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**Sascha Landskron and Jo Leigh**



Editors of Boom Magazine and local mums

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# BOOM Belper here it is, everything you need to know in one nice and easy place!

The purpose of this magazine is to support YOU, parents local to Belper. We are two local mums hoping to provide you with information on classes, groups, swimming and Christmas events for you and your children. This handbook will also provide you with informed articles, advice and humour to help you survive the the enormous job of parenting. This magazine has no parenting bias or agenda. You may have breastfed your babies to the school gate or bottle-fed from birth. You may be working fulltime or working-at-home. Mums, dads, grandparents and carers - all are welcome. This first issue is dedicated to Behaviour. Many parents wonder why our children

do bizarre, annoying or even upsetting things. Read on! We have some answers. If you have a toddler, some of these behaviour problems may be familiar to you already. If you have a baby, you can use this issue to help prepare you for the road ahead. Jo Leigh explains schemas, or how our children's behaviours are linked to how they learn about the world around them. Sascha Landskron writes about fussy eating and food refusal in toddlers and discusses why it develops and what you can do to prevent it from escalating. Kerry Gill inspires us to enjoy the outdoors with our children in her article, Autumn in the Woods. Please feel free to use the coupons and offers inside to support our local businesses and services. We hope you enjoy the first issue of Boom Magazine and watch out for our Wellbeing issue available mid-January.



Photo by Christina Michelle

*Jo & Sascha*

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# AUTUMN IN THE WOODS

BY KERRY GILL - local mum & nature enthusiast

**M**isty mornings, an earthy smell in the air and muddy boots are what I envisage when I think of autumn. Towards the end of August, the golden glow of summer ebbs away and greens give way to a kaleidoscope of reds, yellows and browns. Autumn is a magical time to explore the woods. Woodlands provide endless natural entertainment for children. I would like to share some of our family's favourite woodlands to visit and the games, creative projects and nature spotting you can enjoy when you are there.

## FUN AND GAMES

The humble stick is the essential companion for exploring. Pick one up and watch your child's imagination run wild. Sticks can be used to drum on trees, ride like a horse or throw like

a spear. Throwing is a powerful urge important for developing strength, coordination and even writing skills. We throw sticks into open spaces, away from people, so no one comes to harm.

As winter draws closer and the leaves begin to fall, a favourite game (and a great way to keep warm) is trying to catch a falling leaf. See if you can. It's harder than you think and it will have you giggling as you leap around.

## GET CREATIVE

At this time of year there are no end of things to collect in the woods. Leaves of different colours, nuts, berries and seed heads all go in our bucket. You should easily find ash and sycamore keys. These are the seeds you can throw in the air and watch as they helicopter back to the

ground. We save our woodland collections for a rainy afternoon to turn into a collage or even Christmas cards. If you bring a stick home, your child's treasures can be hung from it to make a natural mobile or window hanging.

A journey stick or journey crown will keep you on the move. Wrap a piece of double-sided tape around a stick or onto a strip of cardboard to make a crown. Stick on natural things you find in the woods to remind you of your adventure. See how many different colours you can find!

## NATURE SPOTTING

A single oak tree can produce 90,000 acorns a year, providing an important food source for many animals. Acorns often have the tell-tale signs of who's been eating them. Squirrels

like to crack them open, while wood mice nibble a hole in the top. As you walk through the woods you may hear squirrels crashing about in the tree canopy above, dropping acorn shells and leaping from branch to branch. Watch closely and you'll see them busily collecting and burying acorns. While you're listening you might hear the distinctive squawks of jays. They are also collecting acorns for the winter.

Mist and frost create perfect days to admire spider webs in the long grass, when they look like they've been strung with a thousand glass beads. If you look closely, you might see a resident spider or a fly wrapped up for their next meal.

In the damp months at the start of autumn you should be able to



find an abundance of mushrooms. Children find mushrooms fascinating. I always explain it is difficult to tell which ones are poisonous. A safe way to investigate mushrooms without touching them is by poking them with a stick.

Children play differently when they are in wild places. Woodlands open a whole world to explore and to fire imaginations. To be lost in play, free of adult intervention, is becoming

increasingly rare. The next time you are in the woods, find a safe space where you can step off the path, stand back and follow your child's lead to see the adventures and treasures they find.

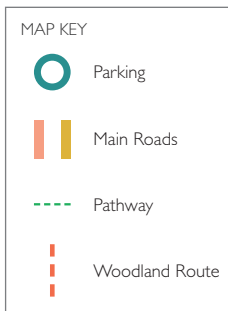
### WOODLANDS TO EXPLORE

**Belper Parks Nature Reserve** is a hidden gem in the centre of our town with meadows, a stream for Pooh sticks, and good trees for climbing. Most paths are suitable for pushchairs but can become muddy after rain.

**Shining Cliff Woods** has a lovely pond and stream for paddling. There are several places to park, which allows you a range of walks. The paths are uneven and often muddy, so pushchairs are not recommended.

**Bow Wood** was once a pasture; see if you can spot the stone gate posts as you walk up the path. A short walk can be extended by exploring the adjacent Coumbs Wood. Uneven paths make this wood unsuitable for pushchairs.

**Oxhayes Wood** goes uphill at the start of the walk, but rewards you with a downhill meander back. Paddle in the stream and explore the old quarries. The first part of the path, straight up from the parking area, is pushchair friendly although it will be muddy after rain. At the half-way point the path becomes narrow and uneven so if you have a pushchair, head back the way you came.



#### 1. Shining Cliff Wood, Ambergate

Sling. Park Holly Lane grid ref SK346514, Jackass Lane grid ref SK332516 or in the woods grid ref SK329521

#### 3. Oxhayes Wood, Whatstandwell

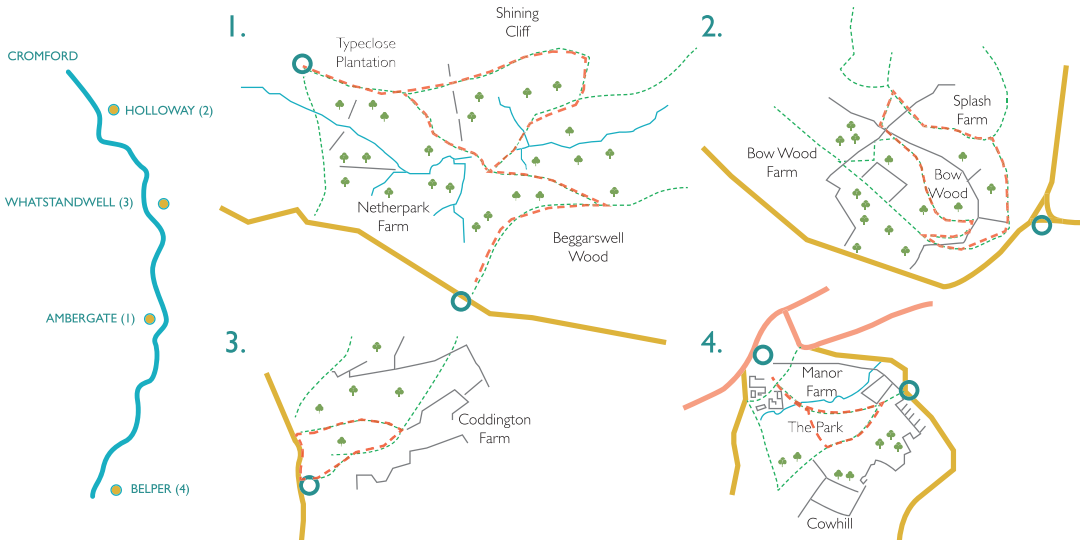
Sling. Park Robin Hood Lane, layby before Oakford Cottage B&B grid ref SK332549

#### 2. Bow Wood & Coumbs Wood, Holloway

Sling. Park on Lea Road near John Smedley Mills grid ref SK317562

#### 4. Belper Parks Nature Reserve

Buggy or sling. Park at coppice Car park grid ref SK350474 or Mill Lane SK354473





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# Swimming Timetable

POOL	MON	TUE	WED
<b>BELPER LEISURE CENTRE</b> <small>DE56 0DA • TEL: 01773 825285</small>	7:15am - 9:00am 6:10pm - 8:00pm	7:15am-9:00am 12:30pm-3:50pm 1:30pm-3:00pm Parent and Toddler Swim 6:10pm-7:30pm	7:15am-9:00am 12:15pm-1:15pm
<b>ALFRETON LEISURE CENTRE</b> <small>(TEACHING POOL)</small> <small>DE55 7BD • TEL: 01773 523325</small>	12:00pm - 1:30pm 6:00pm - 7:00pm	12:00pm-1:00pm 3:00pm-4:00pm	9:00am-12:00pm 12:00pm-1:30pm Parent and Baby/Child Session 3pm-4pm 6pm-7pm
<b>ARC LEISURE MATLOCK</b> <small>(TEACHING POOL)</small> <small>DE4 3AZ • TEL: 01629 581322</small>	8:00am - 9:30am 9:30am - 11:15am Parent and Toddler Swim 12:30pm - 1:30pm 6-8pm	8:00am-11:00am 1:00pm-1:30pm	8:00am-9:30am
<b>ASHBOURNE LEISURE CENTRE</b> <small>DE6 1DR • TEL: 01335 343712</small>	7:00am- 9:30am 9:30am-10:30am Baby and Toddler Splash 12:30-4pm & 8-9pm	7:00am-10:30am 10:30am-11:30am Baby and Toddler Splash 12:30pm-4:00pm 6-7pm & 8-9pm	7:00am-9:30am 11:00am-11:30am 12:15pm-1:30pm 3:00pm-4:00pm 6-7pm
<b>RIPLEY LEISURE CENTRE</b> <small>(TEACHING POOL)</small> <small>DE5 3HR • TEL: 01773 514727</small>	12:00pm - 1:15pm 3:15pm - 4:00pm (Parent and Baby/Child Session)	12:00pm-1:30pm Parent and Baby/Child Session 3:00pm-4:00pm	11:00am-12:00pm Parent and Baby/Child Session 12-1pm & 3-4pm
<b>VICTORIA PARK LEISURE CENTRE ILKESTON</b> <small>(SMALL POOL)</small> <small>DE7 8AT • TEL: 0115 9440400</small>	9:30am-11:00am Splash Tots 12:00pm-2:00pm Family Swim	12:00pm-2:00pm 4:00pm-7:00pm	11:00am-12:00pm Splash Tots 12:00pm-1:30pm Family Swim 4:00pm-7:00pm
<b>VICTORIA PARK LEISURE CENTRE ILKESTON</b> <small>(SENSORY POOL)</small> <small>DE7 8AT • TEL: 0115 9440400</small>	None	9:30am-1:00pm	11:00am-1:00pm
<b>WILLIAM GREGG VC LEISURE CENTRE HEANOR</b> <small>(TEACHING POOL)</small> <small>DE75 7HA • TEL: 01773 537940</small>	9:30am-12:00pm 12:00pm-1:00pm	11:00am-1:30pm 3:00pm-4:00pm 6:00pm-7:00pm	11:45am-3:00pm
<b>WIRKSWORTH SWIMMING POOL</b> <small>DE4 4JG • TEL: 01629 825704</small>	12:00pm-1:00pm	12:00pm-1:00pm	11:00am-12:00pm Parent and Tot Session 12:00pm-1:00pm



**Please note:**

Times listed below are for public swims, unless otherwise noted. The timetable is likely to change on school and bank holidays. Many leisure centres have more than one pool, however the smaller or warmer teaching pools have been listed below. Contact the individual pools or leisure centres for additional information on other pools and holidays swimming sessions.

THUR	FRI	SAT	SUN
7:15am-9:00am 1:00pm-3:50pm 2:00pm-3:00pm Parent and Toddler Swim 6:10pm-8:30pm	7:15am-9:00am 2:45pm-3:45pm 6:10pm-8:00pm	7:15am-2:30pm 1:30pm-2:30pm Family Wacky Water	10:00am-5:00pm
9:00am-1:30pm	12:00pm-1:00pm 6:00pm-7:00pm	12:00pm-4:00pm	8:00am-2:30pm
8:00am-9:00am 9:30am-11:00am Parent and Toddler Swim 12:30pm-1:30pm 6-8pm	8:00am-9:30am	12:00pm-3:45pm	8:00am-10:00am 10:00am-2:00pm Family Splash 2:00pm-4:30pm
7:00am-9:30am 9:30am-10:30am Baby and Toddler Splash 12:30pm-1:30pm 3-4, 5:30-6:15 & 7-8pm	7:00am-9:45am 9:45am-10:45am 12:00pm-1:30pm 5:30pm-7:00pm	8:30am-2:00pm 2:15pm-3:30pm Splash Out Inflatables Session	8:30am-4:00pm 10am-12:30pm Family Swim
11:30am-12:30pm Parent and Baby/Child Session	12:00pm-1:30pm 3:00pm-6:45pm	11:00am-3:45pm	9:00am-3:30pm
11:45am-1:15pm Family Swim 4:00pm-7:00pm	9:30am-11:30pm Splash Tots 12:00pm-1:30pm Family Swim	10:00am-3:00pm	9:00am- 3:00pm
9:30am-12:00pm	4:00pm-6:00pm	None	1:00pm-2:00pm
12:00pm-1:00pm 3:00pm-4:00pm 6:15pm-7:00pm	10:00am-1:30pm 3:00pm-4:00pm	12:45pm-3:30pm	9:00am-3:30pm
12:00pm-1:00pm	12:00pm-1:00pm	11:45am-1:00pm	Closed





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# What's all the fuss?

Why toddlers refuse food and what you can do about it



not eaten them recently. Food Neophobia is a normal stage of development. It is thought that it may even be a protective mechanism, because as babies become more mobile, they can more readily access and eat dangerous or poisonous things.

## WHY TODDLERS REFUSE VEGETABLES

Your child will not develop a sweet tooth if you give her sweet food, she has one already. Humans are born with an innate preference for sweet and calorific foods, which in their natural form are generally nutritious foods. We are also born with an innate dislike of bitter tasting and green foods, as they are more likely to be poisonous. Children are therefore hard-wired to refuse vegetables (which tend to be bitter, green and low in calories). They can develop a taste for vegetables, but this happens slowly, over time. Studies show that we need to taste a new food 10-15 times before we like it. You may need to present a new vegetable dozens of times before your child will be able to like it.

## DISTASTE, DISGUST AND CONTAMINATION

At around three years of age

**M**ost people know that feeding a toddler can be difficult, but did you know that fussy eating is actually a normal stage of their development? In fact, at some point after your child's first birthday, you can expect their eating habits to change and they will probably start to refuse some foods. Your toddler may refuse food for many different reasons. It's normal. This article is intended to explain why the fussiness happens and how you can survive this difficult period.

## WHY TODDLERS REFUSE NEW FOODS

Toddlers start to be wary of new food around the same time they start to walk. This stage is called Food Neophobia and it starts around 14 months of age and peaks at about 20 months, but can last for several years. After your child's first birthday they will likely start to refuse new foods, which can include foods that look slightly different (e.g. yogurt from a different carton). Many will refuse previously accepted foods if they have

you can expect your child to refuse foods because of distaste, disgust and contamination. Toddlers can develop strong reactions to foods which they find distasteful. They may also refuse a food because it looks like something else they find disgusting, for example an over-ripe banana might be refused because it reminds them of poo. Forcing a child to eat a food that they find disgusting or distasteful can evoke an even stronger reaction and may lead to retching or vomiting. Disliked foods may “contaminate” other foods if mixed together or presented on the same plate. Some children have particularly sensitive sensory systems and may notice and dislike changes in their food, which others would not notice. For example, some children will refuse a food if the packaging changes, or they may refuse a fruit that has a different colour or ripeness.



## WHY EVENING MEALS ARE SO DIFFICULT

Healthy toddlers have an innate sense of how much they need to eat. They do not respond to

external cues to eat, as older children and adults do. As adults, we might eat because it's dinnertime, even if we are not very hungry. Young children however, generally do not eat when they are not hungry. Family meals in the evening can be especially stressful for parents, as you may have gone to great efforts to plan and serve a wholesome family meal, but if your young child has eaten well or snacked in the day, they may not feel hungry, and they will not join in. They are not yet socialised to eat when they are not hungry.

## OTHER REASONS TODDLERS MAY BE FUSSY

Children who are usually more adventurous eaters may start to refuse meals when they are tired, grumpy, distracted, over-excited, anxious, poorly or teething. Having a sore throat, cough, cold, or temperature can also lead to food refusal. Children who have suffered or currently suffer from reflux, allergies, constipation or iron deficiency may also become fussy eaters.

All this may sound like very bad news but do not despair! There is much you can do to prevent fussy eating from developing into a feeding problem.

## IF YOU HAVE A BABY

The key is to regularly expose your little one to the healthy foods you eat as a family. Processed baby foods are useful when you are travelling or short on time, but you want to make sure your child is used to eating real food before their fussy stage

begins. (You can find a recipe for homemade baby food on the following page.) Try not to make your baby too many special foods and meals that you do not eat yourselves. If your baby happily eats about three or four different fruits, three or four different vegetables, five carbohydrates and five protein foods at around 12 months of age, you will be very well prepared to deal with the fussy phase.

## IF YOU HAVE A TODDLER

If your child is difficult to feed, try to ease up on your expectations. Many children thrive despite a limited diet. It's more therapeutic for your child to find mealtimes calm and pleasant than for them to have “just one spoonful of broccoli/carrot/lentils...”. Children need to see us eat healthy foods to learn that they are safe. Which is why it's preferable to eat meals together as a family and why you may find your toddler prefers to eat food from your plate rather than their own.

Try to ensure that each meal contains at least one healthy food your child likes. Praise your child for eating healthy food and ignore the fussy behaviours. You may find it more effective to praise the process rather than the child. Rather than saying: “Good girl you ate all your tomatoes.”, try: “What lovely red and squishy tomatoes! Aren't they delicious!”. This approach teaches your child to enjoy the experience of eating, rather than teaches them to seek

CONTINUED ON PAGE 14



accolades. Mealtimes should last no longer than 20 minutes. After that, remove the plate without comment or judgement.

Try not to use dessert as a reward for eating the main meal, as this reinforces the idea that the meal is something unpleasant that requires a reward. Fruit, yogurt or a milky pudding can be offered after a main meal, even if not much of the meal was eaten. This allows your child to obtain nutrients from both courses. Hiding disliked foods in safe preferred foods (e.g. vegetables in pasta sauce) might work for some children. Some sensitive children however may be able to sense the disliked food and may start to refuse the safe food. This can erode trust between you and your child.

A healthy feeding relationship is best described as one where the parent decides: when, where and what food is offered, and the child decides: how much or whether to eat the food at all. For example, you decide to serve a roast, two vegetables and potatoes at 5pm, at the dining table; and your child decides how much of each food he will consume. A healthy feeding relationship is not: you serving the meal and your child refusing some or all of it, and then asking you to make him a new meal. If your child refuses a meal totally and you are worried, you can offer a new meal made up of his healthy preferred foods about 30-60 minutes later.



## WHEN TO ASK FOR MORE HELP

Seek professional help if you have a child who is not growing, or if they have other health issues like reflux, allergies, constipation, anaemia, or developmental disorders. You should also seek help if mealtimes cause distress to you, your family or your child. You and your children have a right to enjoy mealtimes together.

---

**Sascha Landskron, BSc, MSc**  
PAEDIATRIC DIETITIAN

# HOW TO MAKE PURÉED BABY FOOD

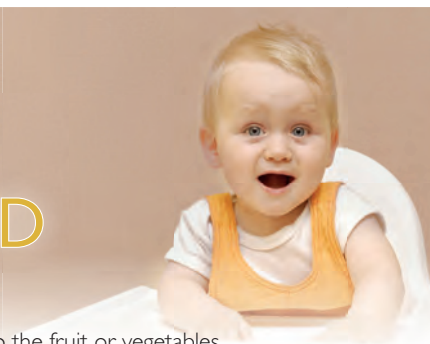
It can be expensive to buy baby food in jars, especially when you first start feeding, when your baby may only take 1-2 tsp at a meal. This recipe can be used for a variety of fruits and vegetables such as sweet potato, squash, carrot, broccoli, courgette, cauliflower, apple or pear. You can try them one at a time, or mix them together.

## METHOD

- 1) Wash, peel, core and chop the fruit or vegetables.
- 2) Boil or steam until soft enough to mash a bit with a fork.
- 3) Purée until very smooth using a food processor, hand blender or spoon and sieve.
- 4) Thin the purée with water from the pan. First purée should be fairly thin so your baby can suck it from the spoon.
- 5) Cool the purée to a slightly warm temperature.

You can add some of your baby's milk to thin the purée down and add extra nutrition. You can add baby rice to make it thicker.

Homemade baby foods can be frozen in small pots or ice cube trays.





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# Play with your food

How messy play can help your child learn

By Jo Leigh



**Many of us were brought up with the rule that we do not play with our food. Children however learn about the world around them by playing, so the recommendation now is that babies and young children should be encouraged to play with food to help them learn to enjoy new foods and textures. Food play can be especially effective for fussy eaters.**

**I thought it might be fun to share some food play ideas that I've been using recently with my own fussy little eater and also for sensory fun at my Toddler Group.**

Some things to keep in mind before you begin:

- Keep these play sessions separate from meal times.
- Lay down a plastic sheet so the mess is easier to clean up after you are finished; or take it outside.
- Wear old clothes and avoid wearing white!
- Don't wipe your child's hands, clothes and face until the messy play session is finished.
- If you find the mess disturbing, don't let your child see your reaction. You want them to feel free to play and learn.
- Never put pressure on your child to eat the food.

Sensory Farm or Zoo – You can use toy animals and any dry food that you have at home, such as Weetabix to make walls and spaghetti to make straw. Shredded tortillas make great bedding for a hen house and Shreddies look like hay bails. You can invent new animals or make farmers by drawing faces on carrots and potatoes.

Food mosaics – try giving your child a selection of raw pasta, lentils, beans and rice. They can stick them onto colourful paper using non-toxic glue or jam.

Is your child reluctant to eat vegetables? Encourage them to touch and handle the vegetables, and tasting will come later! Try vegetable printing with potatoes, carrots, celery, peppers etc. You can use jam, sauces, custard or yogurt as paint. Try printing on different materials such as paper, foil or bubble wrap.

If your child is reluctant to eat "wet" food? Try encouraging them to mash and squish soft fruit, cooked vegetables, cereal with milk, cheese spread,





yogurt etc. They may enjoy finger painting, but if they are really averse to touching wet foods, you can start by having them stir them with a spoon or paint brush.

Have you spent ages making a dinner and they just won't eat it? Don't bin it, let them play with it the following day! Encourage them to stick broccoli trees in playdough, drive cars through mashed potato, and bring their favourite dolls or toys to the play session to taste the carrots.

For children who are really averse to touching new foods, you may find that cutting and pasting pictures of foods to be helpful. You can find colourful pictures of food in magazines or on the internet.

Have fun!

Jo Leigh



# Belper groups for babies and toddlers

If you are a new group and wish to be listed in our January issue, get in touch - [info@boommagazine.co.uk](mailto:info@boommagazine.co.uk)

## BELPER CLINIC TIMES

**Belper Child Health Clinic, Babington Hospital**  
1-3pm on Wednesdays

## DAY

### MONDAY

**Mini Moos Parent and Toddler Time for 0-5s**  
Splitz Dance Centre, Campbell St.  
9:30-11:30am PAYG

**Twistin Tots - musical fun and play for 0-5s (Free Tasters)**  
Belper Community Hall  
9:45-11:45am PAYG

**Come and Play**  
Belper Children's Centre  
10-11:30am FREE

**NCT Bumps and Babies**  
No.28 Belper Market Place  
9:30-11:30am PAYG

**Bellebambino Baby Massage (6wks-crawling)**  
Alton Manor Day Nursery  
10-11am PAYG

**Moobies Baby Time for pre-walkers**  
Splitz Dance Centre, Campbell St  
1-2:45pm PAYG

**Story and Singing Time for 0-5s**  
Belper Library  
2-2:45pm FREE

### TUESDAY

**Twistin Tots - musical fun and play for 0-5s (Free Tasters)**  
Belper Community Hall  
9:45-11:45am PAYG

**Baby & Toddler Spanish Lessons 0-4 yrs**  
Fleet Arts  
10-11am BOOK

**Tiny Talk Baby Signing (0-2years)**  
The Fit Pit, East Mill  
11am-12pm &  
12:15-1:15pm BOOK

**Baby World and Me.**  
The Vanessa Millar School of Dancing  
10-10.50am & 11-11.50am BOOK

**Chucklebutties Toddler Tuesdays**  
Belper Mills  
9:30-12:30pm PAYG

**Twistin Tinies - musical fun for ages 0-18months (Free Tasters)**  
Belper Community Hall  
1.30-2.40pm BOOK

**B.E.A.R.S Breastfeeding Group**  
Belper Children's Centre  
1:30-3pm FREE



## WEDNESDAY

### **Derbyshire Toy Library Stay & Play**

Belper Community Hall  
9:30-11:30am PAYG

### **Gym kids**

Belper Leisure Centre  
0-3yrs 9:25-10:10am PAYG  
3yrs+ 10:20-11:05am BOOK  
3yrs+ 11:15am-12pm BOOK

### **Zumbini for 0-3 yrs**

Ritmo STUDIO  
10-11am BOOK

### **Baby Rocks (Bellebambino)**

6wks-crawling  
The Fit Pit, East Mill PAYG  
10.30-11.30am.

### **Little Church**

St Peters  
1:15-2:45pm PAYG

### **Daisy Baby**

Vanessa Millar School of Dancing  
'Tinies' (baby massage, yoga-based movement and relaxation for mum)  
11:30am-12:30pm BOOK  
'Wridders' (baby yoga, rhythm, rhyme and sensory play)  
10-11am BOOK

### **The Creation Station**

The Strutts Centre  
10-10:45am (15months to 5 years)  
Little Explorer- BOOK  
11:15am-12:00pm (6months to 14 months) Baby Discover- BOOK

### **Jelly Roles: 18 months to 4yrs (younger siblings welcome)**

Rugby Club  
2-2.45pm PAYG

## THURSDAY

### **New Life Tots**

New Life Church 10-12pm PAYG

### **Baby Ballet**

Vanessa Millar School of Dance  
Tinies (18 months-3yrs) 10:15am  
Movers (3&4 yrs) 11:00am BOOK  
Tappers (3yrs+) 11:35am BOOK

### **Little Sage Baby Yoga Course**

No 28 The Marketplace - BOOK  
9.45-11am (crawling to walking)  
11am-12.15pm (8 weeks to walking)

### **Little Ones for Under 1s**

Belper Children's Centre  
10-11:30am FREE

### **Derbyshire Toy Library Stay & Play**

Brookside Bungalow  
1:30-3:30pm PAYG

## FRIDAY

### **Baby Sensory for 0-13months**

The Lion Hotel  
10am, 11.15am & 12.45pm BOOK

### **Natural World**

Belper Children's Centre  
10-11:30am FREE

### **Miracles2Mums Pilates (Post Natal 6 wks+ & Antenatal 12 wks+)**

Belper Rehab Physio & Pilates Studio  
10:30-11:30am PAYG

### **Sensory Stories**

Fleet Arts  
10-11:30 PAYG

### **Little Sage Kids Yoga Course (18 months to 5 years)**

No 28 The Marketplace  
10-11am & 11am-12pm BOOK

Please note that some groups run term time only. The Children's Centre groups may be subject to change. We recommend you check the groups' websites and Facebook pages for updates.



Derbyshire Toy  
Libraries

# DON'T BUY BORROW

## Come stay, play and take away

Encouraging children to laugh and learn through play

### FIND A TOY LIBRARY

The following Baby, Toddler and Pre-school Stay & Play sessions are held weekly subject to holidays:

Mondays	CRICH	Glebe Field Centre DE4 5EU	9.30-11:30am
Tuesdays	WIRKSWORTH	Infant School DE4 4GZ	9.30-11:30am
Wednesdays	BELPER	Community Hall DE56 1AB	9.30-11:30am
Thursdays	FRITCHLEY	Primary School DE56 2FQ	9.30-11:30am
Thursdays	KILBURN	Village Hall DE56 0LU	9.30-11:15am
Thursdays	BELPER	Brookside Bungalow DE56 1RZ	1.30-3.30pm
Fridays	MATLOCK	Sure Start Children's Centre DE4 3DS	10.00-12.00pm



[www.derbyshiretoylibraries.org](http://www.derbyshiretoylibraries.org)

Patron: James Lewis  
Charity Number: 1081255

**Give your baby the best start!**  
Develop essential skills and allow them to flourish and grow using music.

A fun group for babies aged 0-18months and their carers.

Class we use innovative props, puppets and light shows to promote learning, communication and motor skills.

photo taken during a Twistin Tinies class

“ My little one loves Twistin Tinies and has been attending since she was 12 weeks old. We have lots of fun and everyone is very friendly. I would highly recommend this class to all mums with little ones. ”  
Teresa Chase, Willington.

**CALL FOR A FREE TASTER SESSION**

- 20 minutes of musical baby bonding and sensory activity.
- 20 minutes of learning songs/activities to do at home.
- Coffee time - share experiences and make new friends.

**Booking essential. Call Jacqui now on: 07977 578359**

**BELPER, Tuesdays**  
1.30 - 2.45pm  
Community Hall, Bridge Street,  
(Behind the Library), Belper DE56 1BA

**DARLEY ABBEY, Thursdays**  
11.00 - 12.10pm  
Village Hall, Abbey Ward, Off New Rd,  
Darley Abbey DE23 1DQ

A fun mix of rhymes, songs, actions, puppets and props to educate your children and keep them entertained.

No need to book, just turn up!

“ the music and movement is brilliant, and the leader is amazing with the kids. ”  
Amy Cobb, Belper

**New classes**  
Alfreton and Wingerworth - from end October

**FREE TASTER VOUCHER ONLINE**

- Mondays SPONDON and BELPER
- Tuesdays BELPER
- Wednesdays MATLOCK and LITTLE EATON
- Thursdays DARLEY ABBEY
- Fridays RIPLEY

**www.twistintots.co.uk**  
See website for more info  
or call: 07977 578359  
[Info@twistintots.co.uk](mailto:Info@twistintots.co.uk)

Find us on Facebook  
[www.facebook.com/twistintots](http://www.facebook.com/twistintots)



Most babies learn best when they see, hear, feel, touch, taste and smell



Classes now running in **Belper, Ripley & Ashbourne**  
Book your place now at: [www.babysensory.com](http://www.babysensory.com)

To find out more:

Marie on 07989 443734  
[centralderbyshire@babysensory.co.uk](mailto:centralderbyshire@babysensory.co.uk)  
 Baby Sensory Central Derbyshire  
 @BSCentralDerbys



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



**Mini Moos Toddler time – aimed at 1-4 yr olds**  
**STAY, PLAY, MAKE & SHAKE**  
 Themed dancing and singing time at the end

Mondays 9.30-11.30am **£4**  
 50p extra per sibling (non-crawlers come free)  
 Buy 6 sessions for £21 (to be used within a term)

No need to book!  
Pay as you go!




**Moobies Baby Time – perfect for pre-walkers**  
 Wide variety of toys plus a sensory dark room  
 Baby dance and singing at the end


Members + 2 extra **£3.50**  
 Buy 5 sessions for £15 (to be used within a term)




Look out for our Special events including **DADS DAYS**  
 Toys available to hire for a Party at Splitz

Please check for weekly updates:  
[www.facebook.com/minimoosbelper](http://www.facebook.com/minimoosbelper)

Splitz Dance Centre, Campbell St, Belper, DE56 1AP  
 (put 'Campbell St' in GPS)


"I definitely recommend this class to anyone who wants to encourage their baby's development and have lots of fun at the same time" - Laura Y.



**FREE TRIAL CLASS**


Baby World and Me is a new Belper based parent and baby class which creates a special world inclusive of our core values of **explore, play** and **bond**. Our classes are from birth to toddler. To find out more please contact Edwina on **07719 535991** or why not visit our fab website to start your Baby World and Me journey today!

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



**Baby & Kids sage Yoga** Classes

Baby Yoga from 8 weeks to walking  
 Kids Yoga from 18 months onwards  
 Mum and Baby Pamper Days



certified by rainbow kids

Brightlight Baby Yoga Practitioner

facebook/littlesageyoga

**Belper and Ilkeston**

For details or to book contact Laurie on:  
 T: 07545 479693 E: [laurie@littlesageyoga.co.uk](mailto:laurie@littlesageyoga.co.uk)

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

# Belper is busy!

Here are other groups for you to join:



## **Belper Early Years Fun**

Belper Early Years Fun (BEYF) was set up by a group of local mums to address the closure of Belper's Children's Centre (Alder Road, Parkside, Belper), to ensure that all families in Belper continue to have a safe and welcoming place to come for peer support and advice, and to help reduce the feeling of isolation. The group will be applying for grants and fundraising in order to continue to provide the services currently available at Belper's Children's Centre, including the popular (and free) Stay and Play sessions for 0-5 year olds. BEYF will also be collaborating with other local groups who provide important services, such as BEARS and Special Friends (see below for more information). If you are interested in getting involved with running any of the groups or helping with the committee please email: [belperearlyyearsfun@gmail.com](mailto:belperearlyyearsfun@gmail.com) or find them on Facebook to keep up with the latest news.



## **Special Friends**

Special Friends is a Belper-based play and support group for families with children with additional needs. Special Friends understands the fear and isolation that can come with learning that your child has developmental, behavioural or medical difficulties, and they want to be there for you from the start. They have playgroup sessions, fun activities for older children and support for parents. Special Friends aims to be a warm, welcoming friendship group, as they find that being together really makes a difference. For more information please email: [info@special-friends.co.uk](mailto:info@special-friends.co.uk) or find them on Facebook: [www.facebook.com/specialfriendsbelper](https://www.facebook.com/specialfriendsbelper) for their news and activities.



## **Thinking Differently About Education**

Thinking Differently About Education is a group that recently formed following conversations about concerns that the current education system is overloaded with tests and lacks child-led creative and outdoor activity. The group is new and developing, with their main communication link being their Facebook page (search: Thinking Differently About Education). It is led by the people in the group, and their ideas. Mums and dads with pre-school aged children meet regularly in woods and the outdoors for play and picnics, and plans are afoot for more activities in the future. There are also parents with school-age children who would like to develop outdoor and creative events for after school and the holidays. Everyone is welcome to join the group, come to events and contribute ideas.





## B.E.A.R.S

### BEARS

BEARS stands for Breastfeeding Experience, Assurance and Reassuring Support, and their volunteers are mums who have breastfed their own children and completed additional training, to enable them to support pregnant and new mums and babies to breastfeed for as long as they want.

BEARS run a weekly drop-in group at the Belper Children's Centre on Alder Road, Tuesdays (1:30-3pm) where new mums can meet other mums and babies and find support with breastfeeding. They say, "If you've got a question, we've got the answer. (Or we can point you in the right direction.)". They have toys for older children, and encourage mums to drop in during the session, for as long or as little as you like. They say that lots of local mums have found it to be a friendly and welcoming group and a source of invaluable support as their babies grow. You can also call the BEARS helpline on: 07776 495 900 for support. Find them on Facebook by searching @ bearsbreastfeeding for more information, humour and support.



### Belper Mums on the Run!!

Belper Mums on the Run!! is a newly established group of mums with a passion for running. They aim to be a friendly and welcoming group with a wide range of abilities and speeds. They understand the complex schedules and childcare needs that come with being a parent, so there are no scheduled runs; it is all organised through the Facebook page (search: Belper Mums on the Run!!). They do multiple runs every week at varying locations, paces and distances. They also enter local events including: the Derby 10k, Derwent River Relays, Black Rocks Fell Race, and many more. If you are a runner, or would like help getting into running, join their Facebook page to get involved.



### Belper Mum's Book Group

Belper Mum's Book Group aims to be a welcoming group for mums rediscovering their love of reading, after the busy early months and years of parenthood. They meet on the last Tuesday of the month at 8pm at the Black Bull's Head, Openwoodgate, Belper. The meetings are informal and they understand that sometimes you will not find enough time to finish the book, but encourage you to come along anyway. They take turns choosing a new book each month, and welcome suggestions at any time. Past Book Group reads include a wide variety of: fantasy, psychological thrillers, contemporary fiction, classics and science fiction. November's book is *The First Fifteen Lives of Harry August*, by Claire North and December's book is *The Love Song of Miss Queen Hennessy* by Rachel Joyce. You can join the Belper Mum's Book Group on Facebook for updates and information, or simply turn up on the last Tuesday of the month.





# Messy little munchkins



## CONGRATULATIONS Bertie!

Well done to Bertie's family who won a photoshoot to be on the front cover of our second issue of Boom.

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Thanks for sending in your photos. If you would like your child to appear in January's 'Sleepy Faces' feature then send photos to [info@boommagazine.co.uk](mailto:info@boommagazine.co.uk)

Another winner will be picked out of the hat to win a photoshoot with Boom's photographer Christina Michelle and be on our front cover.



Alex



Annaleece



Issac



Penelope



Issy



Joseph



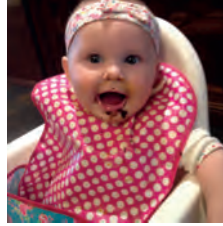
Theodore



Emily



James



Mia



Melissa



Ffion



Corinth



Ronnie



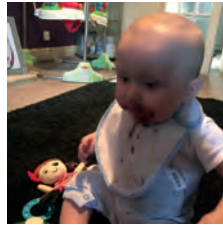
Rose



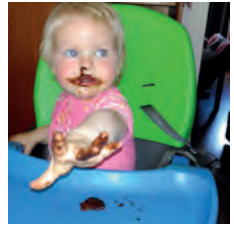
Lucy



Mollie Rose



Bobbie



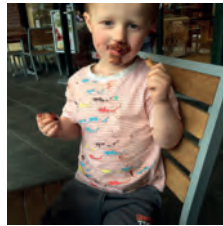
Rowan



Toby



Mya



Ted



Jack

# Christmas crackers



Here are some fun child-friendly activities, events and theatre productions happening this Christmas time:

## **Belper Christmas Lights Switch On**

Memorial Gardens, King Street, 25th November, 5.45pm-8pm  
The Christmas lights will be switched on at Milford at 5pm

## **Belper Christmas Food Festival**

King Street, 4th December, 10am-3pm

## **Christingle**

St Peters Church, 24th December, 6pm.

Also look out for the knitted nativity figures and animals hidden in Belper shops throughout December.

## **Belper Carol Concert**

Market Place, Belper – Open Air Carol Service on 24th December, 8pm.

## **Hollybush Inn Carols By Candle Light**

On Wednesday 14th December, from 6pm. With brass band, mince pies, mulled wine, traditional organist and festive cheer.

## **Croots Carols**

A night to showcase their new Christmas range together with carols from the Dalesman Voice Choir, 17th November 5pm-8:30pm

## Christmas Parties

### **Twistin Tots & Twistin Tinies**

– Christmas Parties Running from Wednesday 14th December – Tuesday 20th December.  
£7.50 over 1's, £5 under 1's (includes present)  
Booking is essential.

### **Mini Moos & Moobies Santa's Disco**

Splitz Dance Centre, Monday 12th December, 9:30 - 11:30 or 1-3pm  
£6.50 – Advance tickets only (includes a locally made gift)

### **Toy Library Christmas Party**

Belper Community Hall, Wednesday 14th December, 9.30am-11.30am, £4

### **Baby World and Me Christmas Party**

– Little Eaton Village Hall (Lower Hall), Saturday, 10th December, 11am.

### **Zumbini Christmas Party**

– Wednesday, 21st December, 10am (older siblings welcome)

### **Chucklebutties**

– Santa's Pyjama Party, 17th December, 5pm-7:30pm, £12.95 per child  
Toddlers' Breakfast with Santa, 20th December, 8:30am-11am, £10.95 (Babies and Pre-schoolers only)  
Big Breakfast with Santa - 24th December 8:30am-11:00am £10.95 (all ages)



## Look where Santa is visiting...

### **Croots Farm Shop**

Enjoy a yummy breakfast or tea with Santa himself, visit his magical Grotto and receive your Christmas gift. Advanced booking only.

Breakfasts are from 8:30am-12pm on:  
Saturday 3rd Dec, Sunday 4th Dec, Saturday 10th Dec, Saturday 17th Dec

Tea from 3pm-5pm: Sunday 4th Dec, & Saturday 10th Dec

Tea from 3pm-5:30pm: Tuesday 20th Dec

### **Denby Pottery Visitor Centre**

Thursday 1 Dec - Saturday 24 Dec. Booking Essential, cost - £10. Call 01773 740799 to book.

### **Other places Santa likes to visit:**

Chucklebutties, Masson Mill, Bluebells Dairy, Intu Shopping Centre.

See their websites and Facebook pages for more details.



# Santa trains

**Train Rides with Santa Ecclesbourne Valley Railway** - pre book on: 01629 823076 or [ticketoffice@e-v-r.com](mailto:ticketoffice@e-v-r.com)

**Peak Rail Santa Steam Train** - Starts at Rowsley South Station and goes to Matlock and back. Pre book on: 01629 580381

**Steeple Grange Light Railway** - 01629 551 23 [www.steeplegrange.co.uk](http://www.steeplegrange.co.uk)

**Midland Railway** - pre book on: 01773 570140 or [midland.railway@btconnect.com](mailto:midland.railway@btconnect.com).

**Also check out the 'Boat Ride with Santa' on Cromford Canal**



THEATRE	SHOWING	DATES	PRICE	RUN TIME
The Studio	Granny Jumpers Cake Mix	28th-29th October	From £10	Short Performance
Main theatre	David Walliams's Gangsta Granny	16th-20th November	From £16.50	2 hours and 20 mins
Main theatre	Alice in Wonderland	2nd Dec - 7th January	From £12	2 hours 30 max
The Studio	Jack (suitable for 3+)	6th-31st December	From £11	50 mins (no interval)

## déda



THEATRE	SHOWING	DATES	PRICE	RUN TIME
The Déda Theatre	Winter Walker: The Nutcracker and the Mouse King  (suitable for 3+)	Tues 20th December 11am & 6pm (Both performances BSL interpreted)  Wednesday 21st - Friday 23rd December 11am & 3pm (Relaxed performance on Wednesday at 11am)	£7.00	50 mins

## Derby LIVE

THEATRE	SHOWING	DATES	PRICE	RUN TIME
Guildhall	Captain Sprout and the Christmas Pirates	8th-28th December	From £11	Short performance

## DERBYARENA

THEATRE	SHOWING	DATES	PRICE	RUN TIME
Guildhall	Cinderella	6th December - 3rd January	from £14.25	150 mins including interval



**Derby Theatre**  
01332 59 39 39 [tickets@derbytheatre.co.uk](http://tickets@derbytheatre.co.uk) [www.derbytheatre.co.uk](http://www.derbytheatre.co.uk)

**Déda**  
01332 370911 [www.deda.uk.com](http://www.deda.uk.com)

**Derby Live**  
01332 255800 [boxoffice@derby.gov.uk](mailto:boxoffice@derby.gov.uk) [www.derbylive.co.uk](http://www.derbylive.co.uk)



Derby Family Arts Network - look out for the googly eyes that indicate activities for children going on all around the UK: [www.familyarts.co.uk](http://www.familyarts.co.uk)



Multi-award-winning farm shop selling meat, pies, bread, cakes, beers, free-range eggs, ice cream, fruit and veg

# CROOTS

## FARM SHOP

Our Café is open for breakfasts, lunches, afternoon teas, snacks and Sunday carvery



### Butchery



### Café



### Delicatessen

Home of Britain's Best Bakewell Tart 2015 (Great British Food Farm Produce Awards)  
 Winner of more than 100 awards, including 19 Great Taste Awards, 11 British Pie Awards,  
 Food Monthly Awards Runner-up (Observer), Top 50 Best Food Shop (Independent)



Croots Farm Shop, Farnah House Farm, Wirksworth Road, Duffield, DE56 4AQ Tel: 01332 843032 www.croots.co.uk  
 Open Monday to Saturday, 9am to 5pm, and Sundays, 10am to 4pm. Shires Eatery closes at 4.30pm (3.45pm on Sundays)

## Christmas range arrives end of October

**M&M Nails**

We offer Gel and Acrylic nails, Tanning, Lashes and much more!  
 Nails start at just £10.  
 Amazing prices and a great service.

For appointments please text or call Jodie on:  
**07739 758715**

Enjoy a delightful afternoon with friends in a tranquil, secret Derbyshire setting... only known to those who boot!

Escape the stresses of everyday life for a few hours.

Contact me for more information.

Rachael x

Call: 07931611485

**Rachael's Secret Tea Room**

www.rachaelsecrettearoom.co.uk - yenny@rachaelsecrettearoom.co.uk

# Forever Beauty & Wellness

**Forever's luxury beauty and wellness range** is a cut above the rest, containing only the finest natural ingredients to leave your skin looking and feeling radiant.

Using the purest form of aloe vera, these products enhance natural beauty to leave you looking and feeling your best.

Gently complementing the skin on both face and body, Forever's range of beauty and wellness products work in harmony to create a natural and glowing complexion, for the ultimate body, hair and skincare experience.

For further information and prices please contact:

Business ID:	Name:
Phone:	Email:

FOREVER



**£10.95 PER CHILD**

**DON'T BE WARY OF OUR SCARY FEST**

**31ST OCTOBER 2016**  
4PM - 7PM

**SPOOKY DISCO | FACE PAINTING | GAMES | HOT FOOD**

Call Now to book your ticket - 01773 880123  
Chucklebutties, Bridge Foot, Belper Mills, Belper, DE56 1TD

## CHRISTMAS SPECTACULAR

at Chucklebutties

**PYJAMA PARTY**  
17th December 5 - 7pm | £12.95

**TODDLERS BREAKFAST WITH SANTA**  
20th December 8:30 - 11am | £10.95  
(Babies and preschoolers only)

**BIG BREAKFAST WITH SANTA**  
24th December 8:30 - 11am | £10.95

**SANTA'S GROTT**  
Times & Dates will be announced on Facebook. Pre-booking will be essential. OPEN TO ALL AGES

**DISCO | FOOD | GAMES | PRESENTS FROM SANTA**

Call Now to book your ticket  
**01773 880123**

Chucklebutties, Bridge Foot, Belper Mills, Belper, DE56 1TD



Chucklebutties is open 9.30am to 6pm Monday to Friday and 10am to 7pm Saturday and Sunday. Please check out our Facebook page for daily savings from Early Bird offer on Mondays to Friday FREEBIE.



*Locally reared Pedigree Gloucester  
Old Spot from a family run farm*

*We Supply:  
Joints  
Sausages (stock product)  
Gammons  
Bacon  
¼ Boxes*

Please call for further information

[www.facebook.com/Iretonsfarm](http://www.facebook.com/Iretonsfarm)

web: [www.iretons-farm.co.uk](http://www.iretons-farm.co.uk)

email: [hello@iretons-farm.co.uk](mailto:hello@iretons-farm.co.uk)

tel: 07725128127

**zumbini.**

**Rock'n' Roar Together**

**z zumbini**

**Zumbini™ - Designed to let you and your little ones 0-3 years old to wiggle, sing, learn and explore together.**

**Ritmo STUDIO 8a King St, Belper - 07899 041 549**

# Yardley's

**COCKTAILS  
TAPAS  
ROOM HIRE**

**01773 824546**

**130 Bridge Street, Belper, DE56 1AZ**

# THE 9 BIG URGES



Our children's behaviour is fascinating. We watch them displaying all sorts of behaviours, some humorous, some repetitive, some mystifying and some, quite frankly, are just frustrating! We wonder: Why do they insist on tipping everything out of the toy basket, putting it back, then tipping it out again? Why is it so essential that they squeeze into the tiny, dangerous space behind the telly?

Through my work as a teacher, and as a parent, I have discovered that children have different patterns of behaviour which can give us a view into how they explore and make sense of the world around them. Think of these behaviour patterns as the building blocks of their brains. Connections are forged when behaviours are repeated and these connections are essential for learning. The official term for these behaviour patterns is 'schemas', but they can also be understood as 'urges' – which are often pretty strong and uncontrollable.

Once my son discovered he could throw, there was no stopping him. He's three years

old now, but long ago I had branded him as 'a naughty child who threw toys' and despite my best efforts I couldn't put a stop to the throwing. I tried every strategy I knew, from gentle pleas to using a firm voice, timeouts and toy confiscation. However, it was all in vein because despite understanding that 'mummy will be cross', he still couldn't resist his throwing habit!

Thankfully, I learnt about the research on child schemas which enabled me to understand that these 'trajectory' urges were not intentionally defiant, but were an important developmental stage that needed encouraging and channeling. So I want to share what I have come to understand as the 'repeating urges' children have.

As a baby early schemas are evident, such as sucking of hands, and by their first birthday your child will be displaying a variety of schemas, some more strongly than others. There is plenty we can do to nurture and channel a young child's urges. Your child's nursery or childcare provider may also be able to tell you the

schemas they have observed when your child is playing. (You may be interested to know that the Cbeebies programme Twirlywoos is based on research around schemas.)

## Want to know more?

Contact me at [info@boommagazine.co.uk](mailto:info@boommagazine.co.uk) if you are interested in attending a workshop on childhood schemas.

## Links:

BBC (2015) Twirlywoos - Schemas: How children learn through play. Available at: <http://www.bbc.co.uk/cbeebies/grownups/schemas>  
Schemas - dorsetforyou.com (2015) Available at: <https://www.dorsetforyou.gov.uk/working-in-childcare/schemas>

by Jo Leigh

Jo is the founding Co-Editor of Boom Magazine, an Early Years Teacher and a local parent who runs Mini Moos ToddlerTime in Belper.

Schema	Behaviours	Nurture ideas
Orientation	The urge to see the world from different viewpoints, hanging upside down and viewing things from above and below.	Climbing frames, tree climbing, obstacle courses.
Positioning	Lining things up, ordering objects by colour or size. Putting things on their head, preferring custard next to the sponge not over it, lying on the floor or under the table.	Threading, lining up cars for a race, dressing teddy, making dens under the table, making funny faces with food on a plate.
Connection	Connecting blocks, clicking track together, attaching toys. Then of course comes disconnecting too – knocking down that tower and building it up again.	Obstacle courses, train tracks, mega blocks, threading, painting patterns, fishing games, jigsaws, dominoes. Marble run, water flow with pipes and bridges.
Trajectory	The urge to throw and interact with moving things, exploring the world of force like water flow and windmills. Dropping things from their cot, climbing up and jumping off furniture, bouncing and kicking balls.	Bubbles, pumps, spray bottles, catapults, pulleys, cogs, digging, Watering - pipes and cans, flags, nets, running, hitting, throwing and aiming games, balls, bats and skittles, splatter painting, squeezing paint, hammering, weaving, percussion.
Enclosure/ Container	Putting their thumb in and out of their mouth, filling up empty containers of all kinds, climbing into boxes, sitting in tunnels, building dens, dressing up.	Cardboard boxes to make boats, trains, cars, putting a sheet over the table to make a den, Russian dolls.
Transporting	Carrying toys around such as bricks from one place to another in a bag, the sand from the tray into a bucket and tipped out elsewhere or perhaps pushing a doll or friend around in a toy pram.	Cars, tractors and train play, trucks for collecting and carrying, road games, packing a suitcase, pouring or hose pipes down guttering and tubing, helping unpack the shopping.
Enveloping	Covering themselves with blankets or flannels in the bath, wrapping dolls and toys up in blankets and fabric, covering their painting with one colour.	Filling bags, dolls in cots, dressing dolls, blankets over tables, burying things, hiding in tents and dens, hide and seek, parachutes, playing in boxes and boats, filling bags and socks, filling pipes, collecting in yogurt pots.
Rotation	Fascinated by the spinning washing machine, love anything with wheels, roll down hills, enjoy spinning round or being swung around.	Mixing paint, finger painting, paint rollers, marble painting, stirring, whisking, mixing, washing, sprinklers, skipping, hoops, rolling tyres down hills, wheeled toys, making a circular obstacle course.
Transforming	Like to mix liquids into their food, water to sand, making dough.	Cooking, baking, making playdough, sand play, making sensory water bottles.

# Meet the locals



**A LOCAL MUM**  
– JO TALBOT

**Tell us who is in your brood?**  
Bertie, 15 months old.

**What do you like to get up to?** Going for walks and watching him explore and investigate the day-to-day things. Mini Moos Toddler group.

**What are your interests and hobbies, outside of family time?** I enjoy films. I used to find time for the gym, but that's trickier these days. I love reading books, but my guilty pleasure is watching *Home and Away*.

**What child schema would you say best describes Bertie?** Rotation – he loves to tip things over and turn the wheels. He loves going on the roundabout.

**What are mealtimes like in your household?** Fun! Bertie happily sits in his high chair and eats the same meals as us. He is just starting to get messier as he wants to do it by himself.

**What are your family's favourite local hotspots?** We often go to the River Gardens park as it's close by and we like to pop into Gillivons Tea Rooms for a coffee and cake.



**A LOCAL GRANDPARENT**  
– HELEN WILLIAMS

**Tell us who is in your brood?** Ellie is our first and only grandchild, we adore her and want to make sure she has plenty of opportunities to mix with other children during the 3 days a week we look after her.

**What do you like to get up to?** We love taking her out to the countryside, playing in the garden and watching her explore, telling her stories and going along to toddler groups such as Twistin Tots on a Tuesday.

**What are your interests and hobbies, outside of family time?** We like reading, DIY, gardening, walking and seeing friends.

**What child schema would you say best describes Ellie?** Transporting – Ellie loves to take things out of boxes and transport them, she loves her dolls and pushchair.

**What are mealtimes like in your household?** Ellie enjoyed baby-led weaning, it was pretty messy business! She used to eat really well until about 13 months and now she is very hit and miss with vegetables. She loves fruit though.



**A LOCAL DAD**  
– JOE MARSHALL

**Tell us who is in your brood?** Rose is 6 and a clambering monkey who is mad about water; swimming and falling in rivers. Rowan is 17 months and is completely out of control since she learnt to walk!

**What do you like to get up to?** I don't work Thursdays so Rowan and I go outside to play pretty much whatever the weather. I take her swimming too.

**What child schemas would you say best describe your girls?** They are both Trajectory and Rotation. Rose spends half her time upside down or cartwheeling, Rowan loves to be spun, turned over or doing somersaults off me.

**What are mealtimes like in your household?** Mealtimes are quite relaxed, we mostly eat together and always eat the same thing. Rose's favourite meal is halloumi curry with dal and rice and Rowan's is sausages.

**What are your family's favourite local hotspots?** Woods, any woods to unleash Rowan, Shining Cliff in Ambergate is a favourite.

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