child working through include the urge to move stuff around (transporting), to deconstruct things, to throw and drop things, to rotate things to cover things and to collect things. So that explains the random toys deposited inside your shoe, the wet wipe packet emptied over the living room, and the boxes of lego tipped out everywhere! Once you have a rough idea of the schemas you can ensure that their toys support these urges and it's really very simple:



Transporting Schema

Wheels! Children love to cart stuff around. A wheelbarrow or big cart for the garden and some sort of wooden push along for indoors does the trick. As they get older a cart in the garden that's big enough to pull and push each other along in is even better! Remember if it's something neutral looking as in the picture, the child can imagine it's a car, a trolley, a

pram- wherever their imagination takes them. Whereas a push along that looks like a small replica pram means they are likely to only ever use it as a pram. Other than wheels a selection of bags and handled baskets is all they need.



Enclosing Schema

Children love to hide away in cosy places away from adult eyes! Hence the massive market for pre made children's playhouses and tents. But what if we provided the tools for children to make their own cosy hideout- how much greater the learning then! For younger children lightweight silk sheets are easy for them to manipulate and with a few large pegs and cardboard boxes they're away! One moment they're under a forest canopy, the next swimming under the waves, the next a cave!



So when you're next stood in the toy aisle, or about to checkout on your online basket, ask yourself: Will this toy last and be enjoyed for several years? Is it open ended (so it won't limit my child's imagination)? Is it a real object I would enjoy exploring and interacting with myself? If the answer is yes to all of the above then go for it! Then sit back and wonder at the limitless possibilities of the human mind as you watch your child at play!



First Signs

Baby Sign Language Instruction

Let your baby do the talking!

Baby Sign Language helps babies and toddlers communicate while developing language skills for speaking!

First Signs teaches easy to use, simple signs. You'll love the unique, memorable songs and benefit from the early communication and special interaction that Baby Signing offers!

We also sell the award-winning ERGObaby carrier!

Jackie Fewtrell
 01733 221242
 jackie@first-signs.com
 www.first-signs.com




NCT Members Club...

We're really excited to tell you about NCT Members Club – designed to save you money, time and worry.

We're on the side of new parents and we're always looking for ways to make life that little bit easier. These days making every penny count is more important than ever.

NCT Members Club is a collection of rewards, discounts and services covering everything from maternity clothes to shoes for toddlers, from laptops to spa days, and household bills to holidays (with or without the kids).

It's exclusive to our members and from now on it comes free with every membership. Best of all there's no extra charge or complicated sign-up.

Want to save money on your weekly shopping. That's OK. How about 15% off at JoJo Maman Bebe, Mothercare or Ecco shoes? Those too. Or how about a discount meal out or a night at the cinema. No problem.

Offer, offers, offers

- Lifestyle – Retail cashback cards at over 50 stores including Asda, Sainsbury's, Debenhams and B&Q; Member Energy – a gas and electric price comparison service; free motoring cover; discounts on cinema tickets; savings on top UK attractions.
- Travel – Money off Haven Holidays and Park Resorts; discounted package holidays from many of the major tour operators; savings on short breaks, airport parking, foreign exchange and car hire.
- Insurance – Great deals on life assurance; home, car, health and travel insurance; roadside assistance.
- Business – Money off books, stationery, IT & professional development training and Sage Accounting software.
- Advice – Free legal, financial planning and mortgage helplines.

Find out more today! <https://www.nct.org.uk/become-a-member>



www.babysensory.com



Award winning classes for babies from birth to 13 months

Sessions run in 10 week terms. You can join at any time providing there is space on a class.

Running in Wansford and Stamford.

Contact Kerry for more information or visit the website <http://www.babysensory.com/en/classdetails/corby> for more details and to book.

-  Music
-  Light shows
-  Puppet Shows
-  Bonding

Baby Sensory is a unique development programme promoting learning through multi-sensory activities. Every week is different but includes music, signing, bubbles and many more exciting activities.

Please contact: Kerry Nicholls
 Tel: 07847613780 E-mail: corby@babysensory.co.uk

Mother & Baby Yoga

relax
stretch
& breathe



your way back to shape while bonding with your baby

Tuesdays **1-2.30pm** term-time

at The Jigsaw Centre, Herlington, Orton Malborne PE2 5PW

all mums welcome
following 6-8 week check

Email yoga.peterborough@nct.org.uk
to book or find out more

Sessions £9 per week or only 90p per week for:

* Students under 22 years of age

* Under 16s

* Women with a yearly household income under £18,790

* Women receiving:

* income support

* income-based job seekers allowance

* income related employment and support allowance

* working tax credit

* support under part VI of Immigration and Asylum Act 1996

* Plus reductions of between 10% and 80% for women with yearly household income of between £16,190 - £26,190

National Children's Trust is a registered charity (801985)

*Calling all active & energetic
boys and girls!*



NON CONTACT RUGBY FOR 2-6 YR OLDS

WOULD YOU LIKE YOUR CHILD TO RUN OFF SOME ENERGY ON A SATURDAY
MORNING AND TO MAKE NEW FRIENDS, PLAY AS A TEAM AND TO LEARN
SOME AMAZING SPORTS SKILLS?

Little Scrummers Rugby non-contact rugby classes are not only fun,
exciting and professional; they also help to improve your child's gross
motor skills, sporting ability and confidence. Classes have a positive effect
on communication, behavioural, and social skills by encouraging team
work and sharing. Come along and have a try!



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ON A SATURDAY MORNING
IN DUNSTONVILLE, EBBW • 9.00-10.00AM

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