

Flying Start

Supporting families to give children under 4 years a Flying Start in life



Flying Start

Every child has the right to prosper and develop to their full potential. Flying Start's aim is to help families provide a better start in life for their children.



Several areas in Ceredigion access this programme, including some postcodes in the following areas:

Cardigan

Aberystwyth

Llanarth

Llandysul

Aberporth

The following services are provided:

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Early Years Health Service	4
<ul style="list-style-type: none">• Health Visitors, Family Support Workers, Midwives and Speech and Language Therapists.	
Quality Childcare	5
<ul style="list-style-type: none">• 2.5 hours of childcare for 2-3 year olds• 5 days per week for 39 weeks a year• Family Fun Days in the holidays	
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Early Years Health Service

Your child's wellbeing comes first for us.

In Flying Start areas our health team offers support for you and your family through pregnancy and in the early years of the child's life. The team includes;

- Health Visitors
- Midwife
- Speech Therapists
- Family Support Workers



We are happy to help families with babies and young children with the following:

- Child health and development
- Breastfeeding/bottle feeding and nutrition
- Speaking and early language skills
- Child behaviour (including sleep, tantrums, fussy eaters)
- Play
- Home Safety
- Healthy living
- Family support for parents/carers and siblings
- Support for parents/carers experiencing postnatal depression or domestic abuse
- Information on groups and activities in your local area e.g. Baby Massage, Parent and Toddler Groups

Quality Childcare

If you live in a Flying Start area and you have a child aged between 2 and 3 years of age then you will be able to receive funded part-time childcare provided by highly qualified and trained staff.

It will be possible to offer a nursery place from the term after your child's second birthday until the end of the term in which they turn three (3 terms of funding in all).

Childcare is available for 2½ hours a day, 5 days a week for 39 weeks a year. Parents are able to choose a setting or provider. Places may be funded in a:

- Cylch meithrin
- Childminder setting
- Local play group
- Day nursery

Flying Start Childcare Settings offer three key measures of quality:

- High quality environment
- High quality people
- High quality experiences for the children

New experiences at childcare build on the knowledge and skills your child has already developed with you at home, in preparation for their time at nursery school and at school.

Flying Start Childcare settings have a good relationship with Flying Start staff and school nursery staff. They can make sure that staff understand children's likes and dislikes, as well as their strengths and needs before they start nursery. In this way, we can work together to build their confidence and skills in partnership with you.

Parenting Support

Flying Start provides support for the whole family: mothers, fathers and carers – as well as the extended family.



Caring for young children can be quite a challenge and nobody has all the answers. This is why we offer parenting programmes which can cover topics such as:

- Promoting positive parenting
- Dealing with/managing child behaviour
- Developing routines
- Using the toilet
- Sleeping problems
- Other common parenting problems

In addition to group sessions, you're welcome to talk to Flying Start staff personally to discuss any aspects of parenting.

Support to Develop Early Language and Talking

Parents are a child's most important teachers. Children need us to help them learn to talk.

Birth to 3 years is a very important time for learning!

Flying Start offers support to families to help children learn to understand words and learn to say words.

Support is available – at home, at Nursery, at Integrated Children's Centres and Family Centres.

Speech and Language Therapists can give specific advice if you have any concerns – 01239 612214.

Top Tips!

Singing nursery rhymes and songs are a great way of helping them learn to listen and to talk!

It's never too early to share books with your child. Don't worry about saying all of the words, just name what you can see in the pictures.

Talk to your child throughout the day. Tell them what is happening and what they can see. Children need to hear words lots and lots of times before they will use them.

When playing with your child at home, turn off the radio/television. Background noise can make it difficult for your child to hear your words.

Bilingualism

Good reasons to introduce **WELSH FROM BIRTH**

Did you know that introducing your baby to Welsh right from the start...

1. Welsh from birth

...lays firm foundations for your child to become bilingual

2. Reading and writing

...gives your child a head start when learning to read and count

3. Belonging

...enriches the child's Welsh identity

4. More friends

...extends their social activities and friendship groups

5. Bilingual skills

...gives them a better chance of gaining employment when older

6. Communication

...improves communication skills and makes it easier to learn other languages

7. Bilingual Wales

...increases their appreciation of Wales' languages and cultures

8. Widen horizons

...increases their appreciation of other cultures and languages

"Firm research evidence has shown that early childhood is a vitally important time for natural and effortless language development. Receiving language directly from an adult or another child at a very young age enables children to develop more than one language to the standard of a native speaker, thereby accessing all the advantages of bilingualism at the same time"

Dr Enlli Thomas BA; PhD

Play, Learn and Grow

You play the biggest role in your child's development. Play and learning / mother and child sessions are held in your community. You can have fun whilst reading, singing and playing with your child during various local sessions, sharing ideas with other parents, carers and professionals.

The sessions offer activities of a high standard indoors and outdoors, helping children to learn through play and develop their talking, listening and social skills.

The children are in a play setting which encourages them to learn from each other and the adults around them.

For details of groups in your area, check out the Facebook page below or contact us directly on 01239 621687.

 [TeuluoeddCeredigionFamilies](#)





chwarae • dysgu • tyfu
play • learn • grow
dechrau'n deg • flying start

Flying Start works in partnership with other agencies –
statutory, private and voluntary.

For further information on any of the services mentioned in
this booklet, contact:

Ceredigion Flying Start

01239 621687

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