

## Royal Greenwich – a great place to grow up!



Childcare  
Options  
Royal Greenwich

Dear Providers

Each week we say that surely it must get less demanding - but I'm sure you feel exactly as we do – and probably even more so than us – exhausted! For those of you who are taking a break during half term – we hope you make the most of it. For those still working, please know that EYC team will be around to support.

Please take time to read this as there's a lot about safeguarding children during these difficult times.

We have some good news that we can begin to roll out the pilot testing of community passes for those delivering funded places and of course, block booking of testing is available at multiple sites around the borough.

As usual we remain alert to changes in public health and government advice and we will inform you as soon as we hear anything – you'll know this from when we send out emails on a Sunday evening!

We wish everyone a restful week or at the very least a calmer week.

Thank you for all your amazing work

Kallie – Team Leader,

Kerry, Rachel, Elaine, & Rebecca – Advisors,

Danielle & Janet – Funding



Main telephone lines are not fully available but if you provide a phone number we will call you right back and speak to you in person – we are open 9am – 5pm Mon - Fri.

Parents [FIS@royalgreenwich.gov.uk](mailto:FIS@royalgreenwich.gov.uk)

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

### **Miss a copy of the e-bulletin?**

Catch up here and check out links to important information sources

[https://www.royalgreenwich.gov.uk/info/200283/nurseries\\_and\\_early\\_learning/2183/early\\_years\\_team\\_information\\_for\\_providers/2](https://www.royalgreenwich.gov.uk/info/200283/nurseries_and_early_learning/2183/early_years_team_information_for_providers/2)

## **A message from Florence, Director of Children's Services**

We have had four child deaths in Greenwich over the same number of weeks. Three at least have elements of mental health deterioration perhaps exacerbated by the current lockdown of the Covid – 19 pandemic. We are undertaking reviews and working with health services to address concerns about mental health whether that be of children or parents.

Mental health has preoccupied a lot of my thinking over the last week and I am pleased about the appointment of Dr Alex George who has been appointed by the Prime Minister as youth mental health ambassador for the government. However, I believe that parental mental health is also an important consideration particularly in these extremely challenging circumstances.

I don't in any way want to label parents who experience mental health difficulties as poor parents or that they will have additional safeguarding considerations that require social care intervention. Many parents who may struggle with their mental health and wellbeing are exceptional parents, they seek out self-help or support where needed, they put their children first and work through difficulties often gaining great wisdom and awareness of self and others. However right now during lockdown people are also more isolated, regular routines perhaps disrupted and support not so available. It may be that support is only available on line rather than in person and in some situations, it is harder to get a full sense of how a person is coping.

In these very difficult times, it is important for all of us to look after our own mental health and wellbeing and to be hyper vigilant to the children in our schools or with whom we have contact and to their parents or carers. Be curious if a child is not in school or not accessing remote learning. Be curious when you know about parents who may previously have been coping but at times struggle – they may be struggling more now but not wanting to let you know through fear or shame. Be curious and reach out with compassion but know that you might also get pushed away. I have just finished reading *Days of Abandonment* by Elena Ferrante. It depicts so vividly how when we are going through inner conflict and turmoil, particularly alone, we lose connection with the self, daily tasks become insurmountable and the children's needs slip away. In reading the protagonist, Olga's story it also struck me, how in the depths of a difficult experience a default position can be to push away those who are reaching out to help. In the *Days of Abandonment*, the neighbour keeps just being there offering gentle support as Olga reawakens and re connects with her sense of self, her children and reality and accepts friendship. It's a powerful, visceral read.

So be the friendly neighbour, be curious, keep reaching out to parents you might be worried about. If you need more support from us, ask for it. If you are concerned about any safeguarding aspects of children, please don't hesitate to make a referral to MASH. I know you already do and our safeguarding work and interface with you all is exemplary. This is just a reminder that risks might be greater when people are more alone. This is not being overzealous; the pandemic is having an impact on all of us in different ways and those parents who might not have as much support as others need your compassion and the children need it even more. One last footnote – compassion isn't just about being kind to people, it's an emotional response to self, others and from others that can be both supportive and challenging and is essential to well-being.

Have a good week

Florence

You see their smiles, you wipe their tears.  
You are the one that's always near.  
You hold their hands, you see them grow.  
They learn so much from you, you know.  
You keep them safe while they explore.  
You are the one that they adore.  
You know they need the time to play.  
You keep them busy every day.  
So here is a great big, "Thanks!" to you.  
For all the AMAZING things you do!



## Positive Lateral Flow Test followed by Negative PCR Test

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

*If your LFD antigen test result is positive, you and your household should self-isolate and follow the steps above. You should also arrange to have a PCR test.*

*If this PCR test result is positive you and your household must complete your full self-isolation period. If this PCR test result is negative, and you have no symptoms of COVID-19, you and your household can stop isolating.*

Therefore, even if someone has a positive LFD test, self-isolation is not necessary if they have a negative PCR test and have no symptoms. If the person has a negative PCR test, but does have symptoms, the Government guidance says:

*If your PCR test result is negative but you still have symptoms, you may have another virus such as a cold or flu. You should stay at home until you feel well. Seek medical attention if you are concerned about your symptoms.*



## Community Passes : Pilot Scheme

**Drop in testing for specific providers offering funded early years entitlements**

### Community testing programme (for those who don't have symptoms)

#### Rapid tests for those people without symptoms

From next week, Early Years, with the help of a local provider, will arrange **for you to collect** community passes for staff working directly with children as a pilot.

Select providers can then drop into any local testing site without appointment for a test. All other providers and staff can continue to book regular test via the appointment system below.

[https://www.royalgreenwich.gov.uk/forms/form/597/en/community\\_testing\\_programme](https://www.royalgreenwich.gov.uk/forms/form/597/en/community_testing_programme)

Test sites for everyone are:

Daniel Defoe Hall, University of Greenwich, Greenwich - [map](#) Open Wednesday to Sunday, 8am to 8pm

David Fussey Building, University of Greenwich, Avery Hill - [map](#) Open 7 days per week, 8am to 5pm

Charlton Athletic Football Club, Charlton - [map](#) Open Monday to Friday, 8am to 8pm

Waterfront Leisure Centre, Woolwich - [map](#) Open Tuesday to Saturday, 8am to 8pm

New! Princess Alice pub, Thamesmead - [map](#) Seven days a week, 8am to 8pm

**Covid 19 Responding  
to a Suspected  
/Confirmed Case**

Child / staff member develops Covid-19 symptoms:

- High temperature
- New continuous cough
- Loss of or change to sense of smell or taste

Send child / staff member home immediately to isolate for at least **10 days** and notify household members to isolate for 14 days

If child is waiting to be collected, separate from group (room or 2m if no room) and isolate with **one** member of staff

Staff member to wear PPE until child has left and then safely discard PPE

clean all areas affected

all in contact with child/staff to wash hands

(Follow **Cleaning of non-health care settings** guidance)

Child / staff member should arrange to have a test within 8 days <https://www.gov.uk/get-coronavirus-test> or call NHS 119

**NEGATIVE**

Child / staff member can **return** to setting and household members can end **10 day** isolation

**POSITIVE**

Rest of children and staff in **close contact** sent home to isolate for **10 days** (whole of childminder household)

**POSITIVE**

Other household members of those in close contact sent home **do not** need to isolate unless the child / staff member sent home develops symptoms

**You must IMMEDIATELY NOTIFY**

1. Telephone new PHE / DFE helpline **0800 046 8687** select Option 1 – positive cases only
2. Local Authority Early Years and Childcare and Public Health team via notification form [childcare-support@royalgreenwich.gov.uk](mailto:childcare-support@royalgreenwich.gov.uk) and [healthprotection@royalgreenwich.gov.uk](mailto:healthprotection@royalgreenwich.gov.uk)
3. Ofsted **Online notification form**

Outbreak - if two or more confirmed cases within 14 days or overall rise in sickness absence where COVID-19 suspected – PHE local health protection to advise on additional actions [phe.slhpt@nhs.net](mailto:phe.slhpt@nhs.net); [slhpt.oncall@phe.gov.uk](mailto:slhpt.oncall@phe.gov.uk)

## Funding Claims & Early Years Census

### Synergy Early Years Provider Portal

Thank you to everyone for the huge effort to submit your claims and the census returns by today's deadline.

The team will now begin to process all the claims and census data – you may be contacted for clarification or to fill missing information, so please do respond in your usual helpful way.

Providers, including childminders, who delivered funded places in Summer 2019, Autumn 2019 and Spring 2020 will have received or will be receiving a further back dated supplementary lump sum payment. You do not need to do anything else. This payment you can put against your ongoing EYFS delivery costs and business overheads.

**Any pupils starting with you from now on or who are not on your funding claim, please email [eyc.funding@royalgreenwich.gov.uk](mailto:eyc.funding@royalgreenwich.gov.uk) to make an additional claim.**



#### Guidance

## Guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19

Updated 22 January 2021

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

**Don't forget to send us details of who is clinically extremely vulnerable so we can advocate for earlier vaccinations.**

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

#### [Definition of clinically extremely vulnerable groups](#)

People who are defined as clinically extremely vulnerable are at very high risk of severe illness from coronavirus. There are 2 ways you may be identified as clinically extremely vulnerable:

1. You have one or more of conditions listed below, or

2. Your clinician or GP has added you to the Shielded Patient List because, based on their clinical judgement, they deem to you be at higher risk of serious illness if you catch the virus.

If you do not fall into any of these categories, and have not been contacted to inform you that you are on the Shielded Patient List, follow the [national lockdown guidance](#) for the rest of the population.

If you think there are good clinical reasons why you should be added to the Shielded Patient List, discuss your concerns with your GP or hospital clinician. People with the following conditions are automatically deemed clinically extremely vulnerable:

- solid organ transplant recipients
- people with specific cancers:
  - people with cancer who are undergoing active chemotherapy
  - people with lung cancer who are undergoing radical radiotherapy
  - people with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
  - people having immunotherapy or other continuing antibody treatments for cancer
  - people having other targeted cancer treatments that can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
  - people who have had bone marrow or stem cell transplants in the last 6 months or who are still taking immunosuppression drugs
- people with severe respiratory conditions including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary disease (COPD)
- people with rare diseases that significantly increase the risk of infections (such as severe combined immunodeficiency (SCID), homozygous sickle cell disease)
- people on immunosuppression therapies sufficient to significantly increase risk of infection
- problems with your spleen, for example splenectomy (having your spleen removed)
- adults with Down's syndrome
- adults on dialysis or with chronic kidney disease (stage 5)
- women who are pregnant with significant heart disease, congenital or acquired
- other people who have also been classed as clinically extremely vulnerable, based on clinical judgement and an assessment of their needs. GPs and hospital clinicians have been provided with guidance to support these decisions

## Vaccine News

NHS vaccination programme has not changed.

A list of social care professions is being circulated with an inaccurate social media post - the list was produced by the National Careers Service who provide information about different types of jobs and is not linked to the NHS vaccination programme.

<https://nationalcareers.service.gov.uk/job-categories/social-care>

See note from PACEY

<https://www.pacey.org.uk/news-and-views/news/news-pacey-seeks-clarity-on-early-years-and-child>

## NEWS: PACEY seeks clarity on early years and childcare sector vaccinations in England

“PACEY is aware of reports this morning that some childminders, nursery and pre-school practitioners in England have secured appointments for Covid-19 vaccinations by stating they are members of the social care workforce and so in category 4 for priority vaccination. This is a new development (linked to the fact that nursery workers and childminders are included in this category by the National Career Service). We raised this with the Department for Education (DfE) this week and previously, as we are aware that a few local authorities are including their local practitioners in category 4. Up until now, Government has stated that nursery workers and childminders were to be considered for priority (as part of the education workforce) after the most vulnerable had received vaccination.

[Vaccination categories can be found here.](#)

Liz Bayram, Chief Executive at PACEY said:

“We have been calling for childminders and nursery staff to be prioritised for vaccination after the most vulnerable, given how impossible it for them to socially distance from young children. We are aware that in some local authorities, practitioners have already been offered vaccinations as part of priority group 4 social care and have been calling on government in England for clarification on this issue for some time now.

"Our greatest concern is that this lack of clarity is already leading to a postcode lottery of vaccination for our sector. A rapid policy decision is now needed on this matter. Our members are clear that, whilst desperate to receive the vaccination, they do not want to do so at the expense of those members of the community who are classified as more vulnerable to Covid-19.”

Guidance

### COVID-19: the green book, chapter 14a

Coronavirus (COVID-19) vaccination information for public health professionals.

<https://www.gov.uk/government/publications/covid-19-the-green-book-chapter-14a>



Independent report

# Joint Committee on Vaccination and Immunisation: advice on priority groups for COVID-19 vaccination, 30 December 2020

Updated 6 January 2021

[Joint](#)

[Committee on Vaccination and Immunisation: advice on priority groups for COVID-19 vaccination, 30 December 2020 - GOV.UK \(www.gov.uk\)](#)

Promotional material

## COVID-19 vaccination first phase priority groups

Updated 11 February 2021

<https://www.gov.uk/government/publications/covid-19-vaccination-care-home-and-healthcare-settings-posters/covid-19-vaccination-first-phase-priority-groups>

Priority	Risk group
1	Residents in a care home for older adults and staff working in care homes for older adults
2	All those 80 years of age and over and frontline health and social care workers
3	All those 75 years of age and over
4	All those 70 years of age and over and <a href="#">clinically extremely vulnerable</a> individuals (not including pregnant women and those under 16 years of age)
5	All those 65 years of age and over
6	Adults aged 16 to 65 years in an at-risk group (see clinical conditions below) <a href="#">[footnote 1]</a>
7	All those 60 years of age and over
8	All those 55 years of age and over
9	All those 50 years of age and over
10	Rest of the population (to be determined)

## Children's Mental Health Week 2021

- For staff, parents and young people: find useful tools, apps and websites in our comprehensive list of [mental health resources](#) including support for young people who feel particularly overwhelmed by the pandemic.
- For teachers: The charity, [Education Support Partnership](#), offers advice and counselling to help you look after yourself and your staff. Visit their website for information on keeping a good work-life balance and dealing with stress, anxiety and depression. They also offer a free 24/7 helpline for staff: 08000 562 561.
- For pupils: a [new module has been added to the RSHE curriculum](#) for primary and secondary schools, specifically designed to focus on mental health for children and young people.

### Educating Mental Health: Mind's inquiry into mental health

Take part in Mind's short online [survey](#) into mental health in secondary schools to share your experience of working with children and young people throughout secondary school – from year 7 to 11, plus sixth form.

And in case you missed it...

- The Prime Minister has appointed Dr Alex George to be our Youth Mental Health Ambassador. [Watch a clip of their interview.](#)
- Staff and pupils at Cherbourg Primary [explain how they've used their Covid Busters programme](#) to talk about their feelings.
- A headteacher [explains why schools should be proud of their achievements](#) supporting children with their mental health.

### All it takes 10 mindful minutes

When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in uncomfortable positions.)

[https://www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes?utm\\_campaign=tedspread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare)



# Home Learning Environment



## Musical States

### What to do

- Play fun music to dance to – when the music is stopped everyone freezes.
- Add in elements, e.g. jumping, big movements, dance like a robot, dance like you're in space, to provide variety to the dancing.
- Add challenges, e.g. when the music stops... freeze in an animal shape, pulling a face, with your hands on your head, etc.
- With more than one child you can add some friendly competition.

### What you need

Music! and  
Someone to control the music



Or maybe try to make your own musical instruments

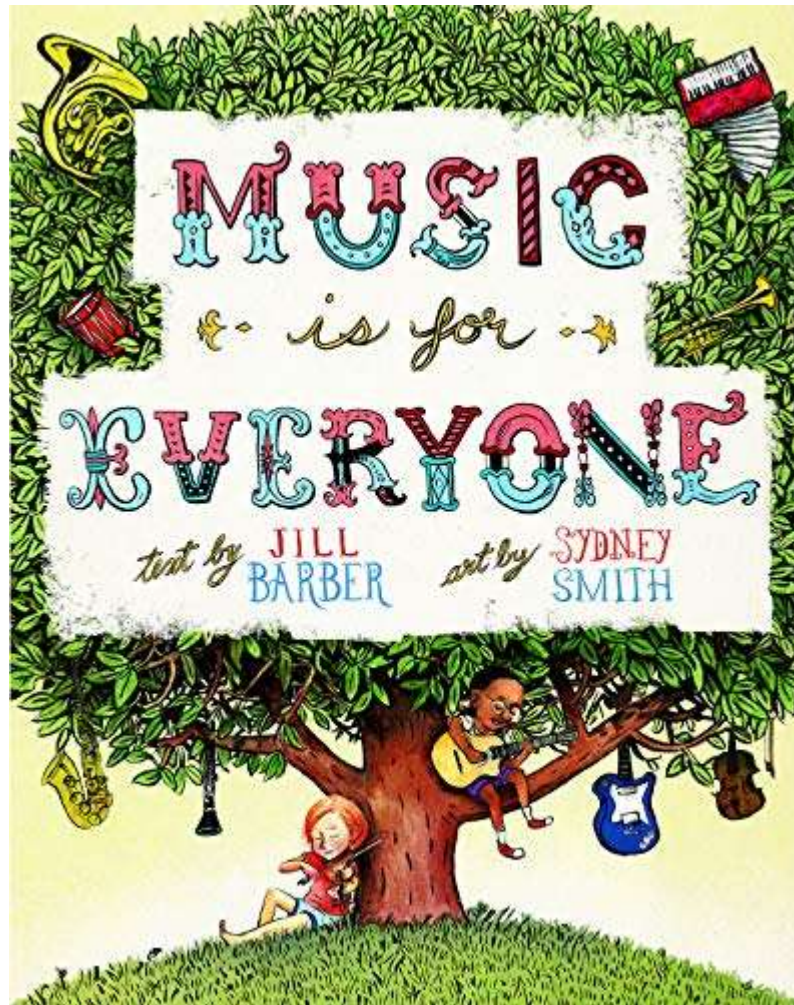


### Extension

Dance to reflect the mood of the song, e.g. dramatic flourishes for 'Let it go', energetic for 'Who let the dogs out' etc. Put together a playlist which includes songs which will appeal to each dancer. Have a dancing competition.

Why not read .....

**'Music is for everyone'** by Written by **Jill Barber** and illustrated by **Sydney Smith**



If you have not got this story book, why not watch the book being read on you tube (*always supervise your children when going online*)

<https://www.youtube.com/watch?v=yv8aLLsDK8U>

## Healthy Early Years London

### Starting Solid Foods - New online parent resource from HENRY

Introducing solids can be stressful for parents. Every parent wants to do what's best for their baby, but it can be hard to know what's best really is, especially when we are bombarded with advertising and when family and friends offer well-intentioned, but sometimes conflicting, advice.

Evidence shows that how and when solid foods are introduced can help reduce fussy eating and is linked to being a healthy weight later in childhood. HENRY has collated useful information to help you make the decisions that are right for you and your baby.

See their new [Starting Solids Online Resource](#)



Home | Adult care and health | Health and wellbeing

## Community Champions

### Get Championing!

**We're seeking community spirited people to join a team of champions in helping to share key information and advice about coronavirus.**

We want to reach as many people as possible across the borough by sharing accurate and up to date information about coronavirus and we need your help to do this!

Greenwich are looking for community spirited people to join a team of champions in helping to share key information and advice about coronavirus.

The Community Champion programme is a partnership between the Council and the NHS, and welcomes volunteers from across the borough to share key information about coronavirus with friends, family and local community networks. This will ensure messages reach as many people as possible to ensure we are fully informed about the virus, reduce the amount of misinformation and let people know what support is available.

Champions will receive up to date information about coronavirus and related health and care topics from the Council and the NHS in Greenwich - through email or whatsapp, or both - to share with their family, friends and community networks. You'll also be encouraged to share any issues or concerns raised at local level, and training and webinars will be provided.

If you're interested in becoming a Community Champion in Greenwich, then you can [find out more and sign up here](#)

[Get Championing! | Community Champions | Royal Borough of Greenwich \(royalgreenwich.gov.uk\)](#)

## Keeping Children Safe



020 8921 4477

safeguardingchildren@royalgreenwich.gov.uk

### Contact Children's Services

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

Referral team: 020 8921 3172

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

## Reporting a concern or an allegation against staff or volunteers working with children

If an allegation is made against an adult working with children it should be reported to the responsible agency/organisation's Designated Safeguarding Lead and referred to the Local Authority Designated Officer (LADO).

[Click here to download the LADO leaflet.](#)

To contact the LADO

Telephone: 020 8921 3930

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

During the current Covid-19 pandemic, as a team LADO are mainly working from home, therefore the best way to make contact is via the [childrens-lado@royalgreenwich.gov.uk](mailto:childrens-lado@royalgreenwich.gov.uk).

Please include in the email your name, the name of your setting and best number to make contact with you. LADO will call you back if you require a consultation and unclear if a LADO intervention is required. Use the referral form to send referrals through to the email address above and we will contact you to discuss your referral. This email address is monitored daily and is the best way to reach us whilst we continue to work remotely.

### Below are the details of working hours and phone number for the LADO team:

Sharon Pearson normal working hours are Monday and Tuesday 9-5.30pm and alternate Friday's 9-4.30pm. Sharon's work mobile is 07566 287417.

Rachel Walker normal working hours are Monday 9-3pm, Tuesday 9-2.30pm and Friday 9-3pm. Rachel's work mobile is 07724 804943.

Laura Lumbis normal working hours are Tuesday- Friday 9.30-2.30pm. Laura's work mobile is 07896 781040.

## Mental Health & Wellbeing of Parents

Inevitably during the Covid 19 pandemic we have understandably seen an increasing number of adults struggling with their mental health and well-being. Many adults existing mental health difficulties will have support either informal or formal support to cope during this challenging time for all. Many parents with mental health needs provide wonderful parenting for their children. However we know the pressures individuals are under and we have seen deterioration in some individual's mental health during lockdown. This is coupled with reduced opportunities for practitioners to provide face-to-face contact as a result of the pandemic, though virtual contact guidance is in place across adult's and children's services.

Over the last few weeks in Royal Greenwich, there have been a number of tragic incidents involving children where a parent's deteriorating mental health appears to have been a factor. While in three of these cases it is likely that there will be a formal multi-agency review into the circumstances to identify any learning for the partnership and nothing has been indicated so far that these deaths were preventable, we did not want to delay in getting some key messages out to staff.

If you are concerned about the welfare of a child or vulnerable adult, you must share this information with the appropriate service.

<https://www.greenwichsafeguardingchildren.org.uk/policies-practice-guidance/information-sharing/>

### For children's practitioners:

- If you are concerned about an emerging mental health issue or a worsening one, talk to the parent/carer about this:
  - How is this making them feel?
  - How is it affecting their parenting?
  - Who are they getting support from in their family or professional network?
  - What would they do if they were not coping?
  - If on medication are they still taking it? Does it need to be reviewed?
  - Are they "self-medicating" with alcohol or drugs?
  - Try and talk directly to the child where possible about how they are experiencing the situation
- If you are concerned about their mental health and believe that they need professional support or may be a danger to themselves or others or feel unsure you should contact the **Oxleas Adult Mental Health Primary Care Plus Team** who can check if the adult is known or take a referral by calling **020 3927 6200**
- If you have concerns about the situation and feel unsure whether to refer to Children's Social Care (CSC), you can discuss this with your designated safeguarding lead. If concerns are clear you should contact the child's social worker or Early Help practitioner if they have one, or call the CSC MASH Team 0208 921 3172 or out of hours on 020 8854 8888 or by emailing MASH-referrals@royalgreenwich.gov.uk
- If you are concerned about immediate safety, you should contact the Police on **999**

## The use of physical intervention and stress positions in managing behaviour

When we talk about management behaviour in early years settings we focus on positive techniques such as talking, giving children time and space to process their emotions, holding the space with them and supporting them to come to a resolution.

We might take them out to the playground to de-escalate their emotions and provide some distraction until they are ready to communicate their feelings. We may then support them to resolve a conflict with another child or help them name what is happening for them if upset, sad, frustrated etc

This approach is gentle, resolution focussed and child led – helping them to understand their emotions, regulate difficult times and move forward.

In certain situations children may need to be restrained –:

This should *only* be:

- used a last resort e.g. *all* other appropriate techniques have been tried, the child is a danger to themselves or others
- undertaken by staff who have been trained to do so and who is known to the child
- done with the permission of the manager and parents

It should *never* happen:

- in frustration or anger
- by one practitioner on their own
- as a default technique – even if the pattern of behaviour is similar to previous patterns
- without the manager/DSL's knowledge – even if the parent's have given permission

**Any instance of physical intervention with a child must be recorded  
and parent's informed the same day**

The following is a link to the Ofsted guidance:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/596629/EY\\_FS\\_STATUTORY\\_FRAMEWORK\\_2017.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/596629/EY_FS_STATUTORY_FRAMEWORK_2017.pdf)

### What are stress positions?



Stress positions are often been used as a form of discipline.



Stress positions can involve making the child sit/stand/kneel in an uncomfortable position, stand with hands held behind their backs, being made to stand on one foot, or stand in bare feet on uncomfortable textures such as grit or abrasive materials.

The use of stress positions can be particularly difficult to spot as they don't tend to leave visible physical marks or injuries.

They do however create feelings of shame, humiliation, powerlessness as well as deep muscle pain and if used for extended periods muscle trauma.

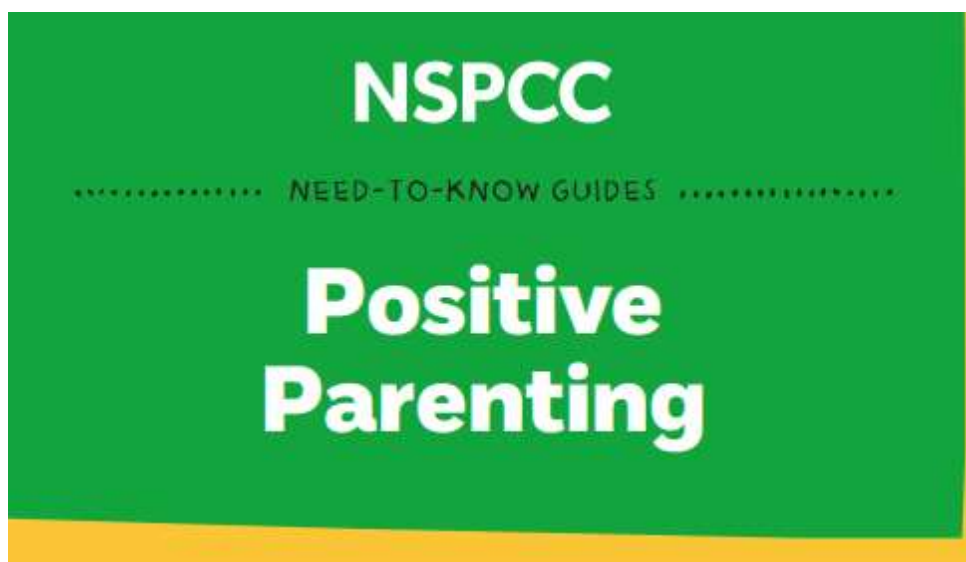
The use of stress positions constitutes physical abuse and if disclosed must be treated in the same manner and with the same seriousness as any other physical abuse disclosure.

To make a referral please email: [mash-referrals@royalgreenwich.gov.uk](mailto:mash-referrals@royalgreenwich.gov.uk)

## NSPCC

### Types of Abuse

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/>



<https://learning.nspcc.org.uk/media/1195/positive-parenting.pdf>



<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/cope-with-tantrums/>

## Understanding domestic abuse & the impacts on children



### Free Online Zoom Training

**Thurs 4 March 2021**

**7pm – 8.30pm**

1. Sign up on Direct Services to Schools

[http://servicestoschools.royalgreenwich.gov.uk/courses/private,-voluntary-and-independent-\(pvi\)-and-childminders](http://servicestoschools.royalgreenwich.gov.uk/courses/private,-voluntary-and-independent-(pvi)-and-childminders)

2. Download Zoom app

<https://zoom.us/download>

3. Look out for meeting invite via email

The training session will explore:

- increasing awareness of domestic abuse
- the impacts of domestic abuse on children both in the short and long term
- how to recognise the signs of abuse – as a survivor or witness
- how to respond to a disclosure of domestic abuse

For more information email [eyc.training@royalgreenwich.gov.uk](mailto:eyc.training@royalgreenwich.gov.uk)

## Safe Sleeping for Babies

Following two recent baby deaths in Greenwich we are sending out guidance on safer sleeping for babies.

In particular please see the **new GSCP leaflet / poster** regarding **sofa sleeping** and making a plan to prevent this.

Please circulate 3 leaflets attached about safe sleeping for your parents with babies

You can find more information below and on the Lullaby Trust website

<https://www.lullabytrust.org.uk/safer-sleep-advice/>

The graphic features the title 'Safer Sleep for babies presentations' in large, bold, black font. Above the title, smaller text reads 'How we can support you' and 'Grieving and common feelings'. Below the title, it says 'Safer Sleep for babies presentations' and 'For parents and other family'. Further down, it states 'A series of free online presentations for parents on how to reduce the risk of SIDS' and 'if a twin or more when caring for your baby'. At the bottom, there is a small URL: 'https://www.lullabytrust.org.uk/safer-sleep-advice/safer-sleep-for-babies-online-presentations/'.

<https://www.lullabytrust.org.uk/safer-sleep-advice/safer-sleep-for-babies-online-presentations/>



## Safer Sleep for babies online presentations

To access the presentations simply click the link and enter your name and email address to register. You will then be able to view the presentation

### Safer sleep for babies – Sleep position, sleep environment and bedding

Find out more about the safest way to put your baby down to sleep for both daytime naps and at night.

<https://attendee.gototraining.com/r/99838260930278401>

### Safer sleep for babies – Overheating, temperature and overwrapping

Find out more about the safest room temperature for your baby and the risk associated with overheating and overwrapping your baby.

<https://attendee.gototraining.com/r/4732765744628309762>

### Safer sleep for babies – Baby ill-health, Baby Check app and vaccination

Find out more information about checking for signs that your baby maybe unwell, how to use the Baby Check app and the importance of vaccinating your baby.

<https://attendee.gototraining.com/r/3914196930066085890>

### Safer sleep for babies – Breastfeeding

Find out more about the benefits of breastfeeding.

<https://attendee.gototraining.com/r/6540597056868292609>

### Safer sleep for babies – Smoking and e-cigarettes

Find out more about the benefits of not smoking before and after your baby is born.

<https://attendee.gototraining.com/r/5716067789797323522>





# Babies and sleeping on sofas

Sleeping on a sofa with your baby increases the risk of Sudden Infant Death Syndrome (SIDS) by up to 50 times ([www.lullabytrust.org.uk](http://www.lullabytrust.org.uk))

In the middle of the night you may be feeding your baby, you will be tired and think that “just this once it will be safe”, as you’re too tired to take your baby back upstairs.... If you have a plan you can prevent this

You may not intend to sleep on the sofa with you baby –it is important to **make a plan to prevent this from happening:**

- Keep a Moses basket by the sofa (without any toys or loose clothing inside)
- Feed you baby on a chair where you will not fall asleep
- Feed them whilst watching something or reading, something that will keep you awake
- Partner can take the baby to the cot or Moses basket
- Set an alarm to go off in 15/20 mins after feeding started if you feel sleepy, then move baby to their bed.



**90% of babies who died whilst sharing a bed with an adult, died in hazardous co-sleeping situations.**



To take the best steps to prevent SIDS, families should not fall asleep with their baby, especially when:

- they have recently drunk any alcohol
- **they or their partner smoke**
- they have taken any drugs that make them feel sleepy or affect their awareness
- **their baby was born prematurely** or weighed under 2.5kg or 5½ lbs when they were born
- **In these scenarios, it is always best to put baby in their own safe sleep space such as a cot or a Moses basket.** ([www.lullabytrust.org.uk](http://www.lullabytrust.org.uk))



Area of EYFS	Training Courses and Workshops	Dates	Start Times	End Times
<b>Safeguarding &amp; Welfare</b>	Attachment and Attunement Training	25/02/2021	19:00	20:30
	Intermediate Safeguarding Training	27/02/2021	09.30	13:00
	Domestic Abuse Awareness Training	04/03/2021	19:00	20:30
	Keeping Babies and Young Children Safe: Understanding Child Development	11/03/2021	10.00	15:00
	Child Bereavement Training	11/03/2021	19:00	20:30
	Designated Safeguarding Person Training	13/03/2021	09:30	13:00
<b>Paediatric First Aid</b>	Paediatric First Aid – blended course	13/02/2021	08:45	16:00
	Paediatric First Aid – blended course	03/03/2021	08:45	16:00
	Paediatric First Aid – blended course	27/03/2021	08:45	16:00
	Paediatric First Aid – blended course	14/04/2021	08:45	16:00
	Paediatric First Aid – blended course	17/04/2021	08:45	16:00
	Paediatric First Aid – blended course	08/05/2021	08:45	16:00
	Paediatric First Aid – blended course	19/05/2021	08:45	16:00

### **Trainings & Briefings.**

Please download free Zoom app on device of your choice <https://zoom.us/download>

🔒 Book via usual Direct Services to Schools training link below. For info email [eyc.training@royalgreenwich.gov.uk](mailto:eyc.training@royalgreenwich.gov.uk)

[http://servicestoschools.royalgreenwich.gov.uk/courses/private,-voluntary-and-independent-\(pvi\)-and-childminders](http://servicestoschools.royalgreenwich.gov.uk/courses/private,-voluntary-and-independent-(pvi)-and-childminders)

## Digital Offers by **Children's Centres** and **Greenwich Libraries**

<https://www.facebook.com/pg/Greenwich-Libraries-375637446612900/videos/>



### **Children's Centres**

To get in touch with your local Children's Centre by phone – you can find their contact details here

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

#### **EAST CHILDREN'S CENTRES**

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

Telephone 020 8311 5491 / Email [waterways@gll.org](mailto:waterways@gll.org)

#### **SOUTH GREENWICH CHILDREN'S CENTRES**

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

Tel: 020 8859 1110 / Email: [SGCCSM@gll.org](mailto:SGCCSM@gll.org)

#### **GREENWICH WEST CHILDREN'S CENTRES**

Website: <https://www.quaggydevelopmenttrust.org/>

Facebook: <https://www.facebook.com/quaggycc>

Follow Halo the Hippo <https://www.facebook.com/halothehippo>

#### **CENTRAL GREENWICH CHILDREN'S CENTRES**

<http://www.homestartgreenwich.org.uk/>

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