

## Looking for childcare in Manor Park?

We can help you look for childcare for your baby, toddler or child up to five years old in and around Manor Park.

We can provide you with tailored information and talk you through different ways of reducing your childcare bill.

As a Community Childcare and Early Learning Support Hub, we are here to help you find the best place for your child and help you return to work, training or further education.

We can support you with blended childcare. Blended childcare means you buy extra hours of childcare around your free 15-hour place. If you need more flexibility, why not use one of our network childminders? Our network childminders work closely with the centre and offer a highly professional, high-quality service. They can drop your child off in nursery, pick your child up at the end, giving you all the additional hours you need.

### Details:

For more information:

Speak, or text info for a call back, to our Childminder Coordinator on 078 89641 7767 or call the centre on 0208 553 2479.

Visit our website to find out more about childcare in Manor Park.

## Is there anything else you need help with?

We can put you in touch with many other helplines and agencies to help you with anything that is affecting you or your child.

Just drop into reception and ask for our help. We have staff who speak many languages or we can offer interpretation using Language Line.



### Location

Buses: 25, 86, 147



**Sheringham**  
Nursery School and  
Children's Centre



Sheringham Children's Centre is here to help you give your child the best start to life.

We understand that being a parent isn't easy. At some time, everyone with a baby or young child needs a bit of extra help to get them through a difficult patch. This leaflet is all about the extra help we can offer you when you need it.

We know that it is best to offer early help. That way we can work with you to prevent a small difficulty turning into a big problem. If your child needs extra help, it is best to put that in place sooner rather than later. So if you are worried about anything, we recommend that you talk to a member of our friendly team.



Please make sure you are registered at the Centre and bring your swipe card with you every time.



Your child's Red Book is an important record of your child's health and development. Please bring it with you to any appointments at the Children's Centre.



## Useful telephone numbers

|   |                                |
|---|--------------------------------|
| NHS 111: if you need medical help fast but it is not life-threatening, _____  | call 111                       |
| Newham council: _____   | 020 8430 2000                  |
| Newham fire safety centre: _____  | 020 8555 1200                  |
| Newham domestic violence team: _____  | 0203 473 3047                  |
| Newham Parent Partnership Service (for parents of a child with special needs): _____  | 020 3373 2871 or 020 3373 2869 |
| Midwifery team: _____   | 0203 373 0286                  |
| Find-a-doctor or dentist: _____   | 020 8586 6298                  |
| DASL (Drug and alcohol service Newham): _____   | 0333 055 8585                  |
| Newham Asian Women's Project: _____   | 0208 472 0528                  |
| Newham family Information Service: _____  | 020 8430 2000                  |
| Newham Stop smoking service: _____  | 0203 373 6630                  |
| RAMP (Renewal refugee and migrant project): _____   | 0208 221 3880                  |
| Newham One Stop Shop for confidential advice and support if you are experiencing domestic abuse: (24 hours a day, 7 days a week) _____            | 0845 451 2547                  |
| Karma Nirvana (support for victims of honour crimes and forced marriage) (24 hours a day, 7 days a week) _____                                    | 0800 5999247                   |
| Shelter Housing Advice Helpline: _____  | 0808 800 4444                  |
| Tax credits for childcare: check your entitlement, how much you might receive, make a claim for the childcare element of Working Tax Credit _____ | 0345 300 3900                  |
| Winter health visiting support: _____   | 07572 140892                   |

## Safeguarding

If you are worried that a child may be a victim of neglect, abuse or cruelty, contact our Safeguarding Team on 020 8514 8657 or phone Newham Child Protection on 020 3373 4600



**Sheringham**  
Nursery School and  
Children's Centre

Sheringham Nursery School and Children's Centre  
Sheringham Avenue, Manor Park, London. E12 5PB  
T. 020 8553 2479  
E. [info@sheringham-nur.newham.sch.uk](mailto:info@sheringham-nur.newham.sch.uk)  
[www.sheringham-nur.org.uk/](http://www.sheringham-nur.org.uk/)

**Sheringham**  
Nursery School and  
Children's Centre



Giving your child  
the best start  
to life

Helping with your child's  
health and development



Teeth

Sleep

Feeding

Healthy Eating

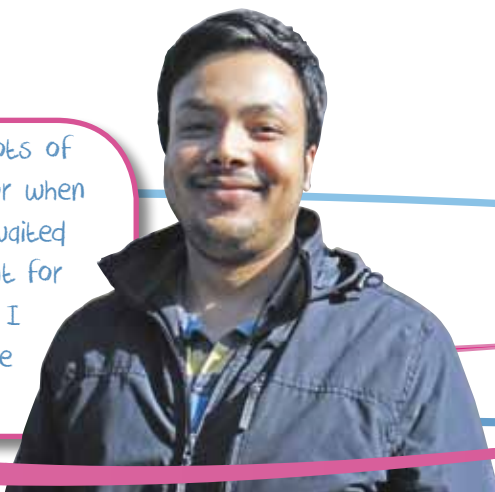
Toilet Training

Behaviour

Talking

Positive parenting

"The toilet training workshop gave me lots of information especially about the signs for when your child is ready to be toilet trained. I waited and watched for the signs and then we went for it. Sarrina become toilet trained very quickly, I am sure that this was due to doing it at the right time." - Monsor Iqbal -





Help your child’s healthy development and keep their teeth healthy:

- Breastfeeding gives the best start
- Move your child onto healthy solid foods at 6 months
- Only offer your child milk or water to drink. Fruit juice, squash and fizzy drinks will damage your child’s teeth.
- Help your child to give up the bottle at 12 months.

Start brushing your baby’s teeth with fluoride toothpaste as soon as the first milk tooth breaks through (usually at around six months, but it can be earlier or later). It’s important to use a fluoride paste as this helps prevent and control tooth decay. Brush your child’s teeth for about two minutes twice a day: once just before bedtime and at least one other time during the day. Your child needs to be active all the time: crawling, walking, running and playing outside. Avoid long times in car seats and buggies or sitting in front of the TV. If you are finding it difficult to get clothes to fit your child because they are too tight or the legs are always too long, that may be a sign your child is getting overweight. Ask for help and advice. Give up the buggy before your child is 3 years old.

"The Bin the Bottle gave me the confidence to give my child a cup. The group made me realise how bad the bottles were for his teeth. I did it immediately after the group and I explained to my husband why. My husband can now see the benefit too."

- Amal Ali -



Sleep Workshop

Bedtime routines ease the transition from being awake to being asleep by helping children feel more secure and comfortable about what they can expect at the end of every day. Establishing a bedtime routine is important but not always easy. Come to our sleep workshop for practical ideas, advice and tips.

Details:

📞 Book your place at reception or call to book.

👶 Crèche provided.

📅 Every term: check calendar for the time and date of the next group.

Feeding and eating

Breastfeeding gives babies the best start. You are welcome to breastfeed in the Children’s Centre and if you would like a private place we will arrange this for you. If you are having any difficulties establishing breastfeeding then we can refer you to a friendly local support group: just ask at reception for more details.

Healthy Start

If you are entitled to Healthy Start you will get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins. You could qualify if you are on benefits, or if you are pregnant and under 18.

Details:

👤 Ask any member of staff to find out if you are entitled to Healthy Start vouchers

🖱️ or search online for Healthy Start.

Healthy Eating 1-5’s

An opportunity to meet the Nutritionist and discuss healthy eating for children aged 1-5 years. The following will be covered: Fussy eating tips, ideas to encourage children to eat fruit and vegetables, mealtime routine, ideal drinks and snacks.

Details:

👤 Book your place at reception.

📅 Every term: check calendar for the time and date of the next group.

Bin the bottle session

It is really important to stop bottle-feeding when your baby is 12 months old. Prolonged bottle feeding damages teeth and leads to lots of other problems. Come along to our Bin the bottle workshop to get your special free cup and lots of useful tips for helping your child.

Details:

📞 Book your place at reception or call to book.

📅 Every term: check calendar for the time and date of the next group.

Introducing Solid Foods

-Stage 1 (For parents/carers with infants aged 6 months and under)

A session on how to introduce your infant to ‘first foods’. The session will cover how and when to introduce food, ideal first foods, foods to avoid and many other tips. Recipe ideas, menu planners and a doidy cup will be available to families that attend.

Details:

📅 Every term: check calendar for the time and date of the next group.

👉 Drop in

Introducing Solid Foods: Lumps & Finger Foods

(For parents/carers with infants aged 7-12mths)

Learn about introducing lumps, pieces and finger foods to your infant. The importance of self-feeding and moving onto family foods will also be discussed. Recipe ideas, menu planners and a tooth brush/toothpaste pack will be available to families that attend.

Details:

📅 Every term: check calendar for the time and date of the next group.

👉 Drop in

Super Snackers

By preparing a healthy snack together this group encourages children to enjoy lots of different fruits and vegetables.

Details:

📞 Book your place at reception or call to book.

📅 Every term: check calendar for the time and date of the next group.

Nutrition Advice One-2-One

(Referral and Booking Required)

This session is by appointment only for parents/carers meeting the referral criteria. A referral can be completed by your Health Visitor, Children’s Centre staff and other health professionals.

Details:

📞 Please call the Early Intervention Service Community Nutrition Service on 0203 373 6606 for more details.

Healthy Toddler, Healthy Parents

Parents with children aged 2-5 years can have their height, weight and BMI measurements taken. Strategies to adopting a healthier lifestyle discussed.

Details:

📞 Book your place at reception or call to book.

👶 Crèche provided.

📅 Every term: check calendar for the time and date of the next group.

Toilet Training

Helping your child to move from nappies to using the potty or toilet is a really important step – but it isn’t always easy. Come to our toilet-training workshop for lots of practical advice and tips.

Details:

📞 Book your place at reception or call to book.

👶 Crèche provided.

📅 Every term: check calendar for the time and date of the next group.

Behaviour

Almost every child will challenge you with their behaviour at some time: it’s part of normal growing up and becoming their own person. But sometimes children’s behaviour can get so difficult that it spoils family life. Many behaviour problems can be solved by using simple strategies, and the sooner you start the better things will turn out. Come to our behaviour workshop for lots of practical advice and tips.

Details:

📞 Book your place at reception or call to book.

👶 Crèche provided.

📅 Every term: check calendar for the time and date of the next group.

Teeth

We offer regular information about keeping your child’s teeth healthy, with special free toothbrushes and toothpaste. For children aged three and above attending the nursery school we also offer Fluoride varnishing which protects teeth from decay.

Details:

👤 Ask at reception for more details

📅 Every term: check calendar for the time and date of the next group.

Talking

Compared to other children of their age, is your child slow to understand simple words? Is your child finding it difficult to make some sounds or using few words? If you are worried about your child’s talking then please book a place in our Chatterbox group. Chatterbox is a play session for you and your child. During the session, the speech and language therapist will observe your child and also talk to you about any concerns you have. You will then either get some specialist advice so you can help your child, or you might be referred to a clinic appointment for more in-depth support.

Help your child’s talking:

- Switch off your TV, phones, tablets and laptops for at least 1/2 hour every day and spend special time with your child talking, playing, singing and sharing stories.
- Keep using your home language.
- Bring your child out to play with other children at our Parent and Toddler group.

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Details:

👤 Appointment needed – speak to a member of staff to make an appointment.

📅 Every term: check calendar for the time and date of the next group.

Triple P Parenting

Triple P (Positive Parenting Programme) is one of the most effective evidence-based parenting programmes in the world.

When it comes to raising children, everyone has an opinion. There are so many ideas out there. So how do you know what’s best and what works? Triple takes the guesswork out of parenting. It is one of the few parenting programmes in the world with evidence to show it works for most families.

Triple P gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums. Self-esteem issues. Bedtime battles. Difficult behaviour. Aggression. Triple P can help you deal with them all – and more!

Details:

The Triple P course lasts for 8 weeks, with a two-hour session every week. You need to attend all the sessions to get the Triple P certificate.

📞 Book your place at reception or call to book. Crèche provided.

📅 Every term: check calendar for the time and date of the next group.



"Triple P helped me to understand my daughter better. I realise she is growing up and needs her time and space. It's a brilliant course"

- Honey Kaur -