

Services for Young Children

Parents/Carers Update June 2023

Included this month: Time for a career change, Solihull Approach free parenting courses, Connect4communities Summer Holiday Activities and Food Programme and How to cope in hot weather.

Time for a career change?

Do you enjoy spending time with children? Would you like to be self-employed and have a professional career?

In Hampshire we need Ofsted registered childminders to help support children's development and learning, as well as provide a nurturing environment for children and young people to thrive.



You will need many qualities: being in a jungle, surviving on a desert island or training to join an elite squad has no comparison!

Up for the challenge... want to know more, visit [Becoming a registered childminder in Hampshire | Children and Families | Hampshire County Council \(hants.gov.uk\)](#)

Details of the next live online information session on **Wednesday 19 July**, and to book: [Expression of interest Becoming a Registered Childminder in Hampshire event Tickets | Eventbrite](#)

UNDERSTANDING YOUR CHILD



NEW Solihull Approach - Free courses for parents and guardians in Hampshire

SOLIHULL APPROACH

Parents and carers in Hampshire can access **free online courses** to help build their confidence and better understand the behaviour, development and mental health of their child or young person. The 'Solihull Approach' courses have been specially designed by psychologists and professionals and tailored to different ages and stages of a child's development, from pregnancy to teen years and beyond. Through a series of interactive sessions, the courses provide advice and practical tips aimed at anyone caring for a child or young person, including parents, guardians, foster carers and grandparents. For more details and list of courses available to Hampshire residents, please visit: [The Solihull Approach | Health and social care | Hampshire County Council \(hants.gov.uk\)](#)

Connect4communities – Holiday Activities and Food Programme



Summer holiday schemes with free activities and meals for thousands of children from families on low incomes across Hampshire are being supported from the [Connect4communities](#) programme.

Parents and carers can find out what is on offer locally through the Family Information and Services Hub directory: [Holiday Activities and Food Programme | Family Information and Services Hub \(hants.gov.uk\)](#)

How to cope in hot weather



It is nice to have warm weather, but heatwaves can pose risks such as

- not drinking enough water ([dehydration](#)),
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing,
- [heat exhaustion and heatstroke](#).

The NHS have published details on their [website](#) of those people who are most at risk, and tips for coping in the hot weather.