

# HALO East Sussex - Information to share with families

Don't forget to hold the 'ctrl' button on your keypad when clicking the links in this newsletter

## Healthy Eating



How about having a go at making this Christmas tree shaped garlic bread as a family for part of your Christmas food this year?

[Christmas tree garlic bread recipe | BBC](#)

If you would like some more healthy cooking and recipe ideas for Christmas why not check out this advent calendar of recipes from the Early Start Group which has a different recipe for each day in December!



[Nutrition Advent Calendar - Early Start Group](#)

## Oral Health

Did you know? Children aged 0-3yrs should have toothpaste that includes no less than 1,000 parts per million of fluoride (*you can easily check this on the back of the pack*)

For this and other top tips on toothbrushing for children; check out this video from Dr Ranj and Supertooth.



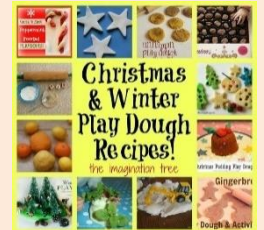
## Winter Playdough Recipe

Looking for activity ideas to entertain the children over the Christmas holidays then how about having a go at making your own playdough. This is great for children of all ages and supports them in developing their fine motor skills.

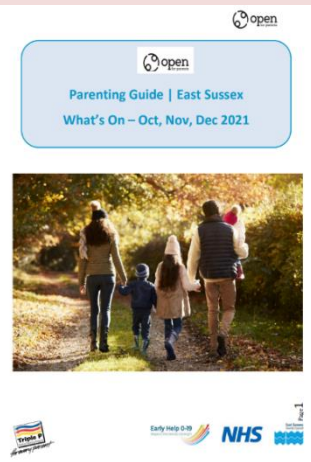
Why not add a wintery sensory twist by using any of these recipes with added ingredients to make the playdough smell or feel different.

[12 Winter Playdough Recipes](#)

#42 from the 50 Things to Do App



## Parenting What's on



'Open for Parents' offers free help and support to parents in East Sussex as part of the Early Help 0 -19 Service. They provide a variety of online parenting courses, each with specific tips to help you to support your child's behaviour.

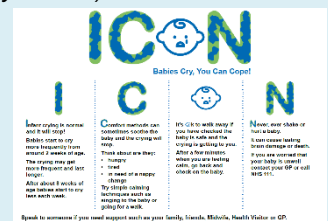
This service is all online you can join in from the comfort of your own home - all you need is a PC, laptop, tablet or phone and access to the internet.

Please find below our new guide which outlines all the programmes we have available to support parents and carers for the rest of this year.



Parenting Guide Oct Nov Dec Countywide

ICON is a campaign for parents and families of babies to help them find strategies for coping with crying and preventing incidents of abusive head trauma (AHT) – (*used to be called shaken baby syndrome*)



For some resources and top tips on coping with crying and practical strategies please see further information here on the ICON resources page: [Parents Advice | ICON \(iconcope.org\)](#)

## 50 Things to do before you're 5 – COMPETITION

Its competition time!

Keep your eye out on our 50 Things to Do East Sussex Page on Facebook for upcoming competitions where your family can win tickets for fun things to do in the area!

[50 Things East Sussex | Facebook](#)

Make sure you like the page for updates!

And if you haven't already downloaded the app – click here: [50 Things to Do Before You're Five in East Sussex](#)

