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The importance of play



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New law to protect breastfeeding mothers



Taking photos of breastfeeding mothers in public without their consent is to be made a crime in England and Wales. Campaigners have welcomed the law-changing decision. Julia Cooper from Manchester began the campaign to make taking pictures of breastfeeding mothers illegal after her own experience in a local park last April.

'I sat down to breastfeed my daughter and I noticed a man on another bench staring at us,' she said, 'he got out his digital camera, attached a zoom lens, and started photographing us. "I just felt that was so wrong that we had been violated in this way and there was nothing the police could do to help,' she added. 'This change in the law will provide the reassurance that mothers can breastfeed in public without strangers freely photographing and filming as they wish.'

Pre-schoolers flock back to group activities

After more than a year of social distancing and spending time on screens, the number of UK pre-schoolers joining organised group activities has risen by ten percent, according to a new study from Childwise, a leading specialist in research with children. Twenty six percent of parents surveyed said their pre-schooler had participated in group activities this year, up from sixteen percent in 2019.



Swimming is the most popular activity, with thirty seven percent of parents taking their pre-schoolers to the pool on a regular basis. This is followed by dance classes (twenty two percent in general and thirty one percent among three and four-year-old girls) and group music lessons (fourteen percent). On average, UK kids are now participating in 1.4 activities, up from 1.2 activities pre-Covid.

More info: www.childwise.co.uk



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Easter holidays

All details are as provided when going to press, however in case of changes, do double-check before setting out.

FAMILY DAYS OUT

EASTER FAMILY FUN AT ROYAL MUSEUMS GREENWICH

Opened daily 10–5pm. rmg.co.uk/families

Climb aboard Cutty Sark for an action-packed adventure on the fastest ship of its time. Meet characters from the ship's past such as Captain Woodget, find your sea legs at the ship's wheel and discover how the crew lived.

At the Royal Observatory journey through space in an awesome planetarium show and over at the National Maritime Museum, explore the interactive galleries or play on the Great Map. Enjoy a snack in the café.

Don't forget the awe-inspiring Queen's House which houses world-famous artworks and a fascinating royal history; uncover all of its hidden gems with a free family trail and craft sessions.

KEW ROYAL BOTANIC GARDENS

www.kew.org

Kew for One Pound A new low-cost entry has been introduced for a visit to Kew Gardens and its sister site, Wakehurst in Sussex, for people in receipt of Universal Credit or Pension Credit. For families or other groups, there is also now a reduced price for early bookings.

2-18 April The Very Hungry Caterpillar

Follow an enchanting Easter trail on your way to becoming a beautiful butterfly, based on Eric Carle's much-loved book, winding through sculptures of juicy fruits and a cosy chrysalis along the way. Digest facts about the wonder of nature and the close connections between plant and insect life on Earth. You can also explore the seasonal plants in the Gardens, with tulips, bluebells, magnolias, and cherry blossom all bursting to life. Included with admission charge.



NATIONAL TRUST EASTER TRAILS

Various venues
www.nationaltrust.org.uk

Easter holidays There'll be lots of fun for you and your family on your trail as you take part in nature-inspired activities. Complete the trail and collect your Rainforest Alliance chocolate egg.

HEVER CASTLE & GARDENS

Edenbridge, Kent TN8 7NG
www.hevercastle.co.uk

4 March - 22 November Becoming Anne: Connections, Culture, Court

Visit the childhood home of Anne Boleyn for an exhibition depicting her early life and learn how she became the woman who so caught Henry VIII's eye.

26+27 March Mother's Day Weekend

Celebrate with a tempting afternoon tea of freshly prepared finger sandwiches, savouries and a delicious array of cakes and desserts. Children can take part in a free workshop to make a keyring or pose for a family photo in a Mother's Day frame with the beautiful Castle as your background.



2-18 April Easter Fun

Take part in a colourful carrot trail, looking out for the Hever Bunny along the way. Discover hidden eggs around the gardens, solving clues to win a chocolate surprise at the end. Get creative with a free scratch art craft workshop.

Playtime Let loose and kick free in the beautiful extensive grounds, which include a water maze, a natural play area for under 7s, and an adventure playground for 7-14 year-olds.

SPA VALLEY RAILWAY

From Tunbridge Wells West Station TN4 8HJ
www.spavalleyrailway.co.uk

15-18 April Little Red Riding Hood's Easter Train Ride

A theatrical performance filled with slapstick comedy, magic, mayhem and eggs from the Easter Bunny—on a steam train!

BE A WALLY AND JOIN THE RUN!

Find out more and register for the 2022 Where's Wally? Weekender literacytrust.org.uk/whereswally 19 & 20 March. Hundreds of runners, families and book lovers will be taking to the streets dressed as popular children's book character Where's Wally? They will run, jog or walk to raise funds and awareness for the National Literacy Trust. The virtual

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event is open to everyone across the UK to show off their Wally stripes and take on a 5k, 10k or even 1k challenge for kids under 12, in their local area. Once registered, all runners will be able to order their free Where's Wally? costume, complete with the iconic glasses and bobble hat. All the money raised will go towards the National Literacy Trust's vital work to help children across the UK who most need literacy support, providing them with a route out of poverty and a chance to change their life story.

CLASSES & CAMPS



PERFORM
East Dulwich SE22 9AT
www.perform.org.uk

11-13 April

Perform Easter Holiday Course The Secret Garden workshops. Take part in the excitement of reviving a long abandoned garden! Packed with drama, dance and singing activities, Perform's three full day course will explore the themes of friendship, determination and the joy of the natural world, leading to a lively costumed performance for family and friends on the last day. Ages 4-10.

Perform term time classes Perform puts children's social development at the heart of their weekly sessions.

Using performing arts-based games and inspiring activities, their classes are designed to boost confidence, build concentration, develop communication skills and hone coordination—and are brimming with fun and laughter too. Run by professionally trained actors, dancers and singers, classes are kept small to ensure individual attention, with regular progress reports provided. Children can join at any point during the term and will still take part in the end of term performance. Classes are for all abilities. No-obligation FREE trial class to get started at perform.org.uk/try.

Families readers receive a **£40 discount when booking before 31st March, just quote LSE310322.**
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ABC SPORTS STARS

www.abcsportsstars.co.uk
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They are excited to announce classes starting at a new location from 2nd April in Ruskin park, Camberwell alongside their current location at Mountsfield park, Hither green.



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Camp Beaumont's award-winning multi-activity Easter camps take place from 28th March to 22nd April 2022. Childcare vouchers are accepted and all bookings are flexible with their COVID flexible booking promise. If there are any changes to the government guidance you can change the date hassle-free or receive a full refund.

See our What's on pages for more ideas of things to do this March and April.

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What is 'Excellent Learning'?

Parents visiting the Pre-Prep for the first time often comment on the abundance of diverse decorations and displays hanging from walls and ceilings and immediately feel at ease once they see the fabulous facilities. When it comes to their child's learning, the language of Excellent Learning is one that the whole of the Early Years community know like the back of their hand.

Are you a 'Willing Wolf' or a 'Persevering Parrot'?

Developed by Dr Ruth Burtonshaw, Head of Early Years at Dulwich Prep London, the Excellent Learning programme was designed to help children form positive learning skills, recognising that attitudes to learning are significant in determining how well we learn. Through the Excellent Learning animals and characteristics, they teach the children how to rise to the challenges of learning.

The Excellent Learning animals provide children with a framework for learning and each week, children from Nursery

to Year 8 focus on one of the 12 characteristics. Children are supported to become more aware of their learning skills and to develop good learning habits so that they leave Dulwich Prep as confident, motivated, independent and successful learners.

"Listening actively to instructions, being a happy and optimistic learner, using your imagination, developing targets and goals, doing your best knowing that effort counts and sharing knowledge and ideas are all personal attributes that the children at Dulwich Prep London develop and take with them through their journey in education and beyond."

If you would like to explore Dulwich Prep London's Early Years and Pre-Prep further, please email Registrar, Mrs Viki Cryer, via admissions@dulwichpreplondon.org or call 020 8766 5525.

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A World of Opportunity

Mrs Moyra Thompson

Head of Oakfield Preparatory School



Meet
THE
head

Moyra Thompson has been the Head of Oakfield Preparatory School for 3 years having been Head of the Pre-Prep since 2010. Previously she held a variety of leadership and teaching roles in independent schools. Before going into education Moyra began her career at BBC Radio and has three children, all of whom are now grown-up. She lives in Kent and loves literature, history, theatre, meeting new people and hearing their stories.

What do you enjoy about leading Oakfield Prep?

It is an absolute privilege to be Head of Oakfield, and the incredible feeling of seeing our children develop in their learning, skills and character as they move through the school is something that never diminishes. I love seeing the beaming smiles of happy, energetic and optimistic children as they come into school every day eager to learn, and we relish our work in helping every one of them be the very best that they can be.

What do you think is special about Oakfield?

I may be slightly biased, so looking at our school surveys the children regularly cite the brilliant teaching and incredible, spacious playgrounds we are blessed with on both sides of our site. Parents point to the core values, character traits and growth mindset we seek to instil in the children, as well as how inclusive and welcoming we are. Indeed, we celebrate our diversity and the fact our Oakfield community is representative of London and reflective of life. Particular highlights are our offering of Spanish and Philosophy for Children from Nursery onwards, Votes for Schools for Year 1 and above, plus the unique Oakfield Diploma in the Summer Term of Year 6, where children develop their leadership, entrepreneurial and transferable skills. This is also a place where kindness, good humour and fun abound.

If you hadn't been a teacher what would you like to be?

If I hadn't been a teacher, I would have loved to have been either an actor or an artist. Perhaps if I had had access to an Art studio like ours, which we opened at the start of the academic year, I would have had a better chance of success! I am particularly looking forward to our Summer Art Exhibition, in partnership with the charity VICTA, where our entire Oakfield community (children, staff and parents), will be producing artwork and prove we all have the ability to be creative (hopefully!)

How do you prepare the children for 11+ exams?

As soon as they join us, each child's journey at Oakfield is structured so they are fully prepared to succeed at 11+. Our leaver destinations and the number of awards and scholarships offered to our pupils stand testament to the methods and events we deliver, from our exam and one-on-one interview preparation to our Senior Schools' Fair which is coming up in May. We put no ceiling on our ambition for the children and know that we only succeed when they succeed.

What are your guiding principles at Oakfield?

We are academically ambitious for our children and challenge them to maximise their individual potential in

all aspects of their learning. That being said, we don't expect pupils to all arrive at Oakfield the same, nor do we expect them to leave us looking the same. We are not a factory; we celebrate the children as the individuals they are and provide a supportive learning environment to develop their strengths across academia, the creative and expressive arts, sport and everything else in-between. We are proud of the educational experience we offer, shaped by an innovative and exciting curriculum which enables all our children to flourish.

What do pupils from Oakfield go on to do?

We are so proud of what our alumni go on to achieve. Recently we welcomed back Omari and Amani Campbell-Okolo, who attained sport scholarships at Whitgift and have gone on to represent the GB Fencing Team. Next month, to coincide with British Science Week, we host former pupil Sigourney Bell, who is currently doing a PhD at Cambridge University, to officially launch our new STEM Room.

Our motto is a 'World of Opportunity' and this means not only offering the children incredible opportunities while they are with us at Oakfield, but also preparing them for all they will achieve when they leave us after Year 6 and enter the world as truly global citizens.

Join our **Open Morning** on Thu 5th May, **Senior Schools Fair** on Sat 14th May and **Oakfield World's Fair** on Sat 11th June at Oakfield Prep, 125-128 Thurlow Park Road, SE21 8HP.
www.oakfield.dulwich.sch.uk | admissions@oakfield.dulwich.sch.uk | 020 8670 4206
@oakfieldprep on Instagram, Twitter and Facebook.

Does spelling matter?

By Jemma Zoe Smith

At a time when autocorrect is everywhere and very few situations call for handwriting, the question being debated is: does spelling matter?

As a dyslexic tutor, my answer does not fit squarely on one side of the fence. Spelling is a recognised core skill which helps with reading, processing and pronunciation. That said, should anyone be penalised for having important and novel ideas, simply because they struggle to write them down?

In UK primary schools, children are given regular spelling tests and spelling is tested at each stage of pupils' lives. 11+ exams, SATs, GCSEs and even some job interviews require a writing task without spellcheck. So yes, spelling must matter because it is tested at so many points in the UK (although not so much in the USA). Fail to master spelling and it is harder to make it to top universities or careers.

Indeed, poor spelling skills can also impede you in love! In 2016 a survey of over five thousand people on online dating site Match.com found that over a third judged whether a potential date was suitable by their grasp of grammar. It can also impact business ratings, with a BBC article in 2011 stating that 'a single spelling mistake can cut online sales in half'.

While spell checking tools can be used, they raise a new issue. When

spell check corrects a word, it can also change the word to one different than intended, creating hundreds of 'funniest autocorrect' articles online but also leaving governments red faced as 'peace' turns to 'peach' in press releases.

But let's not come down too hard on spelling lest it discourage children from writing. I have seen students go from enthusiastic to disengaged learners after seeing their work returned with red rings around the misspelled words. For many, their ideas for stories, articles and debates stay locked in their heads, never written down for fear of over-zealous correction. We might be missing out on some amazing works—after all, Jane Austen is known for spelling scissors as 'scissars' and sofa as 'sopha'. And her novels are considered literary classics!

So does spelling matter?

Sort of. But it shouldn't get in the way of encouraging people to write. My solution? Spend longer on proof-reading, a skill that can help beyond the classroom. And, on that note, I'm off to proof-read this article.

Learning to proofread

While grammar and autocorrect tools can support writing, I believe there is a missing skill: proofreading. Something that I often work on with students is 'hearing their inside voice' reading their work. Being able to spot mistakes can help students to notice patterns in their own writing, identify grammar errors



and lead them to understand hidden meanings in texts.

The process of proofreading encourages children to slow down and consider making changes to their work, such as upgrading a word like 'big' to 'enormous', allowing them to explore and use more advanced vocabulary. To produce crisp, clear copy, proofreading is the final part of the writing process and is as important as creating and revising text in producing crisp, clear copy.

Proofreading is a skill that many of us will need in the world of work, when sending emails and writing presentations. For the best, proof reading can be a job in its own right.

To practise proofreading, try www.twinkl.co.uk for age-banded proofreading packs and worksheets www.portlandproof.com for free online games.

Jemma Zoe Smith is Director of The Education Hotel
www.educationhotel.co.uk

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Help, we didn't get our first choice school!

By Emma Lewry

School allocation day is almost upon us. In England, secondary school places are announced on 1 March. Then, during April, those who have applied for a primary school place will find out their designated school. Thankfully, almost ninety two percent of families are given their first-choice primary school and ninety eight percent get one of their listed preferences. In secondary, ninety six percent of students get one of their listed schools. But what about those who do not get their first choice or even any preferences? How can you deal with the fallout from not getting a choice you planned for? Here are three suggestions:

Give the allocated option a chance

If you do not know much about the school, get nosy on their website and give them a call see if you can visit. In many cases, second or third choice allocations turn out to be brilliant and families are really pleased with the decision. Give the school a chance, it might work for you!

Manage disappointment

Sometimes the biggest issue is managing the disappointment you and your child might feel. Look after yourself and take some time to be sad, angry and frustrated; these are important and valid feelings. Communicating positively with your child is important if you can, so they don't feel nervous about their new school.



Get on the waiting lists

Plenty changes between the spring and September and there is still a good chance you can get a space at your first choice school or another you feel happier about. Depending on your local authority procedures, you may automatically go on a waiting list or you may need to request this with your local authority or directly with the school.

If you are still feeling unsure about the school options, there is time to look at other schools and request a change. Both starting school and moving to secondary are big events and you need to feel as happy about them as you can. There are also options to appeal; although this can be challenging, it may be worth a shot. Again, your local authority website should explain the appeals process.

Emma Lewry is an Early Years teacher, former Headteacher and mum to two little girls. Emma co-owns Every Day's a School Day (www.edasd.co.uk/links) which supports families to prepare for starting school through groups, courses and a school starters planner available from Amazon.

The Laurels School: a culture of Excellence

The Laurels School recognise that, in an ever changing world, raising strong, flourishing and independent young women is a task in which close cooperation between parents and school is key. They are passionate about each girl developing her self-worth and realising her highest aspirations whilst also developing into a kind and considerate member of society.



The Laurels aims to develop the whole person, in close partnership with parents, through a deeply embedded character programme grounded in Catholic principles, which will enable each girl to fulfil her potential through acquiring virtues in a climate that balances freedom with responsibility. Their aim is for your daughter to achieve academic excellence and to forge a compass for life; they do this through:

- An environment promoting a lifelong passion for learning
- A pedagogy of virtue enabling each student to make wise choices for herself
- A tutorial system aimed at bringing out the best in each person
- A strong and close relationship with parents.

In September 2021, The Laurels moved to an exciting new site in Upper Norwood, which, after extensive refurbishment, opened its doors with facilities offering pupils the very best of possibilities to enable them to develop physically and academically.

The Laurels School provides several bus routes including from the Chelsea, Clapham and Balham areas. They also run a free shuttle bus service to local train stations.

If you would like to know more about The Laurels School's

educational vision, please visit the website or get in touch to arrange a visit.

The Laurels is part of a larger organisation, PACT Educational Trust, and as such we are co-located with The Cedars School which accepts boys aged 11-18. Our co-ed Prep School, Oakwood School, is located in nearby Lloyd Park.

www.thelaurelsschool.org.uk
www.thecedarsschool.org.uk
www.oakwoodschool.org.uk



Parental pressure

By Catherine Loble and Lisa Wander

The fine line between caring and caring too much



The weight of pressure and expectation from parents can lead to low self-esteem and anxiety, whilst a lack of pressure and expectations can be equally counterproductive. So how do we strike a balance?

Key is to maintain expectation but minimise pressure

High expectations can be motivating and encouraging, helping your child reach their potential and feel confident and secure. Think about the process rather than the result by encouraging them to stick with their studies even when they are struggling. Work with your child to decide on best ways to manage test situations. Experiment with different study methods together to find out what

works best for them. If your child is struggling, then talk to your school to see what support can be provided.

Finally, it's crucial to remind your child of your love and support without reference to their academic performance and test outcomes. Supporting them to learn from their mistakes motivates them to try new approaches to problem solving, achieving wisdom and good judgement along the way.

Don't worship grades

Worldwide studies show that our children will have fallen behind due to the pandemic. This information must be taken into account when thinking about their progress. Rather than being a grade-slave, consider the following:

- Is my child making progress? It's essential not to compare progress between peers or siblings. Your child may not be at the same stage that an older sibling reached at their age. Setting realistic expectations will help nurture your child's sense of self-esteem and encourage healthy development.
- Praise your child's achievements – this is an opportunity to encourage your children to find what they are good at

and what they enjoy – dance, drama, sport – encourage their hobbies and help them to appreciate that their success is not just measured on their academic grades.

- Remember our children are individuals and progress in their own time.
- Let children make mistakes, mistakes are how we learn and improve
- Offer support and encouragement even if the end result is not what was hoped for.

Lisa & Catherine are co-founders of Emparenting (www.emparenting.co.uk), supporting children, parents and families with the insights, skills and tools needed to nurture the development and well-being of the next generation.



ROYAL MUSEUMS GREENWICH

rmg.co.uk/families

Climb aboard Cutty Sark

Join the crew of *Cutty Sark* this half term and find out what life was really like on this world-famous ship.

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Play for nurturing emotional intelligence

By Dr Anne Lane

When my daughter was in her first year at nursery her favourite game was pretending to say goodbye to me. 'Bye Mama, I've got to go. I'll see you later!' 'Oh no! You're not going..!' I'd say after her, 'I don't want you to go!' The more I sighed 'Don't go', the more she'd giggle and run off. Thus reassured, we were ready for our day.

Little moments of play like this helped my daughter process her separation from me at nursery from a space of safety and connection.

For a child, life can be full of emotional demands; from the strains of separation from you, to new friendships, periods of uncertainty and family changes.

As a parent and psychologist, one of the most effective and fun ways I have found to help children navigate experiences and the difficult emotions that come with these is through this process of play. Simple, giggly, repetitive play helps children develop a resilience and familiarity with situations which can dispel tension and anxiety.

So how does play work?

Play is serious work for your child. The process of role-playing real scenarios allows them to reflect on their reactions and beliefs about a situation. They can steady their emotions and become more nuanced and agile in their reactions.

The most important aspect of play is that it feels safe. In the real world, things are unpredictable. People can be abrupt and cross and make your child feel vulnerable and uncertain. But



in the world of play, they get to switch things around and feel empowered. They can explore and try different things. The play scenario can be ridiculous, funny, amusing - tense and tight emotions soften and ease.

Against this background of safety and security, your child can become more comfortable making suggestions and changing things, allowing their understanding of situations to develop. They're the boss, they call the shots and decide how a situation goes. From this place of safety, they revisit difficult experiences without feeling vulnerable or uncertain.

In role playing and playing out different scenarios with them, your child comes to know you as someone who can understand and relate to their experience. They feel steady and secure.

Dr Anne Lane is a clinical psychologist and author. Her new book *Nurture Your Child's Emotional Intelligence: 5 Steps to Help Your Child Cope with Big Emotions and Build Resilience* is out now.



Top tips for playing

When you play with your child, focus less on conversation and more on acting things out and exploring. This focus away from language allows your child to relax and connect.

Follow the laughter. When your child is laughing they are releasing fear and tension, enveloped in happiness with you. Silliness, smiles and laughter are great indicators that play is working.

Let your child take the lead. If you can, get down to their level.

Prioritise your child feeling in control. If your child seems uncertain or pulls back then slow down, change things around. Let them be the boss.

Be careful with tickling. Although a lot of children love tickling, the feeling of being tickled can be overwhelming and intense. Instead prioritise play which creates real engagement and collaboration, as well as laughter.

Play doesn't have to be big, take long or be over-planned. Make it spontaneous and funny. Some of my children's favourite games can involve me simply looking surprised or pretending to sleep on the sofa!



Play and tricky emotions

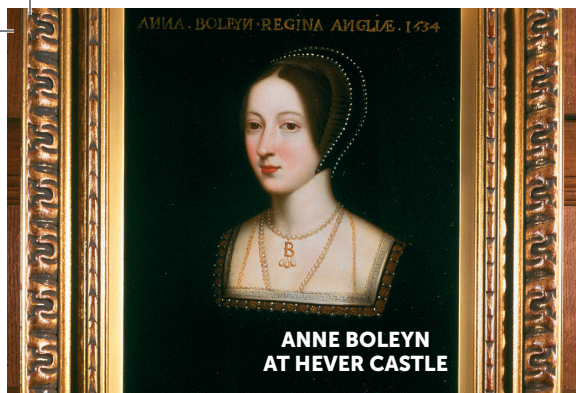
Role reversals are a fantastic way to help children feel safe and more in control around an area of anxiety.

You might role play being worried about something (for example, a teddy bear or a falling leaf). Your child gets to reflect on what it feels like to be anxious and to calm you.

Easing resistance or struggle: does your child become frustrated and resistant even around small things like brushing teeth or dressing?

Playing in a way that brings on giggles melts away these tired, stuck emotions. I've often pretended to scrub the floor and a child's legs with the toothbrush. When they start giggling and the mood softens, you can say: 'Here you go, let's get those teeth brushed.'

Play can also help your child notice and reflect on a behaviour. If your child is being mean to another, play 'shaking out the meanies.' The behaviour gets named but without shaming the child, tension shifts and a more collaborative, open way of relating replaces the power play.



What's On

MARCH AND APRIL 2022

Compiled by Robina Cowan

All details are as provided when going to press, however things can change - best double-check before setting out.

DIARY DATES

DEPTFORD LITERATURE FESTIVAL

In and around Deptford SE8

www.spreadtheword.org.uk/deptford-literature-festival

From 14 March A festival of performances, readings, workshops and more, delivered by local writers and creatives.

19 March Family Day A day of activities for younger festival-goers and their adults, featuring comic book writing, readings, art workshops and storytelling, with children's writers and illustrators including Flavia Zorilla Drago, Laura Henry-Allain MBE, Onyinye Iwu, Zanib Mian and Denzell Dankwah. Held at Deptford Lounge Children's Library, book first.

PERFORM EASTER HOLIDAY COURSE

East Dulwich SE22 9AT

www.perform.org.uk

11-13 April

The Secret Garden workshops. Take part in the excitement of reviving a long abandoned garden! Packed with drama, dance and singing activities, Perform's three full day course will explore the themes of friendship, determination and the joy of the natural world, leading to a lively costumed performance for family and friends on the last day. Ages 4-10.

LEWISHAM, BOROUGH OF CULTURE 2022

www.wearelewisham.com

From venues to parks and street corners, the people of Lewisham are telling the story of the borough's trailblazers past and present via music, dance, debate, public art and more. With a call to action on the climate emergency and a celebration of Lewisham's diverse communities, the year-long programme is inspired by the borough's rich history of activism and standing up for equality. Check the event website for family-friendly dates.

MUSEUMS

HORNIMAN MUSEUM

London Road SE23 3PQ

www.horniman.ac.uk

Until 30 October Cats and Dogs Discover more about our fascinating furry friends in this interactive, family-friendly exhibition offering a revealing pets'-eye view of the world. Immersive displays explore the scientific, social and cultural role that cats and dogs play in our world, and invites visitors to go on an exciting, sensory journey, exploring what it's like to be a cat or a dog. The exhibition is presented in three languages - English, French

and Spanish - and also features animations developed by students from the London College of Communication, featuring their interpretations of the exhibition's theme.

NATIONAL MARITIME MUSEUM

Romney Road, Greenwich SE10 9NF

www.rmg.co.uk/national-maritime-museum

Sundays Discover Sundays Each week a different artist takes families on a journey into the museum's collection, introducing different people, histories and cultures, and creative activities. All ages.

12 March Sensory Sailors Families with children with special educational needs and disabilities are invited to explore the collection, enjoy the opportunity to be creative together as a family, and meet other local families. Sessions are led by a SEND-specialist and will respond to the needs of the families participating. Ages 13 and under. Free, book first.

19 March LGBTQ+ Family Network A safe space for local LGBTQ+ families to meet one another, get involved in creative activities for all ages and explore the stories within the collection. Free.

1 April - 25 September Canaletto's Venice Revisited

This major exhibition will display the complete set of 24 Venetian views painted by Canaletto in the 1730s. The works, from the world-famous collection at Woburn Abbey, form the largest single commission the Italian artist ever received.

15-18 April Canaletto Family Weekend Explore Venice's iconic canals, culture and communities throughout the Canaletto Family Weekend. Families can get creative, inspired by the Canaletto's Venice Revisited exhibition.

Easter Holiday dates Actions for Earth Get creative in exciting free workshops inspired by Earth Day.

QUEEN'S HOUSE

Romney Road, Greenwich SE10 9NF

www.rmg.co.uk/queens-house

All the Queen's Men Uncover the lives of Elizabeth I's male courtiers and their personal and political relationships with the monarch in this new display at the Queen's House. Featuring paintings of Sir Francis Drake and Thomas Seymour, the display also showcases the Armada Portrait of Elizabeth I, one of the treasures of Royal Museums Greenwich's collection. All ages, free.

Woburn Treasures While Woburn Abbey is closed for refurbishments, many significant pieces are in Greenwich, including works by distinguished artists such as Van Dyck, Reynolds, Gainsborough, Poussin and Canaletto, alongside art from the national collection of Royal Museums Greenwich.

ROYAL OBSERVATORY GREENWICH

Blackheath Avenue SE10 8XJ

www.rmg.co.uk/royal-observatory

Various dates The Sky Tonight A live show taking visitors on a tour of what can be seen in the night sky, complete with a fly-out to the edge of the visible universe. Ages 7+.

26 March Astronomy and Islam Arabic tales are filled with characters and creatures that people imagined seeing by joining together the bright stars in the sky. Find out which stars astronomers still call by their original Arabic names and what some of those stars are famous for today. Learn all the Moon and why it seems to change shape over the course of a month. Ages 7+.



**EASTER AT
HEVER CASTLE**



**GULLIVER'S TRAVELS
AT THE UNICORN**



**HANDA'S
SURPRISE**

CUTTY SARK

King William Walk SE10 9HT
www.rmg.co.uk/cuttysark

Weekends and school holidays **Cutty Sark**

Characters Meet Captain Woodget, the ship's most daring master, Nannie the ship's figurehead, James Robson, the ship's cook, and a typical dockworker character, who all have special stories to tell. Ages 3+.

5-6 March Family Fun Weekend Explore the histories and myths of women at sea during Women's History Month, through storytelling, crafting and 'meet the expert' sessions.

BRUNEL MUSEUM

Railway Avenue SE16 4LF
www.thebrunelmuseum.com

Sir Marc Isambard Brunel and his son Isambard Kingdom Brunel changed the world with their inventive tunnels, bridges and viaducts, built during the Victorian reign. Housed in their Thames Tunnel Engine House, today the museum celebrates both engineering and performance in its Grade II* listed Tunnel Shaft. Open weekends.

THE BRITISH MUSEUM

Great Russell Street WC1B 3GD
www.britishmuseum.org

Until 17 July The World of Stonehenge For the very first time in a major exhibition in the UK, the story and secrets of Stonehenge are brought into focus, revealing that prehistoric Britain was a place of big ideas, commerce and travel, rather than a shadowy land of mystery.

NATURAL HISTORY MUSEUM

Cromwell Road SW7 5BD
www.nhm.ac.uk

Until April Our Broken Planet: How We Got Here and Ways to Fix It Explore the extraordinary impact humans have had on the planet through what we grow and eat, from bees threatened by the loss of wildflower meadows to birds of prey poisoned by pesticides. NHM's free display highlights some fantastic species, explains how our actions are affecting them, and what we can do to protect the natural world.

Until 5 June Wildlife Photographer of the Year 100 powerful photographs tell the story of a planet under pressure. Gaze through the lens of some of the world's best wildlife photographers and marvel at the beauty of our planet.

Monthly dates Dino Snores for Kids Spend a night amongst the museum's incredible collections, exploring its world class galleries after hours and sleeping beneath Hope, the breath-taking blue whale skeleton in Hintze Hall. After setting up camp in one of the amazing galleries, there's an evening of awesome learning activities before bedtime, and breakfast in the morning. Ages 7-11.

LONDON TRANSPORT MUSEUM

Covent Garden Piazza WC2E 7BB
www.ltmuseum.co.uk

Explore the heritage of London and its transport system, and the stories of the people who have travelled and worked in the city over the last 200 years. Family events include singing, storytelling and craft activities.

Accompanied children go free.

Legacies: London Transport's Caribbean Workforce

Many people know about the history of Windrush, but are less familiar with London Transport's advertising recruitment campaign to attract employees directly from the Caribbean from 1956 to 1970. Uncover stories and memories from first, second and third generation Caribbean people who worked for LT in the past and now work for its successor, Transport for London (TfL).

MUSEUM OF LONDON DOCKLANDS

West India Quay E14 4AL
www.museumoflondon.org.uk/docklands

Once upon a time, London was the hub of the world's largest empire, and this museum tells its tales of trade, slavery, life through Victorian times and the wars, through to the present day. Admission free.

Until 8 May London: Port City Unpack more than 200 years of extraordinary experiences and intense activity on a river whose continued importance in the 21st century may come as a surprise to the millions of people who live and work alongside it. The exhibition includes an interactive timeline, dockers' accounts, artworks, gathered materials and even distinctive port scents.

THE BRUNEL MUSEUM

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Family Ticket: £10

Visit thebrunelmuseum.com for opening days and times



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thebrunelmuseum.com



**LIFE BETWEEN ISLANDS
AT THE TATE**



**LONDON TRANSPORT
MUSEUM**



**NATIONAL
MARITIME MUSEUM**

THEATRE & SHOWS

THE SYDENHAM CENTRE

Sydenham Road SE26 5QX

www.spontaneousproductions.co.uk

5 March - 3 April Little Red Riding Hood - The Truth

A highly original version of the classic fairy tale, told three different ways! The new family play is written and performed by Spontaneous Productions, in association with Kirkdale Bookshop.

THE ALBANY

Douglas Way SE8 4AG

www.thealbany.org.uk

3 April WOLF! Down in the village just a whisper of a wolf will cause a panic! Follow a magical adventure and find out what happens when Jack cries WOLF! Ages 5 and under.

6+7 April Slime Being a slug is hard. Everyone thinks you're disgusting. A hilarious show told with a handful of words and lots of SLIME. Ages 2-5.

24 April Handa's Surprise Travel to Kenya and follow in Handa's footsteps as she journeys to see her best friend Akeyo, in the next village. Ages 2-6.

CANADA WATER THEATRE

Surrey Quays Road SE16 7AR

www.thealbany.org.uk

2 April WOLF! See Albany listings.

12 April Golden Toad A new, interactive show that celebrates the history of children in libraries. Ages 3-8.

DEPTFORD LOUNGE

Giffin Street SE8 4RJ

www.thealbany.org.uk

13 April Golden Toad See Canada Water listings.

BLACKHEATH HALLS

Lee Road SE3 9RQ

www.blackheathhalls.com

19+20 March The Smartest Giant in Town The heart-warming tale by best-selling author Julia Donaldson is brought to life in a musical and puppet-filled adventure. Ages 3+.

8 April Alice in Wonderland Let's All Dance returns with this fabulous family favourite. Stunning dancing, much loved characters and superb music brings the famous tale to life in a magical ballet production. Ages under 16.

GREENWICH THEATRE

Crooms Hill SE10 8ES

www.greenwichtheatre.org.uk

13+14 April The Gruffalo Join Mouse on a daring adventure through the deep, dark wood in Tall Stories' magical, musical adaptation of the classic picture book by Julia Donaldson and Axel Scheffler. Ages 3+.

SOUTHBANK CENTRE

Southbank SE1 8XX

www.southbankcentre.co.uk

12 March WOW Under-10s Feminist Corner Are you a budding gender equality champion? Do you think we should all have the same opportunities in life? Southbank is running three workshops: for girls aged 6-7, 8-10, and 8-10 year-old boys.

8-10 April Zog and the Flying Doctors A brand new, roar-some family adventure based on the book by Julia Donaldson and Axel Scheffler. Ages 3+.

SHAKESPEARE'S GLOBE

New Globe Walk SE1 9DT

www.shakespearesglobe.com

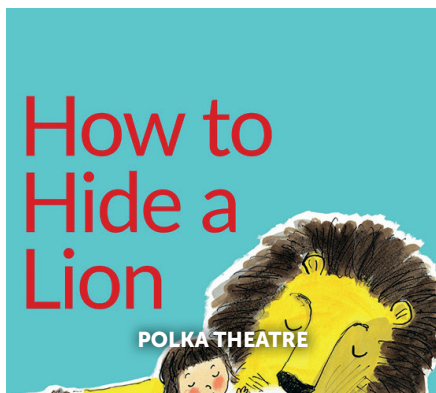
Until 16 April Storytelling: The Tempest The powerful sorcerer, Prospero lives on an island with only his daughter Miranda, the spirit Ariel and the slave Caliban. Be guided through the strange and wonderful land of The Tempest by a storyteller in this interactive live storytelling event. Ages 5-12.

UNICORN THEATRE

Tooley Street SE1 2HZ

www.unicorntheatre.com

Until 17 April Gulliver's Travels Lemuel Gulliver sails away to a world of strange islands and even stranger creatures on an epic adventure of survival, unexpected friendship and self-discovery. This perfect family Easter show is an adventure-filled modern adaptation of Jonathan Swift's surreal masterpiece. Ages 7+.



BROMLEY CHURCHILL THEATRE

High Street Bromley BR1 1HA
www.churchilltheatre.co.uk

24-26 March Zog and the Flying Doctors A brand new, roar-some family adventure based on the book by Julia Donaldson and Axel Scheffler. Ages 3+.

SADLER'S WELLS THEATRE

Rosebery Avenue EC1R 4TN
www.sadlerswells.com

25 March Family Fridays Dance workshops for accompanied children, facilitated by a freelance lead and supporting artist and managed by the Learning & Engagement Department. Ages 2-4, all abilities.

BACH TO BABY

Various venues
www.bachtobaby.com

Critically-acclaimed classical concerts for babies and their grownups. Outstanding musicians put on exhilarating performances where babies can 'join in' with as much noise as they like!

31 March and 21 April in Greenwich & Blackheath

POLKA THEATRE

The Broadway SW19 1SB
www.polkatheatre.com

Until 27 March Ready, Steady, GO! Join Sofia and her Mum as they cycle across mountains and lakes, through day and night, in a race like no other. This gentle show for younger children introduces different natural environments and explores the bond between a mother and her young daughter. Ages 2-5.

11 March - 24 April How to Hide a Lion Join Iris on a mission to squeeze and squash her furry new friend into a variety of sneaky spots, as Helen Stephens' magical book comes to life with playful humour, dazzling puppetry and original songs. Ages 3-6.

6 April - 8 May Plastic Drastic Fantastic Disentangle the fantastic possibilities that plastics offer us, from the drastic consequences of their misuse. A vibrant, fun and thought-provoking show for our time, using the medium of South Asian dance, intricate movements, play and lots of interaction. Ages 7+.

ART ACTIVITIES

DULWICH PICTURE GALLERY

Gallery Road SE21 7AD
www.dulwichpicturegallery.org.uk

Until April Helen Frankenthaler: Radical Beauty The first major UK exhibition of woodcuts by the leading Abstract Expressionist, Helen Frankenthaler (1928-2011). Shining a light

on the artist's groundbreaking woodcuts it showcases works never shown before in the UK, to reveal Frankenthaler as a creative force and a trailblazer of printmaking, who endlessly pushed the possibilities of the medium.

Last Thursday of every month Mini Masterpieces Take your under 5 on a journey through the Gallery to discover people, places and animals in paintings, followed by a 'messy play' art-making activity.

BETHLEM MUSEUM OF THE MIND

Bethlem Royal Hospital BR3 3BX
www.museumofthemind.org.uk

Until April Animal Therapy: the Cats of Louis Wain 100 years ago, Louis Wain (1860-1939) was a household name: his anthropomorphic cats instantly recognisable in books and magazines. In his later years, with deteriorating mental health, Wain continued producing his art from Bethlem Royal Hospital. This exhibition combines the museum's own collection with other items on loan from private collections, ahead of a major biopic starring Benedict Cumberbatch and Claire Foy.

TATE BRITAIN

Millbank SW1P 4RG
www.tate.org.uk

Until 20 March Hogarth & Europe Hogarth's best-known paintings and prints, such as Marriage A-la-Mode 1743, The Gate of Calais 1748 and Gin Lane 1751 are shown alongside works by famed European artists, including Jean-Siméon Chardin in Paris, Pietro Longhi in Venice, and Cornelis Troost in Amsterdam. Together they reveal how changes in society took art in new directions, both in Britain and abroad.

Until 26 March Story Space A celebration of books that centre on children of colour, which aims for everyone to see themselves reflected in the books they read. The library also includes stories about queer and disabled children and families.

Until 3 April Life Between Islands: Caribbean-British Art This landmark exhibition explores the extraordinary breadth of Caribbean-British art over four generations, showcasing 70 years of culture, experiences and ideas expressed through art, from visionary paintings to documentary photography, film, photography, sculpture and fashion.

SOMERSET HOUSE

Strand WC2R 1LA
www.somersethouse.org.uk

5-26 April The Arks of Gimokudan See a giant fleet of three ships, constructed using reused and recycled materials and plastic waste by Filipino artist Leeroy New. Docked in the centre of Somerset House's famous courtyard, the arks appear to float, elevated up to three metres from the ground, inviting visitors to imagine they are underwater themselves, looking up at these fantastical forms.

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