

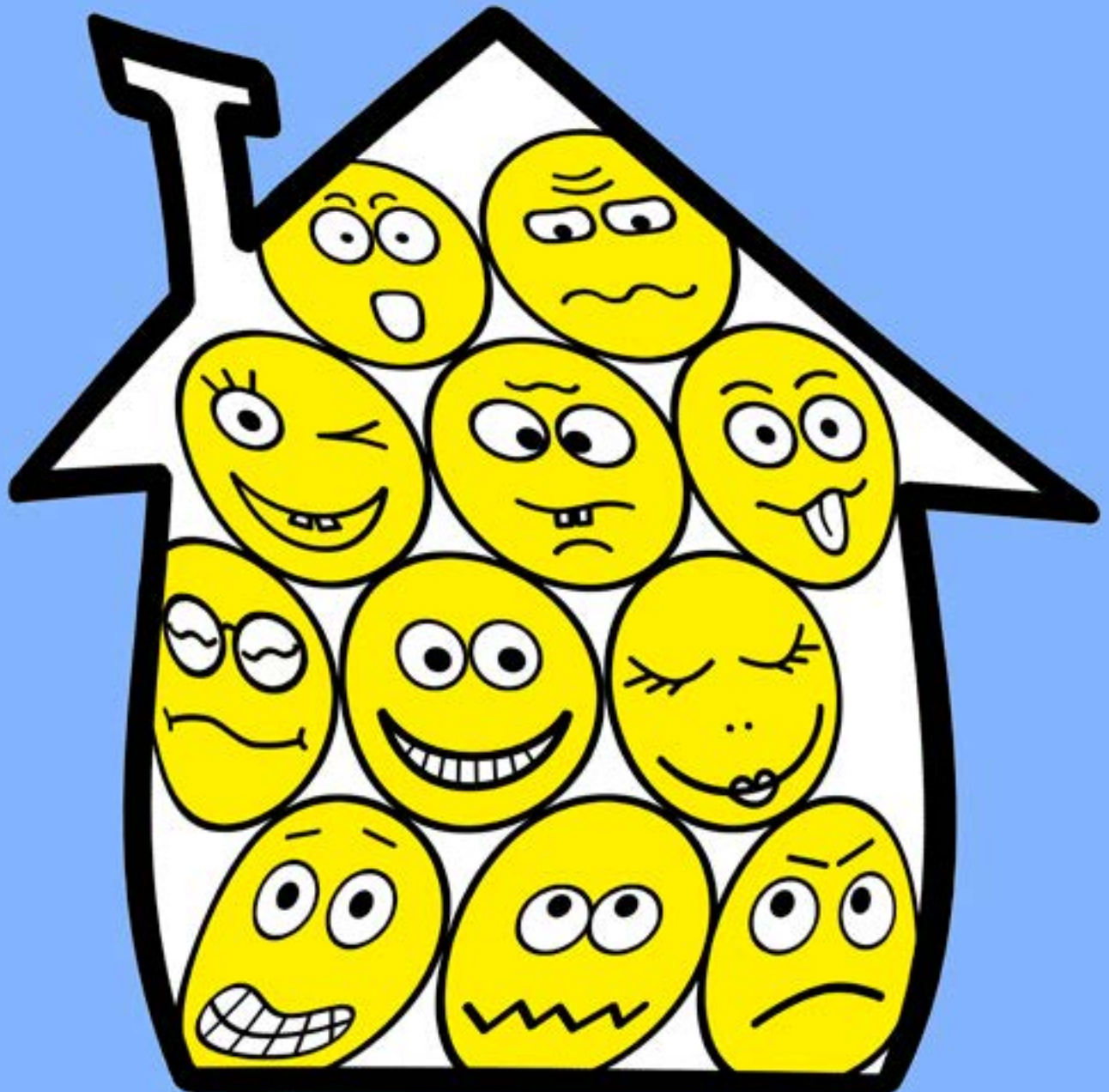
Families

North Yorkshire



Lockdown Issue 1

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®



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T&Cs apply



A new nursery for York

Opens
autumn
2020

Eco-sustainable childcare and education in a rural setting

Being respectful of the environment is fundamental to all we do at Little Peanuts.

We ensure that all children are surrounded by nature and the outdoors both during Forest School sessions and in all other aspects of nursery life.

We believe in an environmentally sustainable and socially responsible world for all and recognise the importance of caring for and educating the children of today to influence the way future generations live.

Forest School

The main principle of our Forest School is to provide inspiration for our children through engaging with the natural world.

By providing a safe environment where we encourage the children to learn, make choices and use their initiative, we help them to develop their confidence, independence and creativity through hands-on learning in a natural environment.



Our rooms

We have six uniquely designed and decorated rooms. Each room is packed full of exciting and inspiring resources.

Our highly trained staff use a range of carefully planned activities and resources to nurture the children's inquisitiveness, self-esteem, speech, language and communication to help build each child's self-confidence, practical skills and sense of independence.

The Curiosity Approach®



The Curiosity Approach® is a style of delivering the early years learning curriculum that evokes children's awe and wonder in the world and their environment as they interact with it.

The provision of beautiful, carefully constructed play spaces, invitations to play and provocations to enhance children's learning both indoors and outdoors enables the children to engage their imaginations and to connect with the natural world around them.



Watch our video on Facebook!

Millfield Industrial Estate,
Wheldrake, York, YO19 6NA
hello@littlepeanutsdaysnursery.co.uk

Visit our website

Apply for your child's place (autumn 2020)

Sign-up for open day updates

Download our in-depth prospectus

littlepeanutsdaysnursery.co.uk

inspiring
imaginations
and nurturing
curiosity

Little Peanuts
DAY NURSERY
& FOREST SCHOOL

Welcome

Welcome to the first “surviving lockdown” issue of Families magazine! We can’t get our print magazine out to you right now. So we’ve gathered together the best of all the resources available for parents at this time and put them in one place to help you get through the next few weeks.

Stay safe & look after each other

Laura Editor

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Best Home Learning Resources

Our guide to the best FREE online learning resources



BBC Bitesize

Daily online lessons for ages 5-14 starting on 20 April. Also on TV.



Book Trust

Home Time

Free [books](#), [games](#), [quizzes](#) and [recipes](#).



Classroom Secrets Kids

Free resources for teaching English,



Doorway Online

Interactive games to practice phonetics, numeracy and money.



Teacher's Pet

Free weekly downloadable home learning packs. Up to age 11.



Pobble 365

Inspiring creative writing every day of the year.



Oxford Owl for Home

Resources divided into primary school year groups. [Free ebooks](#).



BBC Teach

Advice for teaching at home, video resources for kids up to 16. [Free interactive live lessons](#).



Brain POP

Short animated videos to create curious learners – [free access during school closures](#).

Queen Mary's School Head Offers her Home Learning Tips

Queen Mary's is a thriving day and boarding school nurturing girls from 4-16 years old and boys in the younger year groups to 'make their own story'. It is one of the few remaining schools where the gift of a traditional childhood is as equally prized as academic excellence; where canoeing sits comfortably alongside coding. Recent results saw one in four entries awarded 8-9s (the equivalent of an A* or A**) and many girls move on to prestigious sixth forms and universities including Oxbridge. Queen Mary's Head, Mrs Carole Cameron, is in just the right position to give us some tips for home learning. "Our busy Spring Term started with a successful ISI Inspection, drama productions, British Science Week and a charity fashion show raising £1500 for the Yorkshire Air Ambulance. Then everything changed for all of us and I am so proud of the way in which the Queen Mary's community is handling the current coronavirus situation.

The Right Frame of Mind

Whether your child is three or thirteen, it is important to understand how best they work. At Queen Mary's we know all our girls so well and we can offer bespoke advice to parents. Do you know when your child works best during the day and has your child got a dedicated space to complete core assignments away from their bedroom?

Feeling Connected

Queen Mary's is a big happy family. At times like these it is just as important to maintain these connections as it is to complete a Maths assessment. We have done this through strong, daily communication including social media feeds which have been brimming with photographs and videos of excellent examples of academic work and enrichment ideas.

Technology

Queen Mary's Google Suite for Education has allowed us to set and mark work remotely and plan for live learning. There are so many ways to bring technology into your child's learning from pre-school phonics apps to websites such as BBC Bitesize.

Colour Their World

This is a perfect time to enrich education. We may not be able to offer Orchestra, Climbing, Canoeing and Gymnastics at the moment. However, we are encouraging our girls with a long list of possible enrichment activities that they can choose from depending on their personality and interests, many of which will take them away from their screen.

Reflection

I also recommend time for reflection which is an important aspect of a Queen Mary's education allowing girls the time and space to grow and create magical childhood memories within a friendly welcoming community."

During the last few weeks Queen Mary's Admissions has also gone digital with two Virtual Open Mornings planned during May. To find out more visit: www.queenmarys.org/admissions/coronavirus-admissions-goes-digital/



Virtual Open Mornings: Friday 15 & Saturday 16 May

Call 01845 575040

Exceptional day and boarding school between Ripon and Thirsk for girls aged 4 -16 with a co-educational Pre-Prep.

Best Subject-Specific Home Learning Resources



Teach Your Monster to Read

An award-winning game that makes learning to read fun.



Wow in the World Podcast

For curious kids interested in science, tech & innovation!



World Geography Games

Games testing knowledge of countries, flags and more.



Duolingo

Learn 30+ languages for free! Access via website or app.



Big History Project

Free online social studies course for



Numbots

A fun robot game for addition/subtraction. Free via web or app.



History Hit TV

Interesting historical videos from World Wars to creepiest toys in history.



Credit: Autodesk Tinkercad

Tinkercad

Free easy to use app for 3D design, electronics and coding.



Children's Classic Books

Wow! Loads of free children's classic books to read/listen to.

Lockdown School Day

- 8.00-9.00 Plan the Day. Get out school books/resources.
- 9.00-9.30 Get Moving. [PE with Body Coach](#) Joe Wicks. [Check out these options](#) too.
- 9.30-10.30 Expand your Mind. Try [Maths with Carol Vorderman](#).
- 10.30-11.00 Fresh Air. Skip in the garden or scoot to the local park!
- 11.00-12.00 Expand your Mind. [English with David Walliams](#).
- 12.00-1.00 Lunch! Your kids can help make it.
- 1.00-2.00 Chill Time. [Read/listen](#) to a podcast.
- 2.00-3.00 Art & Culture. [Draw](#), do Lego or [learn about different cultures](#).
- 3.00-4.00 Get Active. Play football in the garden, or go for a walk/run.
- 4.00-5.00 Let's Cook with [Theo Michaels](#) or [Jamie Oliver](#).
- 5.00-6.00 Have Dinner! Clean up together.

Story Podcasts All Ages

[BBC School Radio Storytime](#)

Stories from popular picture.

[Bedtime FM](#)

Stories to help children relax.

[CBeebies Radio Podcast](#)

Stories with favourite characters.

[Little Stories for Tiny People](#)

Original audio stories and po-

[FunKids Story Quest](#)

Stories for of all ages.

[Circle Round \(4-10 years\)](#)

International folktales.

[The Creeping Hour \(8-12 years\)](#)

Horror anthology series.

Motivating your Child to Read During Lockdown



Every parent understands the tremendous value of their children reading regularly. Given our current experience of the extraordinary Coronavirus lockdown – without the input of typical school life – reading daily at home matters more than ever.

[READ MORE](#)

Structuring the Day

By Daisy Upton



For some of us, having a loose structure for the day can really help with little ones at home. It's not something I would stick to rigidly. If a child is happily playing independently, then I'd sneak off for a cuppa! But having a rough plan means I always have ideas ready to go. I am currently doing a theme a week to keep things interesting.

Tips

- The activity doesn't always have to fill the time slot.
- If you're sharing childcare, do shifts.
- If you're overwhelmed, take a few minutes alone, somewhere where you can see but not hear the kids.
- Do 'tidy up time' at the end of an activity before introducing the next.

Example of a dinosaur-themed day:

- 9.00 Musical phonics. Every time the music stops, children jump on a letter on the floor and make its sound.
- 9.30 Write the word dinosaur as large as possible on a big piece of paper. Children can colour in the letters, adding shapes and patterns.
- 10.00 Snack and fresh air.
- 10.30 Make holes in empty shoe box. Get kids to post dried pasta through holes. Great for number recognition and learning to count!
- 11.00 Read dinosaur book/act out with toys.
- 11.30 Lunch/play.
- 12.30 Make a dinosaur jungle with sand/earth in trays, leaves, rocks and twigs. Add in dinosaurs and play!
- 1.30 TV and clean up time.
- 2.30 Outside play/walk.
- 3.00 Snack.
- 3.15 Jigsaw puzzle and board game
- 4.15

More great ideas from Daisy at [Five Minute Mum](#) in her book [Give Me Five](#).

New Nursery In York Celebrates Eco-Sustainability

Little Peanuts Day Nursery and Forest School (LPDN) will open its doors in Wheldrake, York in early September 2020. With an on-site Forest School and a purpose-built play provision, the newly renovated facility promises to maximise its 1.8 acres of rural space to promote outdoor learning in an enchanting environment. With six dedicated and uniquely curated rooms, the nursery will cater for children from 3 months to school age. Additionally, the nursery will be using The Curiosity Approach™ at the core of its early year's education ethos, which according to them is an essential modern approach that will bring passion and excitement to the setting.

At the heart of their strategy is eco-sustainability and people's place in the natural world. Little Peanuts will encourage their children and parents alike to be mindful of and take action to preserve resources and care for the world around them. Nursery Director, Sarah Hardwell says, 'We are really excited to be opening ready for the autumn term. Through sustainability and living the mantra of reuse, reduce and recycle, our goal is to be one of the greenest nurseries in the UK.' Sarah continues, 'Our mission is to provide an enriching early learning environment both indoors and out, that enables all children to flourish. With the help of our dedicated team, we want to ensure our children develop their creativity, independence, self-confidence and wellbeing ready for their journey beyond Little Peanuts.' Taking a closer look at what Little Peanuts will offer:

Eco-Sustainability

At Little Peanuts, they consider the environmental impact of all of their actions and ensure that they are an eco-sustainable and socially responsible setting. Some of the actions they take day to day include: use of renewable energy suppliers for gas and water; have a switch it off policy for all electronic equipment; use LED light bulbs throughout the setting; source food that is locally produced and from sustainable sources; use washable wipes throughout the setting; compost any kitchen waste and offer additional recycling for parents as well as their own kerbside collections.

Forest School

The on-site Forest School will provide a safe environment where children will be encouraged to learn by taking risks, making choices and using their initiative. Learning will take place in a natural setting on site in Wheldrake, helping children develop the knowledge and respect to care for the environment and support their own sense of wellbeing.

The Curiosity Approach™

Instead of using brightly coloured, prescriptive, plastic toys, the Curiosity Approach™ focuses on resources that are often recycled genuine objects or loose parts from the natural world. By giving children real and authentic resources to play with, it opens-up a wealth of opportunities for learning and lets their imagination take the lead.

For a copy of their prospectus and for more info, Email: hello@littlepeanutsdaynursery.co.uk, visit: www.littlepeanutsdaynursery.co.uk or head to Facebook: @LPDNursery.

Best Family Health and Wellbeing Resources



NHS Every Mind Matters

Ten tips to help if you are worried.



Jump Start Jonny

Exercise/dance work outs for children.



PE with Joe Wicks The Body Coach

PE/work out sessions for children.



The Little Gym at Home

Fitness for primary and pre-school children.



Headspace

Audio guided meditation/relaxation for all.



Mind

Resources for wellbeing.



Anxiety UK

Coronavirus support resources.



Nuffield Health Wellbeing Journal

Downloadable daily journal for children.



Fegans Online Counselling

Therapy for children (year 7+) and 1-1 parent support.

Talking to Children about Coronavirus

It's understandable if your child is feeling anxious about Coronavirus (Covid-19). The [British Psychological Society](#) (BPS) stresses the importance of being truthful and giving children factual information, but adjusting the amount and detail to suit their age.

For example, you might say: “we don't yet have a vaccination for Covid-19, but doctors are working hard on it” or “lots of people might get sick, but for most people it is like a cold or flu and they get better.”

[Download full BPS guide](#)

Families also recommends the following blogs from [Understood](#).

- [How can I calm my child who won't stop talking about the virus?](#)
- [What to do when your child WON'T talk about the Coronavirus.](#)
- [What to do when your child is anxious about Coronavirus.](#)

And this great [blog from Hand to Hand Parenting](#).

Dealing with your Coronavirus Anxiety

By Anna Mathur



Perhaps you find yourself obsessively checking the news for fresh information on Coronavirus? Maybe you are constantly symptom checking, washing your hands, feeling consistently fearful or tearful, and playing potential scenarios through in your mind?

[READ MORE](#)

Your Child's Mental Health: Spot the Signs

By Ian Soars



Would you recognise the signs? It's Mental Health Awareness Week between 8 and 24 May and since March, large numbers of families have been dealing with much more anxiety than usual: about their health, their jobs, their finances and their futures.

[READ MORE](#)

Best Virtual Zoo and Aquarium Tours!



Chester Zoo

Learn [surprising animal facts](#) and [download fun activities](#)



San Diego Zoo

Animal art & craft. Baboon, Polar Bear & Penguin [live cams](#).



Cincinnati Zoo

Enjoy [home activities](#) or watch a [Home Safari Facebook Live](#)



Monterey Bay Aquarium

Watch fishes, penguins and sharks on [webcam](#)



New England Aquarium

Hosting [daily virtual visits](#).



Lone Pine Koala Sanctuary

Meet the koalas of the world's largest sanctuary.



Zoo Atlanta

Check out the [Pandacam](#) for some cute furry creatures!



Smithsonian National Zoo

[Live webcams](#) of naked mole rats, elephants and lions.



Ouwehand Park Polar Bear Cubs

Watch [cute twin polar bear cubs](#) live from the Netherlands!

Families North Yorkshire finds out more about Avocado Events

Hi, I'm Kate from Avocado events! I run events for babies, children & parents across York with venues such as John Lewis, Everyman Cinema & Waterstones. I usually pop a copy of Families Magazine in my event goody bags, so it's super exciting to be writing an article for this online issue. My events are obviously on hold due to the lockdown, but I thought I would bring you some ideas to entertain the kids & a little competition too! I myself have two daughters aged 4 and 10 months so I am always looking for ways to entertain them during this surreal time.



DID YOU KNOW? I named my business 'Avocado Events' because at the time my first daughter was 6 months old & weaning. Avocados (and bananas) were her favourite food! It was usually in my hair & on my clothes!

FUN FACT: Avocados have more potassium than bananas!

COMPETITION: Have you ever baked with avocado? Or can you draw one or make one with your craft box supplies? I am setting you a lockdown challenge to make anything avocado related with the kids. Please send photos of your creations to Kate@AvocadoEvents.co.uk and I will share on my social media pages (with your permission) & choose a lucky winner who will receive an Avocado Events goody bag filled with gifts from Childs Farm, Pip Organic & more.

You can follow us: www.facebook.com/avocadoevents, www.twitter.com/avocado_events & www.instagram.com/avocado_events and see the types of events we run.

Stay safe,

Kate x

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Families
Magazine

Best Virtual Space Experiences

Learn about the solar system, build your own rocket and wander on Mars – all without leaving your living room!



Hubble Space Telescope
360 degree virtual tour at NASA.



Interactive Solar System Tour
Explore the [solar system](#) like an



International Space Station
Free exciting [game simulation](#).



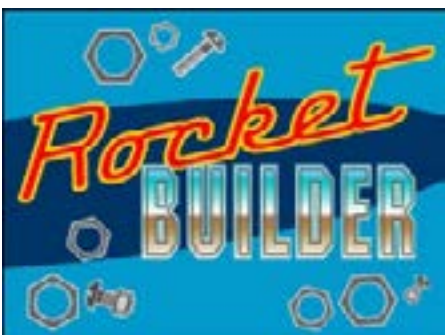
Mars Surface
Walk along the real surface of Mars with NASA's Curiosity



NASA at Home
Learn about NASA with these [virtual tours and apps](#).



NASA Exoplanet Exploration
Explore [planets](#) outside of the solar system!



NASA Kids Club: Rocket Builder
Build your own rocket with this [free fun game](#).



National Geographic Videos
The [solar system](#), the [universe](#) and [black holes](#)



Twinkl Space Activities
Worksheets and colouring pages. Plus [special offer](#).

Making the Best of Outdoor Time

By Claire Winter

Getting fresh air is vital, so make sure you make the most of your garden (if you have one) and daily exercise outings.

Walk ideas

- Go on a rainbow hunt and count how many you see in people's windows;
- Ask local friends to put soft toys in their windows for children to spot;
- Give your children a list of things they need to find/take photos of;
- Develop a nature trail, where your children have to look up and identify the birds/flowers/insects they see;
- Change it up by taking bikes, scooters, skateboards and skipping ropes.



Garden ideas

- Plant a mini veg patch/herb garden if you can find some seeds;
- No garden? [Make a cress head](#);
- Go on a mini-beast hunt and [build a plush bug hotel](#);
- Little ones will enjoy painting the shed/fence with a big brush and bucket of water;
- Invest in chunky coloured chinks for patio or pavement drawing;
- Enjoy a night under the stars. [Tent share](#) is encouraging families to dust off their camping gear and hold a mini-festival in their garden!



[Play-at-Home-Fest](#) on 23/24 May is another virtual family festival packed with children's characters, celebrities and brands, and funds raised going to the National Emergencies Trust Coronavirus Appeal. You can [register free](#).

Five Ways to Make the Most of #TheGreatIndoors

By Bear Grylls, Chief Scout

Before you climb a mountain or sail an ocean, you need a plan. The same is true for getting through the next few weeks. Families are spending more time together than ever, and without a plan, getting to bedtime may be as tough as climbing Everest.

That's where [#TheGreatIndoors](#) comes in. It's a collection of over 100 fun, free activities from the Scouts that your family can try at home. And you don't need to be a Scout or an expert to deliver them!

Families has chosen its favourite ideas from #TheGreatIndoors collection and you can find these on the next page (page 17)

Make a daily plan

Do this the night before. [Choose activities](#) for the morning and afternoon.

Start the day with something active

Take part in a family work out. You'll find plenty online or you could just do some gentle exercises together.

Don't forget to warm up and give each other plenty of space.



Keep learning

It's a great time to learn a new skills, whether improving your French or learning to play the ukulele. What can you teach each other?

Get some fresh air

If you have a garden, make the most of it. Eat your lunch outdoors. If you don't, try to get out into some open space while respecting the rules, social distancing and staying safe.

Be kind

Respect each other's personal space and make an effort to do nice things for each other. [Why not think about making a thank you card?](#)

Supporting Siblings During Isolation

By Laura Hellfeld

Our families have all been settling into this new 'normal' as we turned to the safety of staying in our homes. There are definite growing pains for many of our children. They are adjusting to the complete disruption to their routines and long pauses to their usual safe spaces of school and other social activities. On top of that, siblings are now in ongoing, close proximity. All of this is compounded with pressures of missing friends and home learning. It's no surprise then that siblings may be facing some challenges in getting along. Here are some recommendations for supporting your children's relationship during isolation.

Encourage Non-Competitive Games:

There's plenty of opportunities for competition but right now fostering a sense of teamwork is important. A scavenger hunt where siblings take turns sets siblings up for cheering the other sibling on. Or, imitation games set up siblings for cooperation and often lots of giggles.

Take Care of Shared Spaces Together:

Siblings can share enjoyment in a sense of accomplishment by taking care of their things. This may be by sorting through toys/books or by tidying up craft drawers. Now is a great time for siblings to collaborate on creating new artwork or decorations to hang in their play areas and rooms.

Perform Emotional Regulation Activities Together:

Throughout the day, assist siblings to take pauses to check in with feelings or boost feel-good emotions. This may be with a colouring session with calming music or a more structured breathing exercise. On the more energetic end is rough-and-tumble play. This type of play is incredibly effective for emotional regulation and as an energy outlet.

Assist with Giving a Sense of Purpose:

Having a sense of purpose can really ground our kids during this unsure time. Siblings can be guided to think of activities that help others. Take a moment to reflect on how helping someone else makes us feel and why we help

others. Even taking care of plants in a garden is an opportunity to care and feel a sense of accomplishment.

Perform Mindfulness Activities:

Similar to the emotional regulation pauses, encourage your children to take moments to reflect. Helpful themes to focus activities around may be gratitude, teamwork, community, and self-esteem. Activities can also centre on siblings. What is your sister good at? What can you thank your brother for today?

Create Separate Downtime:

Our kids need breaks from one another. A time when they can have personal space to enjoy a self-directed activity. If you are creating a schedule for the day, try pencilling in the separate time to ensure it happens. Your children may want to retreat to their room or create a sense of privacy with headphones.

Stay Connected to Friends:

Your children may be greatly missing their friends. While a sibling relationship provides its own value, they don't necessarily substitute for peer relationships. When you are able, you can help support your children to set up separate video-chats with their friends.

Laura Hellfeld
Nurse, Sleep Practitioner, Children's Yoga

Raising Extraordinary Families through Autism and Neurodiversity Support

RAISING EXTRAORDINARY FAMILIES

KOKOPIE

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Family-Friendly Furlough

By Georgina Thomas

As we continue to navigate this global crisis that is Covid-19, something we are asked frequently is how this pandemic affects employees with childcaring responsibilities, who are unable to work as a result. Whilst the Job Retention Scheme (JRS) goes a long way to supporting employers and staff, there are still considerable challenges on a practical level. So, what are your rights here?

The government guidance states that, if you are unable to work (including from home), and are not a key worker, because you have caring responsibilities arising from Covid-19, including childcare, then you may be furloughed. People are seeking to rely on this as a solution – being sent home on agreed 80% of wages (capped at £2500 gross, subject to usual PAYE deductions) enabling you to fulfil childcaring responsibilities whilst hopefully not losing your job and retaining your income. It is not always that simple in reality - much will depend on the type of job you do. If you can do your job from home, that could be the expectation. If you cannot, then you may still be asked to come to work, if your work can be done safely in accordance with government COVID-19 guidelines.

Also, remember you can still travel to work where the job cannot be done from home. The government has made it clear - where possible we must keep the economy going.

But I can't go into work, the kids are home and I can't work from home....You can request to be furloughed to meet childcare needs, but

employers don't have to agree to it and must carefully assess it to ensure it applies in each case. The guidance around how employers should approach such requests is not yet clear. Employers will be worried about when to grant furlough on this basis and when not to. Broadly, if you aren't able to work at home due to childcare needs, then, in our view, you can be considered for furlough.

Employers will need to consider carefully whether the government guidance applies in each case, looking at each set of individual circumstances and business needs, before making decisions. In deciding, you should consider other more practical steps too e.g. reduced hours; flexible working or temporarily providing different work which can be done from home. Of course, that all depends on business needs. There are several pitfalls here for employers so we must stress - advice is highly recommended to avoid getting it wrong and facing claims.

What if my employer refuses to furlough me? You do not have any legally marked out way to insist that they do – the discretion lies with them. However, the scheme refers specifically to furlough for this situation, so employers must have recorded a fair, objective reason and assessment of why they refused. Although employers cannot be forced to furlough, employees may have employment claims if they do not.

So, whether you are an employer or employee, seek advice before making any decisions. We believe HMRC will audit furlough decisions. Are there other options? Where furlough is refused, you may be able to fall back on the existing laws – such as time off to care for dependents, parental leave, using holiday entitlement or even flexible working by sharing childcare with a partner. You can raise these options with your employer. So, whilst the extension of the scheme to cover those unable to work because of their caring responsibilities is a good one, it certainly throws up many practical issues to be addressed and advice should always be sought, we're here to help!

If you or your organisation need help on this or indeed anything employment law or HR, contact the team on 01904 360295 or email enquiries@bridgeehr.co.uk

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Celebrating Birthdays in Lockdown

By Rebecca Lewis



From teddy bears' picnics to neighbourhood poster parties, a birthday under lockdown can still be special.

Turn their bedroom into an escape room

Create your DIY version with clues to help them unlock their birthday gift. Google [easy riddles](#) for inspiration.

Involve your local community

Ask members of your community or school's Facebook/WhatsApp group to create a happy birthday poster or put up a balloon in their window. See how many you spot on your daily walk.

Movie and bowling night

Download a movie and a bowling app game, and hey presto your home becomes a makeshift entertainment complex. Google [cinema ticket template](#) and [popcorn box template](#)

Hold a teddy bears' picnic

Invite your child's favourite soft toys to a special picnic at home! Decorate with bunting and balloons; draw paw prints in chalk; hunt for the 'missing' bear; end with a calming game of sleeping bears.

Water lot of fun!

Create an aqua park in your back garden! Use dunked sponges for a water fight; play skittles with open bottles of water; run a hose along a sheet of tarpaulin for sliders; fill the paddling pool with warm water and bubbles for an outdoor Jacuzzi.

Tips

Invite your child's family and friends to a virtual celebration via Zoom or similar! Make sure you prepare beforehand by reading the [Zoom Help Guide](#).

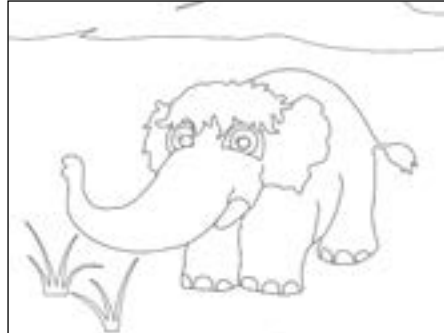
Consider a virtual party. Google [virtual birthday party entertainers kids uk](#)

Best of Colouring Printables

We've assembled a great range of colouring pages for all ages and interests to help keep your children busy and stimulate their creativity. Just click on the title of the image to download.



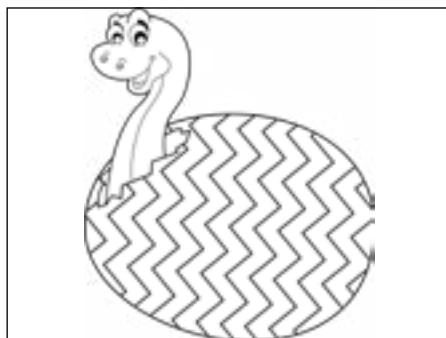
Asiatic Lion



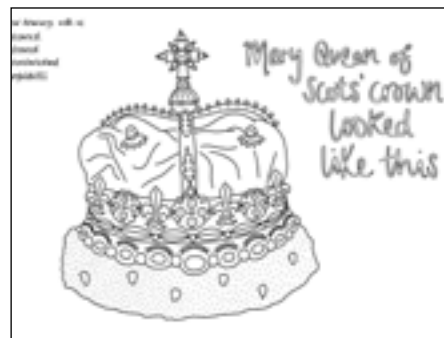
Baby Woolly Mammoth



Cinderella & Fairy Godmother



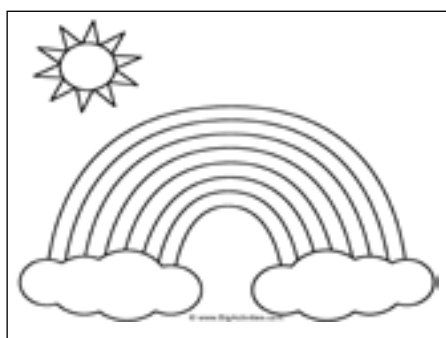
Dinosaur Hatching from Egg



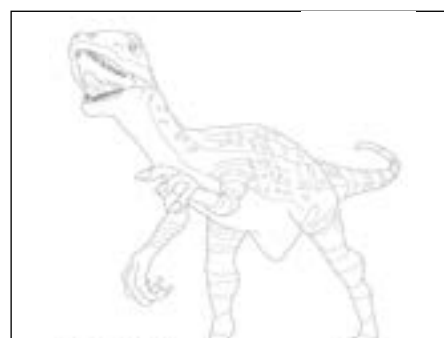
Mary Queen of Scots Crown Scotland



Paxi Space Explorer



Rainbow
Support the NHS



Raptor



Unicorn Friends

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Small Business Directory



Ruthie Clegg Photography - South Milford

My FB & Insta business pages are @ruthieclepphotography & although I am closed, I am a published family photographer based in South Milford. [ruthieclepphotography.co.uk](https://www.ruthieclepphotography.co.uk) email hello@ruthieclepphotography.co.uk



Wander and Luxe - Blog

Wander & Luxe is an outlet for all things travel, motherhood & a little luxe. Originally from Perth, I have been living in York for the past 2 years with my husband, young daughter & two beagles. Our daughter arrived in 2017 & we are now navigating the unknown territory of travelling with a toddler whilst sharing our journey along the way. I hope to inspire family wanderlust by showing our adventures & sharing my knowledge & know how. Visit: www.wanderandluxe.com.au



Moments Inspired by: Grace's Garden Retreat - online

Luxury Candles, diffusers, wax melts, luxury scent sprays & hand wash & body lotion etc. Online shop - www.momentscandlesco.com/graces-garden-retreat All-natural soy, so vegan and eco-friendly. "Live for the moments you can't put into words."

Mother & daughter business. Grace, daughter, has her business Grace's Garden Retreat (currently closed), beauty & massage therapist. FB @GracesGardenRetreat



Kip McGrath, York

I run an online tuition business specialising in English and maths for students aged 6 years and older. All of our tutors are fully qualified teachers who have experience working in local schools. Ruth Morris Centre Director 01904 28 90 30 yorkeast@kip-mcgrath.com



En Pointe Live classes - online

Join us online - If you're ready to start dance but haven't tried it before then you should enrol on to our En Pointe Live classes. We offer online classes with our expert teachers live to your home with Zoom. Ballet, Jazz, Tap and other dance styles are available, start your dance training now. Visit: www.enpointeyork.co.uk



Choc Affair - York

A local business based in York, producing a lovely range of handmade chocolate treats, using sustainably grown cocoa, and all-natural ingredients, perfect for all the family. We are offering free deliveries around York, on all orders over £10, as well as Nationwide postal deliveries, so it's the ideal way to keep the treat cupboard full during this difficult time. www.choc-affair.com Email: Customerservice@choc-affair.com Call: 01904 541541



Nicole Bruce Walker Movement Specialist - Online

Using video consulting & specific movement tests I can help people who are experiencing pain or discomfort & need help to return to activities, sport or a more comfortable lifestyle.

One to one Pilates sessions and Livestream Pilates & Move Well classes. On Demand Video Library of shorter Pilates & Move Well classes to be taken when you want. All can be accessed through www.nbwmove.yondo.com/



KoKoPie Families Training & Online courses

Laura Hellfeld | MSN, RN, PHN, CNL, Sleep Specialist, Children's Yoga

I am a nurse, yogi, & mom to the two boys who are the namesake of KoKoPie. KoKoPie is my platform for creating education in child development & uplifting children's mental health. I specialize in supporting neurodivergent children & their families. I am also passionate about creating education for childcare providers & practitioners. I offer in-person training and online courses at www.KoKoPieFamilies.com



Maisie Nicholls - Online

I help pregnant & new mums prepare for motherhood & enjoy those first few days, weeks & months after birth. Postnatal depression is something many new mums experience; my work provides women with tools to support their emotional wellbeing during the transition to becoming a mum.

I run the Postnatal Podcast & I am currently offering 1-1 coaching to help pregnant women prepare for motherhood. I also have a programme supporting new mums who are struggling to adjust to be a mum.

Find out more: www.maisienicholls.com



The Strength Unit - Wetherby & online

The Strength Unit is a small fitness facility in Wetherby. I am currently offering all my classes online via zoom together with personal training online. The class timetable can be viewed on our website at: www.thestrengthunit.co.uk



Yorkshire Wolds Apple Juice

We pride ourselves on being a small, Yorkshire family business making juice the "old fashioned" way which is full of natural flavour & goodness. We make our traditional, cloudy apple juices using 100% British fruit. It is all natural, with no added sugar, water or nasty preservatives. We are currently offering a contactless delivery service in the York & Malton areas. Order by email or website, pay over the phone or bank transfer, we let customers know when we will be delivering to their chosen "safe place" & then text or ring after we have dropped off. www.yorkshirewoldsapplejuice.co.uk



Solaris Therapeutic Massage - York

Online 3-week Immune Strengthening programme.

Included:

- 2 x weekly Qi Gong immune strengthening sessions 10am Mon & Thur
- 2 x weekly meditation sessions 6pm Mon & Thur.
- * Exercises to free up the spine & open up the heart
- * Mantra chanting
- * Encouragement to journaling the emotions

Limited to 8 people. The contributions are: £36 min; £60 or £95 for the very generous.



Primary Tutoring with Rosanna

I am an experienced primary school teacher & now tutor children of primary school age in their home. I have knowledge of all primary ages. At the moment I've cancelled all face to face tutoring sessions & am taking my tutoring online. I also sell homemade learning packs for each year group. Packs contain items such as spelling games, maths workbooks, times table workbooks, reading fluency packs, phonics games, writing aids & grammar games/activities. They are tailored to the age & needs of the child. Facebook: @primarytutoringwithrosanna/, Call: 07528856979 or Email: primarytutoringwithrosanna@gmail.com



Happy Sleepy Baby - Scarborough & Online

Becky Palmer is a parent of 2 beautiful children and has seen the benefits of baby massage and yoga firsthand. "I am running virtual baby massage & baby yoga classes whilst we are on lockdown. Priced at only £2.50 per week www.happysleepybaby.com or call me on 07709 117341."



Story time and More - York & Online

Before lockdown, we were a weekly, stay-and-play group for 2-5-year olds. Each hour session began with a story & then Storytimers were guided through a range of activities which help develop literacy, numeracy/STEM, creative and thinking skills. Since lockdown, I have been posting weekly links to stories we have enjoyed at Storytime and More & a host of suggested activities for each. Storytime and More can be found on Facebook @storytimeandmore.



Big Events

Entertainment - area wide & online

Established in 2004 to provide a mobile children's entertainment service that offers value for money, quality and high standards of professionalism. This is a trusted and experienced entertainer offering a wide variety of services to suit all tastes and budgets. Sandra has expanded her services to include family events, discos, DJ, any themed event and now offers you Virtual or pre-recorded parties too. Call: 07709 252579 or visit: www.sandra-entertainment.co.uk



Reading Fairy - York & Online

Classes for 1-5-year olds running online, live, interactive sessions. Our classes aim to nurture a love of storytelling & books & develop skills for learning to read through progressive language activities, songs & stories. Our phonics programme helps to prepare pre-school children for school, using fun & educational phonics songs, games, props & activity sheets to support them to learn letter sounds & early words. We are an active class. We offer online trials - Call: 07739961391 or visit: www.readingfairy.com/york



Tropic Skincare - Online

During these difficult times, people can order directly from my online shop & it's free delivery (for orders over £30). Just select my name, Alex Clayton, as your ambassador. Tropic Skincare is a multi-award-winning company, who offer freshly made skincare & beauty products made in the UK using the most innovative and effective ingredients nature has to offer. Visit my shop to find out more about the amazing products on offer: www.tropicskincare.co.uk/shop/alexclayton



Rise Furniture and Mobility - Harrogate

Harrogate's only award-winning mobility company, providing quality solutions so your elderly & loved ones can maintain their independence safely in the comfort of their own homes. We're proud to support British manufacturing and supply award winning rise and recline chairs, adjustable, profiling carer beds, straight and curved stairlifts. We can arrange a 'virtual' appointment survey for you.

Whilst our showroom is currently temporarily closed you can shop online www.risemobility.co.uk or call 01423 526737.



Bump and Beyond - Sherburn in Elmet

Bump and Beyond offers prenatal and postnatal yoga as well as baby massage classes. All classes are taught by a 500-hour Yoga Alliance Professionals registered yoga teacher and IAIM (International Association of Infant Massage) instructor. Private sessions are also available on request.

Email Jess on: bumpandbeyonuk@gmail.com or through Facebook @ukbumpandbeyond.



Calcaria Cleaning - Tadcaster to Wetherby areas

We are a trusted locally based cleaning company; we pride ourselves on our attention to details and reliability with all our cleaning work. We also run an ironing service. To find out more about our company please call us on 07958 002925 and find us on Facebook: @Calcariacleaning.



Freedom of Choice - Online shop

I have been an independent business owner working alongside Forever Living Products - The Aloe Vera Company for the past 12 years around my 2 children. I am passionate about helping others to have a happy, healthy, balanced life. We offer a fabulous range of high-quality health & nutritional products to families (including their pets) to help support skin health, digestive health & immune health. All of which come with a 60-day money back guarantee. Enjoy our FREE E-Magazine here bit.ly/AloeLifeMarch20 Visit: www.laura.myforever.biz/freedomofchoice or call Laura on: 07841338125



Say it with Cake - Sherburn in Elmet

I run a small home-based cake decorating business from Sherburn in Elmet, North Yorkshire. I make cakes for all types of events from wedding to birthdays. I also make bakes treats which are available for collection and postal boxes, items include brownies, blondies, cake pops etc. Visit: www.sayitwithcake.org.uk to find out more or call: 07708372249. Facebook: @sayitwithcakesherburn and Instagram: @sayitwithcake1



diddi dance - York, Ryedale, Selby & Online

diddi dance is now online delivering LIVE classes to your living room every week. We are jamming lots of fun dance themes including PJ MASKS, Party/Rave theme, fun activities, LIVE bedtime stories and much more. diddi dance is perfect for your energy bound toddler who loves to dance around! For more information on how to sign up to our classes contact hayley.evans@diddidance.com

Rainbows from the community



**Robbie, age 9,
Tadcaster**



**Finley, age 6
months, Kirkby
Malzeard, Ripon**



**Alyvia, age 11,
Selby**



**Alice & Sam,
age 7 & 8,
Hessay, York**



**Bradley, North
Yorkshire**



**Ethan & Theo,
age 9 & 5,
Tadcaster**



**Amelia & Layla
age 6 & 3, York**



**Lexi age 8,
York**



**Luke & Han-
nah age 4 & 3,
Boston Spa**



**Isla & Seth age
7 & 4, Stutton**



**Sophie age 4,
Knaresborough**



**Amelia & Alex-
ander age 8 & 4,
South Milford**



**Teddy age 4,
York**



**Amelia & Layla
age 6 & 3, York**

An 'Excellent' rated, vibrant and supportive school community, set in 220 acres of beautiful North Yorkshire Countryside.



We welcome day students from 3 months to 19 years and boarders from 6 years to 19 years.



Academic, sport, music and drama scholarships available for students in Years 7 to 13.



The No.1 independent secondary school in the North of England (QE College).

Sunday Times Schools Guide 2019



Join us on 2 May 2020 for our first ever Virtual Whole School Open Day! Visit www.qe.org to sign up



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