



A Happy New Year to you all!

We hope you all had a lovely Christmas break and wish you all the very best for 2012!



Come along and join Inverness Breast Buddies, Breast Feeding Support Group. Meet Mums who are currently breastfeeding their babies. Breastfeeding peer supporters will be on hand to provide help, support and advice on breast feeding.

Spectrum Centre, Inverness (near the Bus Station) Wednesdays
12.30pm - 2pm, just Drop-in.

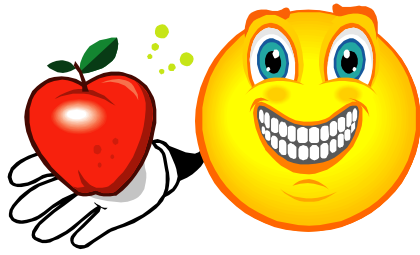


Nappucinos! Come along to Eden Court with your wee ones for a free, fun coffee morning with a difference!

Monday 30th January 10.30am - 12pm

For more details contact The Real Nappy Project 0845 201 2609

info@hrnp.org.uk www.hrnp.org.uk



SUPER HEROES START EARLY!

All Toddler Facilitators are now offering an action packed 8 week programme exploring new ideas for healthy eating and fun exercise for families.

Your group is welcome to speak to your facilitator about this programme. We would love to offer your group a 'taster' session. This will involve your facilitator during their next visit bringing the ingredients for you all to make and eat a fun healthy snack together, followed by a fun active activity.

Bi-lingual Family Transition Co-ordinator

Kasia Boesche is available to offer support to any Polish families in your group. Also Kasia can translate Posters and other paperwork to help you recruit any Polish families that are in your area.

kasia.boesche@yahoo.co.uk 07857021209

Dates for your diary!

Monday 23rd January - Chinese New Year. 2012 is the Year of the Dragon. Did you know? The Chinese calendar follows a 12 year pattern based on the story of the Jade Emperor who invited all animals to join him for a New Years celebration, only 12 animals turned up and to reward them he named a year after each of them.

Wednesday 25th January - Burns night, join Scots all around the world on Robert Burns birthday, celebrating him and his poetry!

Monday 13th and Tuesday 14th February - Half term

Wednesday 15th, Thursday 16th and Friday 17th February - In-service days

Tuesday 14th February - Valentines Day

Activity idea for children to make for a friend- children decorate a small box (such as a toothpaste box) and tie this poem to it;

*Inside this fancy little box, I placed a gift so nice
You'll always cherish it, Not even thinking twice*

*Now even though this box I give, Holds nothing you can touch
I've placed inside our friendship, Its you I like so much!*

Tuesday 21st February - Pancake Day

*Pancake Song: Mix a pancake, Stir a pancake, Pop it in the pan, Fry the pancake,
Toss the pancake, Catch it if you can! (Christina Rossetti)*

Thursday 1st March - St Davids Day

Saint David is the patron saint of Wales, many people celebrate by wearing a daffodil on this day.

Saturday 17th March - St Patricks Day

Saint Patrick is the patron saint of Ireland and St Patricks day has become associated with everything Irish, red, green, gold, shamrocks and luck.

Sunday 18th March - Mothers Day

An idea for a gift and card in one!

Cut out a card into the shape of a teapot, let the children decorate it and then pin a teabag inside with a message to relax on Mothers Day!

Schools break up for Easter on Friday 30th March and go back on Tuesday 17th April.



Don't forget your C.A.L.A Membership will be due for renewal in March.

I hope you have found this newsletter useful and as always if there is anything we can help with please contact your facilitator at any time.