

Families[®]

Cheshire

FREE
Take Me Home



IN THIS ISSUE

**Education
What's On
Half term**





FOUNDED IN 1487

STOCKPORT GRAMMAR SCHOOL

An independent school for children ages 3-18 years

Assistance with fees available at 11+ and 16+ (means tested), academic and music scholarships

Senior School Open Events

Saturday 17th September

Saturday 12th November

Year 3, Nursery

and Reception Open Event

Saturday 17th September

Sixth Form Open Event

Tuesday 11th October

Book online for open events



SGS Inspires



ISI

"Excellent"

Highest Inspection Rating

Tel: 0161 456 9000

www.stockportgrammar.co.uk

fun fest

HOLIDAY CLUB

Hartford
The Grange
Junior School
Beechwood Ave,
Northwich
CW8 3AU



Cheadle
Lane End
Primary School,
Ramilies Avenue
Cheadle Hulme
SK8 7AL

Sandiway
Sandiway Primary
School, Weaverham
Road, Northwich,
CW8 2ND



Altrincham
Altrincham Prep
School, Marlborough
Road, Altrincham
WA14 2RR



Opening soon in

Bolshaw - Cheadle - Middlewich - Crewe

where children choose fun

To see our latest timetables and to book your children's chosen activities go to:

Ofsted registered

fun-fest.co.uk

**What will
you choose?**

Contact us

Editor Linda Stone
 editor@familiescheshire.co.uk
 020 8241 0423

Sales Carla Finlayson
 carla@familiescheshire.co.uk
 07734 690020

Printed by Buxton Press
Design Rebecca Carr

Promote your business in the November/December issue - book by 7 October.

In this issue

4. Education
9. Health
10. What's On
13. Parenting
15. Early Years
16. Halloween

Welcome

Can you believe the kids are back at school already? It seems like just a moment since they were breaking up! We hope you had a really fantastic summer. No doubt, some of you will be reluctant to get back to routine, whilst others will welcome it; either way, getting some hours back in your day is a great opportunity to make some plans and set goals for the coming months.

Starting or going back to school can be challenging for children (and parents) so check out our Education section for some great articles that will help, including what to do if your child hates school, the mysteries of phonics explained and how to help your child learn times tables. We also have some advice for any parents who have a child suffering from panic attacks.

Autumn can be a beautiful time of year outdoors so don't forget to check our What's On guide for lots of exciting things to do when half term and Halloween roll round.

Finally, in this issue, we have tonnes of **Action Hero sets to giveaway!** Apply for these loveable mini-toy sets for your child at familiesmag.co.uk/go. By doing so, you'll also ensure you receive our digital magazine with lots more content and goodies on offer.

Linda

Editor, Families Cheshire

May/June competition winners

Congratulations to all our winners. You can find a list at <https://bit.ly/MJrecipients>

Families is a registered trademark of LCMB Ltd, Remenham House, Regatta Place, Marlow Road, Bourne End, Bucks SL8 5TD. The contents of this magazine are fully protected by copyright and none of the editorial or photographic matter may be reproduced in any form without prior consent of Families Print Ltd. Every care is taken in the preparation of this magazine but Families Print Ltd, its distributors, franchisees and LCMB Ltd cannot be held responsible for the claims of advertisers nor for the accuracy of the contents, or any consequences thereof.



THE
QUEEN'S
 SCHOOL



October Open Events

• **LOWER SCHOOL OPEN HOUSE**

Friday 7 Oct

• **SENIOR SCHOOL OPEN MORNING**

Saturday 8 Oct

• **SIXTH FORM OPEN EVENING**

Thursday 20 Oct

Register online now thequeensschool.co.uk/open-events

GOLD LEVEL AWARD
 for outstanding careers provision

MOST SUPPORTIVE INDEPENDENT SCHOOL 2022
 - North West England

AN OUTSTANDING INDEPENDENT SCHOOL for girls aged 4-18 in the heart of Chester.

Come along to our October Open Events and see for yourself what makes Queen's so special. Small enough that we get to know every girl personally, and big enough to provide a wealth of opportunities that go well beyond the classroom, challenging your daughter along the way to ensure a successful and happy future.

**Igniting
 her potential**

Brilliant first chapter books for early readers

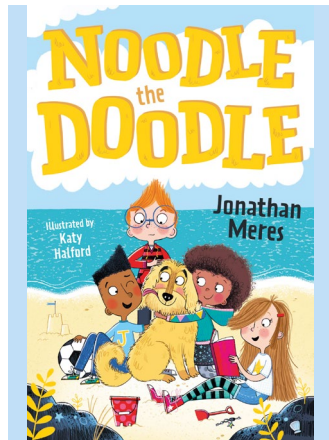
By Sarah Campbell

When your child is ready to move on from picture books, there are some wonderful first chapter books aimed at children ages 5 to 9. Many are highly illustrated, with stories that will last over the course of a few reading sessions. Here are some of our recent favourites, all available through your friendly local independent store or www.bookshop.org.



The Tindims of Rubbish Island
by Sally Gardner, illustrated by Lydia Corry

The first in a new series exploring our impact on the environment. Meet Captain Spoons, Mug, Jug, Brew, Skittle and friends, all residents of Rubbish Island, which the inventive Tindims have built entirely from thrown away items.



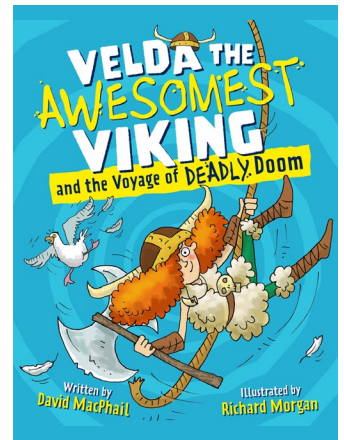
Noodle the Doodle
by Jonathan Meres, illustrated by Katy Halford

The children of Wigley Primary love having Noodle the Doodle at school and are thrilled that he's coming on the class trip to the seaside. But will Noodle be on his best behaviour or will the day end in chaos? Perfect for young dog-lovers.



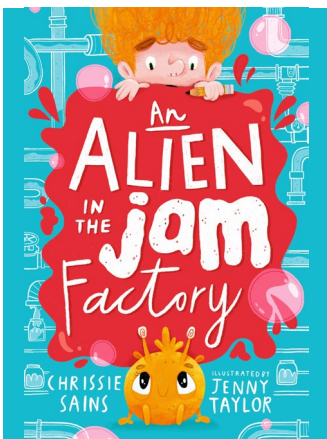
Panda at the Door
written and illustrated by Sarah Horne

Pudding the Panda of Edinburgh Zoo really wants a family to take care of, just like her heroine, Mary Poppins. When 9 year old Callum is given a certificate to adopt a panda for his birthday, the two come together... and pandemonium ensues!



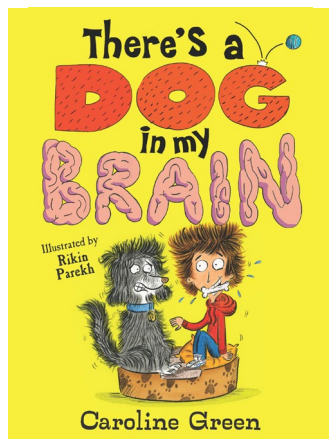
Velda the Awesomest Viking and the Voyage of Deadly Doom
by David MacPhail, illustrated by Richard Morgan

Velda might be small but she is certainly mighty. Nothing will stop her from taking to the high seas to earn her place on the dragon ship Valkyrie, along with a wonderful, colourful cast of characters.



Alien in the Jam Factory
by Chrissie Sains, illustrated by Jenny Taylor

Get ready for aliens, jam, doughnuts, snails, one dastardly villain and a brilliant kid fizzing with ideas! Young inventor Scooter and his alien buddy Fizzbee team up to outwit Daffy Dodgy in a hilarious new adventure.



There's a Dog in My Brain
by Caroline Green, illustrated by Rikin Parekh

When Danny made a wish to stay home instead of going to a family wedding, he didn't expect to end up trapped in the body of a dog. Meanwhile, Dudley the dog is off on the adventure of a lifetime. He might look like a normal 10 year old boy, but can he behave like one?



Dragon Storm
by Alastair Chisholm, illustrated by Eric Deschamps and Ben Mantle

Tomas can't believe it when a mysterious stranger invites him to join a secret society and tells him that he has a very special power... he can summon his very own dragon! With a medieval setting and a strong dose of fantasy, this is the first in a thrilling new series.



The Marvellous Granny Jinks and Me
by Serena Patel, illustrated by Selom Sunu

When Jada Jinks finds a box of magic tricks in her granny's flat, she uncovers her granny's secret dream of becoming a magician. Inspired by the first Black woman to be admitted to the Magic Circle, this is a fun, inclusive and magical story, with tricks!

Sarah Campbell is co-founder of Parrot Street Book Club (www.parrotstreet.com), an award-winning monthly subscription book club for children ages 5 to 14. Each subscription box includes a brand new book plus an activity pack inspired by that particular book.

Oh dear! I can't help my child with this

By Jemma Zoe Smith

As children settle back in at school for a new academic year, parents also settle back into the routine of being called upon by their children to help them with homework. But what if you have very limited time, you are not across the school's expectations or you simply aren't familiar with the topic?

This year I supported two students with exam preparation and covered over fifteen different subjects with them - only three of those subjects are my specialism. So here is what I have learnt about supporting children in subjects in which you are not confident yourself.

As a busy parent, you may only have a short amount of time in which to work with your child. **Make sure that you both have clear expectations** about what you will be able to achieve. If you only have twenty minutes, you may not be able to finish their homework together but you may be able to tackle a few key problems before they complete the rest themselves.

So that your time with them is productive, **set goals and a timer**. Goals help you prioritise and the timer prevents you from watching the clock. Your child will also have your undivided attention during this time.

At the end of each session, **write down what you have covered in three bullet points**. That way if your child gets another homework on the same topic, you can remember what you covered. These will also come in handy if you have a younger child or for end of year tests.

If the methods that your child uses are not familiar to you, don't worry. **YouTube, BBC Bitesize, Oak Academy and IXL** are your



friends. Simply type in your child's year and the topic that they are studying (often found at the top of the worksheet) and the subject e.g. Year 4 - bus stop method, maths, into Google.

It can be useful to **start a session by running through a video** with your child. Depending on their age, you may want to run through the video first before looking over it with them. This also really helps you focus and ensures you have your head around the topic sufficiently to be able to help explain it further to your child or answer their questions.

If your child is struggling with something specific, **reach out to the school** and ask them if they can point you in the direction of some practice that you can do with your child. Remember you are all on the same team. Use parents evening to ask what topics are coming up and to find out when exams are. Forewarned is forearmed.

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



Excellence in learning at The Grange

The Grange Senior School in Hartford is taking bookings for its upcoming Open Day which will be held on Saturday 24 September.

This independent co-educational school, located in the heart of leafy Cheshire, prides itself on giving every child the experiences, knowledge and academic skills they need to become confident and ambitious adults. Through lessons, an enormous number of enrichment activities and its impressive pastoral support, The Grange School offers a bespoke, stimulating and unique educational experience.

The school's Head, Dr Lorraine Earps joined The Grange in September 2021 and spent her first year getting to know and understand the whole school community. She says: *'I am committed to making the school a centre of excellence for learning. A place that provides a bespoke, individualised educational experience designed to meet the needs of every member of the community, irrespective of background.'*

Visit www.grange.org.uk to find out more.



THE GRANGE SCHOOL
An Independent School for children aged 4-18 in the heart of Cheshire

Book NOW

Live Your Education



We're delighted to announce the dates of our upcoming

2022 Open Days

Senior School - Saturday 24th September
Junior School - Saturday 12th November

Book your place now at www.grange.org.uk
or simply scan the QR code

01606 539039



SCAN ME

Understanding phonics

By Emma Lewry

Phonics is one of those things that feels like a secret club - some people understand it and to others it's gobbledegook! If you have a child at school, they're part of 'the club' and they may look asnake at you when you ask what a digraph or blending is.

For you and anyone who has a child due to start school, here are some tips to get you both closer to full admittance of the phonics club!

What is phonics?

Phonics is a way of teaching children to read and later write. It is based on the fact that letters and groups of letters make sounds and when we put those sounds together they make words.

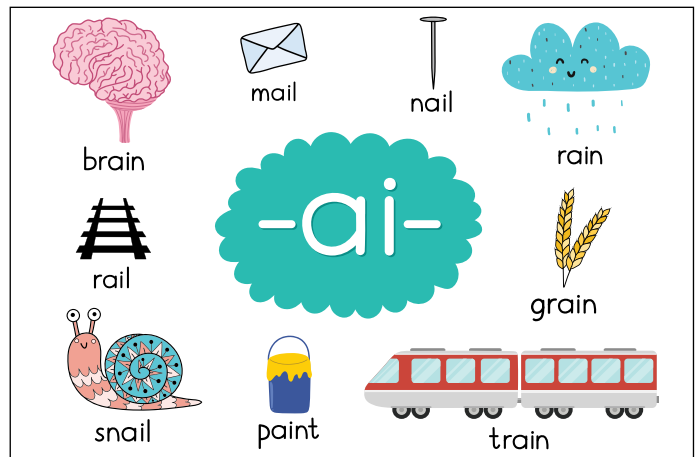
English is a tricky language and sometimes the same letters make different sounds.

For example, 'i' can sound short as in 'fish' or have a longer sound like 'eye' in 'find'.

There are different groups of letters that make sounds: a digraph is two letters that go together to make one sound e.g. 'ch' in chop.

A trigraph is three letters together making one sound e.g. 'ear' in 'near'.

As children develop their knowledge, they build up and put together all of the sounds they recognise in order to read and write.



Top Tips

- Practise recognising the sounds.
- Help children to spot when two or three letters work together to make one sound e.g. 'ai' in 'rain' and 'igh' in 'light'.
- Your child will be taught phonics in a specific way at school so ask them to teach you. It's a great way for them to test their understanding.
- Read, read, read!
- Practise blending - this can be the key to unlock entry to 'the club'!
- If you're stuck or worried, ask your child's school for help. Supporting children learning to read can be as frustrating as it is magical.

I hope these tips help you joining the Phonics Club!

Emma Lewry is an Early Years teacher, headteacher and mother of two. Emma co-owns Every Day's a School Day (www.edasd.co.uk) which guides families through starting school with courses, groups and a school starters planner.



Read, read, read!

If the thought of supporting your child with phonics fills you with dread, never fear! There is one simple thing you can do which will help them beyond your expectations: reading!

Reading to and with your child is the single most impactful thing you can do to help their reading, writing and language skills to develop. By being read to, children hear new words, learn the flow of language and develop their understanding of grammar.

Read as often as you can, whether it's stories, poems, cookery books, magazines - anything you have or see! Allow your child to ask questions and talk about what they understand along the way.

Think about reading as sharing a book with your child rather than them always sitting quietly and listening. By talking about the words and language and explaining meaning, children learn and understand more.

As children develop in their phonics ability you will find they want to help you read and you can work together to read a text.



Bursaries at Abbey Gate

Abbey Gate College is an independent school for pupils ages 4 to 18 years, located in the historic Saighton Grange near Chester and Aldford Village. Nestled in twenty acres of beautiful grounds, the school offers modern facilities in a stunning location.

Means-tested bursaries are available, enabling deserving children to access and benefit from an Abbey Gate College education. Contact the Admissions Team for further details.

The College is a unique, inspiring and memorable place to learn and grow, where the caring and committed teaching and support staff do everything that they can to help all children fulfil their potential, try new things, take risks and be creative. It offers a safe and friendly school community, within which each child's individual interests, passions and strengths are nurtured and developed.

Visit www.abbeygatecollege.co.uk for more information or email admissions@abbeygatecollege.co.uk

What to do if your child 'hates' school

By Lisa Wander and Catherine Loble

School can be a source of support and community as much as learning. It provides new experiences, exposure to different opinions, a sense of achievement, peer friendships and relationships with trusted adults. However, it can also be a lot to cope with, particularly when starting a new academic year. Children usually settle in. But what do you do if this doesn't happen and if your child says they 'hate' school?

It's important to recognise the problem and provide the right support. School 'hatred' can arise for various reasons:

Anxiety. This most frequently occurs during times of family stress such as a change in the family situation or when a child is about to enter a new school or phase. It can manifest as separation anxiety.

Trouble learning. For some children, the jump to higher academic levels and the sheer volume of information they need to digest can be overwhelming.

Loneliness. Making new friends can be difficult and children often fall out for no obvious reason. This can have a direct effect on self-esteem and turn into a dislike of school. Children who always feel alone will often feign illness to avoid school and school-related activities.

Bullying. If your child seems quiet and anxious, has few school friends or suddenly shows a drop in self-esteem, bullying may be a factor. Ask your child's school to keep an eye out. If bullying is happening, the school will need to put strategies in place to support your child.



Poor chemistry with a teacher. Your child may complain that a particular teacher is 'unfair' or 'mean.' Remember, children know how to play a parent against a teacher. While acknowledging your child's feelings, don't automatically assume you're getting the whole picture. Talk with the school to find out what's really going on.

Rather than dismissing children's worries, let them know they are heard. If they are struggling with a certain class, help them find ways to overcome their struggles.

If they have fallen out with their friends, listen to them and talk about what they are going through. Helping them to find their own solutions will build resilience and restore positive feelings about school.

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



Abbey Gate College

Independent School for ages 4-18

OPEN DAY

September 24th 2022

Senior School: 9.30am - 12.30pm

Infant and Junior School: 11am - 2pm

Booking essential, please visit our website to secure your place

01244 564170

admissions@abbeygatecollege.co.uk

abbeygatecollege.co.uk



Hazledine Lodge, Infant and Junior School



Saighton Grange, Senior School

Mastering times tables

By Zuzu Jordan

Learning times tables by rote for weekly tests was a feature of most of our school days. For some, these tests would bring on the cold sweats while for others they were an opportunity to shine. But, of course, it isn't about drills just for the sake of doing well in the tests; times table fluency can determine how easily children can grasp new mathematical concepts, such as fractions.

To help schools target support, the government have introduced a **statutory multiplication check** for Year 4 pupils, which tests them on whether they can recall their times tables up to 12×12 . This test consists of twenty five questions and the children are expected to answer them within six seconds; however, there is no pass mark.

What can parents do to help?

It's very useful to observe and **work out your child's preferred learning style** - visual, auditory or kinaesthetic - so you can guide them in the most effective direction.

Showing your child how to **spot patterns and connections** also helps them to apply their understanding to more complex calculations and word problems.

Try some of these ideas:

- Use online games such as **Times Tables Rockstars** (<https://trockstars.com>). These are great to help develop speed and accuracy;



- Ask Alexa (or equivalent AI) to recite a times tables or **play a multiplication song** and ask your child to try to beat it;
- Colour in the multiples on a **100 square**;
- Rhymes are great** for tricky multiplication facts such as 'wakey wakey, rise and shine, 7×7 is 49;'
- Write multiples on post-it notes or paper and make a game of **aiming a ball at the correct answer**;
- Match the question** with the correct multiple choice answer;
- Use counters** to represent a calculation. For example, children would need six counters to represent 2×3 and 3×2 . Many children are used to this representation from Reception when they are taught arrays.

Zuzu Jordan is a **Mastery for Maths specialist** who has taught primary aged children for sixteen years and is interested in early years and home learning. For free homework and home learning resources, find the Facebook page [edumateuk](#).



SGS musicians amaze

Musicians from **Stockport Grammar School** recently headed to London to take part in a series of concerts.

Concert Band, Jazz Band, Wind Orchestra and Junior Chamber Choir kicked off the concerts at St James' Church, Piccadilly. The musicians wowed audiences on the bandstand at Alexandra Gardens with performances by Concert Band, Jazz Band, Wind Orchestra and Big Band and enjoyed a tour of the National Theatre before their final performance at St Paul's Church in Covent Garden.

Lower Sixth student Lily Amet commented: *'Being able to show a different community our talent, alongside having fun and enjoying ourselves, was really memorable. A highlight for me was the tour around the National Theatre which gave me an insight into how hard people work behind the stage and the effort that goes into making an amazing show.'*

Director of Music Mr Michael Dow said: *'The concerts were all of an incredibly high standard, reflecting not just the wonderful talent of our pupils but also their hard work throughout the year.'*

More information at www.stockportgrammar.co.uk



Learning at home

Grasping new mathematical concepts can be very tricky in the abstract form. What works here is to present the concepts in a concrete form instead. Using practical resources can help children develop a good number sense.

There's no need to buy specialised equipment when there are so **many household items you can use** for little or cost. For example, screw top bottle lids can be used for counting and also used as place value discs. Simply write numbers on them and children can use them for ordering numbers or using them on a place value chart.

Most households have scales, measuring jugs, tape measures, thermometers and clocks, all of which allow children to use and apply maths to real life. Raid your board games collections for dice and boards with numbers on.

Children benefit from real life maths so include their toys as much as possible to help their understanding. For example, if they love cars, have them work out how many wheels there would be if they had three cars.

Helping your child with panic attacks

By Dr Sohom Das

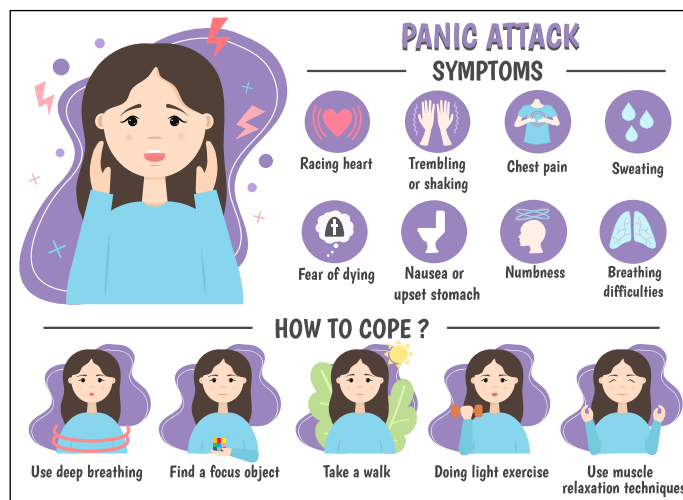
Like all parents, I don't like to see my own children suffering and, as a psychiatrist, my heart goes out to youngsters who come to me for help with panic attacks. However, there are proven strategies that can be used to help support loved ones in this situation. Here are five of my top tips.

Educate your child

Panic attacks can be crippling but knowledge is power. Young people can be anxious about a range of issues at once, some of which may not seem logical. For instance, many children feel self-conscious and believe that people are judging or laughing at them, despite having no evidence of this. When they have a panic attack, **some children may even believe that they are dying**. Tell them they are not alone. Clarifying that panic attacks are common and normalising them can help children feel less isolated, abnormal or damaged. Teach your child that despite how it feels, these episodes aren't dangerous or life-threatening. Reassure them that panic attacks are finite; they will always end.

Take charge of the situation

During a panic attack, your child will feel like they are losing control. It's imperative to maintain equanimity and fight our impulses to show our own distress and anxiety. We need to **model calmness** by taking charge of the situation and not dramatising or over-medicalising it. Talk to your child in a gentle and reassuring voice and remind them that the panic attack will be over soon. This will make them feel safer and they might model your behaviour, which could quickly pull them out of the sinking quicksand of panic.



Breathe!

Panic attacks can cause hyperventilation, resulting in light-headedness, fainting and even chest pains. In turn, this triggers the downward spiral of further anxiety. Encouraging your child to **slow their breathing** should relieve the physical symptoms and interrupt the cycle. Ask your child to breathe in through their nose for three seconds, hold their breath for three seconds, then exhale completely and fully for three seconds. This assists physiologically and can also act as a distraction. Once they become proficient at this, they can add it to their toolbox for the next time they are having a panic attack, even if you aren't there.

Dr Sohom Das is a forensic psychiatrist and author of *In Two Minds: Stories of Murder, Justice and Recovery from a Forensic Psychiatrist*. He is also host of the YouTube channel *A Psych for Sore Minds*.



Distract your child

You can help to shift your child's focus from anxiety and fear to something more comforting. You can even **create a safety blanket in their minds**. This helps to pull them out of their temporary intense and frightening experience and back into the familiar world around them.

The distraction you create could be in the form of a favourite toy or game which you engage your child with, a photograph of a happy event and a chat about this event or even petting their hamster or another beloved pet. Equally, a distraction could be a song that they are familiar with, which you can encourage them to join in. The breathing technique described above may also act as a distraction.

Or you could engage your child in a favourite childhood memory or recite silly tongue-twisters together.

With time and practice (and a sprinkling of patience), you can make a positive psychological connection to this distraction, which is further embedded every time it is used and helps shift your child's focus from their anxiety.

Enter the Action Heroes universe!

Get your FREE mini-figure set NOW*

Collect and build themed worlds

Mix & match body parts & change facial expressions



Apply at familiesmag.co.uk/go

Families

*while stocks last
Styles may vary
T&Cs apply



What's On

All listings are correct at the time of publication. Please check with the venue before you visit in case anything has changed.

Daily until 25 Sep

The Bouncing Boggles Bonanza at Bewilderwood

Daily Boggles storytelling sessions, craft, face painting, park trail and more.
www.cheshire.bewilderwood.co.uk

Sat 10 Sep

Astounding Inventions at Grosvenor Museum

Discover old and new gadgets and inventions and join in butter making. **FREE** (drop-in.)
www.westcheshiremuseums.co.uk

Sat 10 to Sun 11 Sep

Harvest Festival at Tatton Park

See the steam engine running, have a go at scarecrow making and spinning or make your own corn dolly.
www.tattonpark.org.uk

Sat 10 & Sat 17 Sep

Astounding Inventions at Lion Saltworks

Discover old and new gadgets and inventions. **FREE** (drop-in.)
www.westcheshiremuseums.co.uk

Heritage Open Day Workshop at Lyme Park

Create your very own unique piece of art with sun printing, an old photographic printing process.
www.nationaltrust.org.uk/lyme

Sun 11 Sep

Pizza Run at Heaton Park, Manchester

Grab your family for a fun run with three distances: Family Dash 2k, 5k and 10k. Finish with a pizza.
www.pizzarun.co.uk/manchester

Tue 13 Sep

Roald Dahl Day at Grosvenor Museum

Roald Dahl-themed games, crafts and activities in the museum all day.
www.westcheshiremuseums.co.uk

Sat 17 Sep

Clocks and Cogs at Grosvenor Museum

Discover Chester's clock-making past and make your own clocks and cogs.
www.westcheshiremuseums.co.uk

Sat 17 to Sun 18 Sep

Murgatroyd's Brine Pumps Open Days at Middlewich

Salt making demos, activities and displays suitable for all ages.
www.middlewich-heritage.org.uk

Wed 21 to Sun 25 Sep

Gandeys Circus at Knutsford

An international cast of over thirty artistes, come together to wow audiences.
www.gandeyscircus.com

Sat 24 to Sun 25 Sep

Victorian Harvest Festival at Stretton Watermill

Victorian crafts, food displays, music, apple-pressing (BYO apples) and vintage bikes.
www.westcheshiremuseums.co.uk

Great British Food Festival at Arley Hall

Ultimate foodie event with food traders, live music, entertainment and kids cookery.
www.greatbritishfoodfestival.com/arley-hall

Sat 1 to Sun 2 Oct

Grandparents' Weekend at Gulliver's Resort

Two grandparents get **FREE** entry when accompanied by one full paying person.
www.gulliversworldresort.co.uk

Sun 2 Oct

Apple Day at Tatton Park

Join in games and children's activities to celebrate the wonder of apples.
www.tattonpark.org.uk

Wed 5 to Sun 9 Oct

Cirque Du Soleil at AO Arena, Manchester

Merges the passion of an actor with the grace of the acrobat, a world of comedy, fun and spectacle.
www.cirquedusoleil.com/corteo

Wed 5 to Sun 9 Oct

Circus Zyair at Heaton Park, Manchester

Action packed ninety minute show with high energy acts from all over the world.
www.circus-zyair.co.uk

Fri 7 to Mon 31 Oct

The Magical Woodland at Blakemere Village

Experience a woodland lit up by dazzling cathedral canopies of fairy lights, interactive light features and dancing tunnels of lasers.
www.magicalwoodland.com

Sun 9 Oct

Big Fish Little Fish Family Rave at Cargo Manchester

Perfect tunes for family raving on a dance floor with confetti cannons, bubbles and giant balloons.
www.bigfishlittlefishevents.com

HALF TERM

Fri 14 to Sun 30 Oct

Gandeys Circus Spooktacular at Trafford Centre

Halloween Spooktacular Big Top show for all the family.
www.gandeyscircus.com

Sat 15 Oct to Sun 4 Dec

Harry Potter: A Forbidden Forest Experience at Arley Hall & Gardens

A nighttime woodland trail



experience filled with magical creatures and wizarding wonders from Harry Potter.
www.hpforbiddenforestexperience.com

Sat 22 Oct

Milkshake! Live at Storyhouse Chester

New show with plenty of laughter, audience interaction and great fun for everyone.
www.storyhouse.com

Sat 22 to Sun 30 Oct

The Pumpkin Patch at Tatton Park

Come down to the farm to meet all your farmyard favourites. Then it's off to search for your perfect pumpkin.
www.tattonpark.org.uk

The Wizards' Gathering at Tatton Park

Lessons in spellcasting, broomstick riding, an immersive journey through curious forests and enchanting theatre.
www.tattonpark.org.uk

Halloween Half Term Joust at Beeston Castle

Follow the trail to solve creepy clues and gather round to listen to spooky stories.
www.english-heritage.org.uk

Mon 24 Oct

LEGO Comic Book Design

Workshop at Storyhouse Chester Teaches the skills required to create your own digital comic books. Booking required. Ages 8+.
www.storyhouse.com

AR Colouring Workshop at Storyhouse Chester

Hands-on activity to show you how you can use the power of AR (Augmented Reality) to bring your colouring to life. Ages 5+. **FREE** (drop-in).
www.storyhouse.com

Mon 24 to Sat 29 Oct

Romeo & Juliet (for kids!) Workshop at The Storyhouse Chester

A fun and interactive workshop. Booking required. Ages 7+.
www.storyhouse.com

Mon 24 to Fri 28 Oct

Lily and the Heron at local libraries

The story of Lily and the Heron will be performed in libraries across

Chester and Cheshire West. Ages 4+. **FREE** (drop-in.)
www.storyhouse.com

Storyhouse's Favourite Stories at The Storyhouse, Chester

The Storyhouse team share their favourite childhood books and stories each day. **FREE** (drop-in.)
www.storyhouse.com

Tue 25 Oct

Space Detectives at The Storyhouse, Chester

Join author Mark Powers for some interactive, intergalactic fun. Booking required.
www.storyhouse.com

The Bolds Go Green at The Storyhouse, Chester

Join author Julian Clary and illustrator David Roberts for this hilarious event. Booking required. Ages 7+.
www.storyhouse.com

Tue 25 to Thu 27 Oct

Space Crafts at The Storyhouse, Chester

Come and have a go at making aliens, rockets and flying saucers. All ages. **FREE** (drop in.)
www.storyhouse.com

Tue 25 to Fri 28 Oct

Baby Story Explorers at The Storyhouse, Chester

Storytelling with singing, baby sign and bubbles and music. Booking required. **FREE**.
www.storyhouse.com

Wed 26 Oct

Baby Story Explorers at Neston Library

Introduce little ones to storytelling with singing, baby sign and bubbles and music. Booking required. **FREE**.
www.storyhouse.com

Thu 27 Oct

I'm not a stick, why can't you see? at The Storyhouse, Chester

A children's oracy workshop exploring Julia Donaldson's Stick Man. Booking required. Ages 3-7. **FREE**.
www.storyhouse.com

....But it's special to ME! at The Storyhouse, Chester

Fun, interactive session, children will learn about the value of their voice. Booking required. Ages 7+. **FREE**.
www.storyhouse.com

Romeo & Juliet at Tarvin Library
Created specifically for families, an abridged re-telling of Shakespeare's classic tale. Booking required. Ages 7-12. www.storyhouse.com

Benjamin Zephaniah at The Storyhouse, Chester
Poet in residence, Benjamin Zephaniah, is live on stage to talk about his collections of children's poetry and stories. Booking required. Ages 6+. www.storyhouse.com

Fri 28 Oct
All Hallow Eve Walk & Pumpkin Competition at Sandbach Rugby Club
Craft your pumpkin to take part in a Halloween walk. www.sandbachrufc.co.uk

Sun 30 Oct
Half Term Halloween at Arley Hall & Gardens
Hilarious supernatural expedition with immersive storytelling, magic, dancing, games and fun for the whole family. Booking required. www.arleyhallandgardens.com

Mon 31 Oct
Knutsford Pumpkin Path
Enjoy live singing and dancing entertainment, giveaways and spooky scenes in Wallwood. www.knutsfordtowncouncil.gov.uk/event

Fri 4 Nov
Bonfire & Fireworks Display at Sandbach Rugby Club
Craft your pumpkin to take part in

a Halloween walk. www.sandbachrufc.co.uk

CHILDREN'S THEATRE

THE LOWRY, Salford
www.thelowry.com

Peppa Pig's Best Day Ever, Sat 10 Sep to Sun 11 Sep
Brand new Peppa Pig live show packed full of songs, games and laughter.

Sunflowers and Sheds, Sun 16 Oct
Charming tale about breaking down of barriers and friendship in unlikely conditions.

Shark in the Park, Sun 23 to Wed 26 Oct
Family musical follows Timothy Pope (and his telescope!) on three exciting adventures.

The Tiger Who Came to Tea, Thu 27 to Sun 30 Oct
Join the tea-guzzling tiger in this delightful family show.

Nick Sharratt's Halloween Drawalong, Sun 30 Oct
Join children's author and illustrator Nick Sharratt for a special Halloween themed drawalong.

STOCKPORT PLAZA, Stockport
www.stockportplaza.co.uk

Fireman Sam Live! Sun 16 Oct
An all-singing, dancing, action-packed show.

THE STORYHOUSE, Chester
www.storyhouse.com

Lily and the Heron, Wed 26 Oct
Told through table-top puppetry and music. Ages 4+. **FREE** (drop in.)

Romeo & Juliet (for kids!) Mon 24 to Sat 29 Oct
Created specifically for families, an abridged re-telling of Shakespeare's classic tale.

Wind in the Willows, Thu 27 Oct
A beautiful new adaptation of Kenneth Grahame's much loved classic, featuring puppetry.

ST HELENS THEATRE ROYAL, St Helens
www.sthelenstheatreroyal.com

Top Secret - The Magic of Science, Sat 10 Sep
Action-packed, interactive, magical science experiments that will capture the imagination.

Dick & Dom In Da Bungalow Live, Sun 9 Oct
Fun for all ages and packed with chaos and familiar favourites.

Sleep Beauty Panto, Fri 21 to Sun 30 Oct
The enchanting story of Princess Aurora who is cursed by the evil fairy Carabose.

WATERSIDE, Manchester
www.watersidearts.org

The Bubble Show, Sun 25 Sep
Unique blend of magic, storytelling and bubble art.

Morgan & West: Unbelievable Science, Sun 16 Oct
Captivating chemistry, phenomenal physics and bonkers biology - fun for all the family.

ComedySportz 4 Tots, Sat 22 Oct
A show aimed at kids aged six and under from the team behind

ComedySportz, Sat 22 Oct
A family friendly comedy show with audience participation.

Roald Dahl and the Imagination Seekers, Fri 28 Oct
An immersive and interactive performance, involving games and imaginative play. Ages 5+.

I Spy with My Little Eye, Sun 30 Oct
Interactive musical which celebrates everything great about being a kid.

Don't forget to say you saw these in Families Cheshire Magazine

Families
Cheshire

Brio Leisure

INSPIRED BY OVERCOMING

NO CONTRACT!

JUNIORS ONLY £10PM*

***T's & C's apply. Offer in September only**

£20PM* FOR FIRST 3 MONTHS! JOIN NOW!

GYM • SWIM • CLASSES

SCAN ME

brioleisure.org



Get inspired with Brio Leisure

The summer holidays may have come to an end but **Brio Leisure** is here with a fantastic offer to help keep you and your little ones happy and active! Whatever inspires your family to get moving, there is something for everyone to enjoy.

This September, children can join Brio Leisure for **just £10 per month** for September, October and November! From casual swim sessions to off-peak racquet sports, there are loads of activities to try, enjoy and keep the kids entertained at your local centre – and you'll be helping to keep them fit too!

For just £20 a month, adults can also take advantage of this offer too, so whether you want to take a dip in the pool, find your favourite fitness class or sweat it out in the gym, there are options and opportunities galore at Brio Leisure.

To join and benefit from this offer, visit your local centre today or go online and visit www.brioleisure.org

Terms and conditions apply.



Flexible holiday childcare with Fun Fest

Fun Fest Holiday Club Cheshire delivers quality childcare during the school holidays, offering a menu of activities for children so that they can choose their own fun. 'We found nothing like this available in our area when we took on the Fun Fest Cheshire franchise in 2019,' comments Helen Westly, who co-owns the Cheshire franchise of this award-winning brand.

At Fun Fest Cheshire, kids ages 3 to 11 can choose and benefit from a variety of themed activities, varying from Mission Impossible and Sports Action to Cupcake Heaven and Crafty Creations, all available close to home.

Clubs run in **Hartford** (at The Grange Junior School) and in **Cheadle, Altrincham** and **Sandiway**. Later this year, another club will open in **Cheadle**, as well as new clubs in **Bolshaw, Middlewich** and **Crewe**.

Check out availability for October half term. Half day, full day and weekly options are available.

For more information, visit www.fun-fest.co.uk and find your location.

SNEAKY EXPERIENCE PRESENTS

HALF TERM HALLOWEEN EXPERIENCE

Join our hilarious supernatural expedition with storytelling, magic, dancing, games and fun for the whole family

WALTON HALL AND GARDENS - SATURDAY 29TH OCTOBER
ARLEY HALL & GARDENS - SUNDAY OCTOBER 30TH
QUARRY BANK - SUNDAY OCTOBER 30TH

For info & tickets visit sneakyexperience.co.uk
 Or use the QR code to book tickets now



Getting children to tidy up

By Tanith Carey

What parent or carer hasn't felt weary at the sight of yet more trucks, play figures, crayons and LEGO® bricks to pick up at the end of the day?

Playtime, particularly messy play, is vital to children's development because it helps them understand how the world works, as well as using their senses and imagination. But it shouldn't stop there; tidying up is a great opportunity to help children **develop cognitive skills**, like sorting.

The first step to teaching children to help tidy up is to understand how 'mess' looks from their point of view.

It can be useful to schedule clean-up time at the same time every day, such as the interval just before a mealtime, to establish a habit.

When a child is absorbed and 'in the flow' of an imaginative game it makes perfect sense to have all their materials and playthings spread out all around them. While it may look like chaos to us, having everything at hand means a child can stretch their creativity by using all the different items around them in new combinations.

Bear in mind that if a child has been playing a fantasy game, they will be really proud of the little world they have created. So while your request to tidy up is perfectly reasonable, they may hear it as a request to destroy what they have just made.

What's more, asking them to transition back to a reality in which they are no longer in control can feel like a **physical and mental wrench**. To help ease this, while your child is still playing, give them advance notice that it will soon be time to wrap up. Try something like: 'One more game with your dinosaurs and then we can put them to sleep in their normal house (the toy box) until tomorrow.' Just telling a child generally to tidy up can feel overwhelming.

Even teenagers may not know where to start with tidying up, so little children will definitely need a helping hand. Make it clear it's a job you will start together and then **be specific** about the tasks you want them to do.



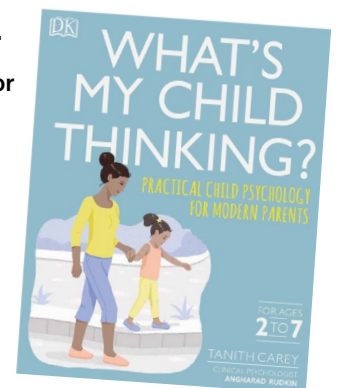
Make tidying up fun by putting on music and setting a time limit, so small children see it as a game they are playing with you. To make the task more achievable, as well as helping to develop their sorting skills, you could also suggest picking up just one type of toy at a time. Try something like: 'You pick up all the blocks while I pick up all the crayons.'

As soon as they make a start, **acknowledge how your child is helping** so they have the confidence to keep it up. Once the kids are as quick as you, try turning tidying up into a race. Schedule clean-up time at the same time every day, such as the interval just before mealtime, to establish a habit.

Finally it helps to **reframe your expectations**. A family home doesn't have to be a show place. See tidying up at the end of the day as a sign your child has explored the limits of their imagination to the full.

When your child helps you pick up their playthings after a busy play session, you are on the right path.

Tanith Carey is a parenting writer. With clinical psychologist Dr Angharad Rudkin, she is co-author of *What's My Child Thinking? Practical Child Psychology for Modern Parents*, published by DK which is filled with practical tips for raising children ages 2 to 7.



Tips for kids ages 2 to 5

Help young children learn that toys have homes where they live when they are not played with and have the storage accessible at ground level. Try some containers on wheels which they can push to the area they need to tidy up and which they can 'park' afterwards.

Help little ones who are not yet reading by colour coding the storage for different categories; soft toys, trucks etc. Alternatively, label their toy boxes with pictures they can recognise.



Tips for kids ages 6 to 9

Explain the advantages. By tidying up, they will have space to run around, their toys are safe from harm and they'll know where to find them again tomorrow.

If your older child does nothing to help when you ask them to clear up, try to keep calm rather than raising your voice. Keep your voice low and get down on their level. Say that it's tidy-up time as a statement, not a request. Afterwards, thank them for their help.

Calling parents living in Cheshire!

Would you like to try your hand at magazine publishing?

Do you think you could grow a business?

Are you interested in media and marketing?

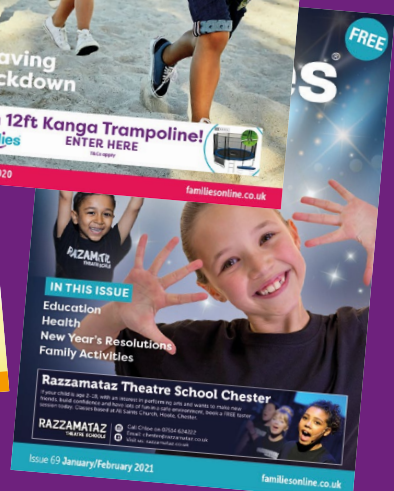
Come and run Families Cheshire magazine!

To find out more contact Linda at info@familiesmagazine.co.uk or call 020 8241 0423

Families
Magazine



Work part time from home around your family and do something you love.



Tricky toddler eating tips

By Charlotte Stirling-Reed

If you speak to the parents of most toddlers, they'll probably tell you that life is somewhat turbulent! Toddlers are at this lovely, exciting age where they are really exploring the world and figuring things out and their brains are firing and learning new things every day.

This exploration can come with its challenges though and a BIG one is often seen at mealtimes with food refusal!

"I don't like it", "yucky", "I hate broccoli"...sound familiar? These are common phrases heard by those of us who have toddlers around the table and it's pretty common for parents to express concern to me about this. The toddler years are often about independence and our little ones trying to seek some autonomy in their day to day lives, and that includes their food choices too.

It's actually pretty normal for toddlers to be picky with their food, partly due to developing independence, partly due to 'neophobia' (reluctance to try new foods) which generally kicks in during the toddler years and partly because growth rates start to slow around this age which can result in their appetites simply taking a bit of a dip.

My main tips:

Start by pretending you simply don't care if they eat or not Research shows that the more PRESSURE we put on toddlers to 'eat up' the more likely it is to have the opposite effect.

So, if you want to help your toddlers to enjoy more foods, try to fight your natural instincts and be nonchalant at mealtimes.

Employ the line 'That's okay, you don't have to eat it' and stick to it. Again, taking the pressure off and putting the ball in their court at mealtimes, helps them to have a sense of autonomy and feel like they have some control. In time, this can often help encourage them to WANT to eat a little more.

Make it a mealtime they WANT to be part of. If you think about it, toddlers are all about fun and exploring. That's simply the aim of their day. So, try and make mealtimes a part of the fun journey too.



We're not talking about turning your table into a racing track but simply making it enjoyable for them, engaging them and allowing them to explore the foods on offer without too much restriction, pressure or 'mealtime rules'.

What's interpreted as 'fun' will vary from family to family but you could start with some calming music, a funky table cloth or kicking off with some silly faces, whatever helps to bring some joy to the table.

Offer a variety, even foods that are refused. If you offer foods and they are refused and then you don't offer them again, it's unlikely that your little ones will grow to accept them.

However, if you keep offering rejected foods (without any actual pressure to eat them), they start to become 'familiar' and this has been shown to help toddlers to be more willing to try them.

Remember, it's a long game. The tips and tricks you put in place to help to support your toddler's eating will not work overnight. Toddlers are constantly testing and figuring out the 'rules' and what works for toddlers. So, try to stay consistent and persistent whilst rolling out some of these tried and tested strategies.

Charlotte Stirling-Reed is the Baby and Child Nutritionist. Her new book *How to Feed your Toddler: Everything You Need to Know to Raise Happy, Independent Little Eaters* is published by Ebury Press.

The book includes step by step guides, tips and advice on tricky eating, as well as fifty delicious and easy recipes.



Pressure

Pressure to 'eat up' rarely works in the long run. It's far better to sit back, take the pressure off and focus on making mealtimes positive occasions for toddlers, including trying to spend time with your little one and engage with them over meals.

It's best to role model the actions and behaviours you want your toddler to emulate so in time they learn **HOW** to eat and **HOW** enjoy a variety of foods.



Restricting foods

Overly restricting foods that children can see or are asking for rarely works. This can make the restricted foods more desirable and put pressure on mealtimes and eating occasions. Instead, try to 'covertly' restrict by role modelling what to eat yourself, showing and offering a **BALANCE**.

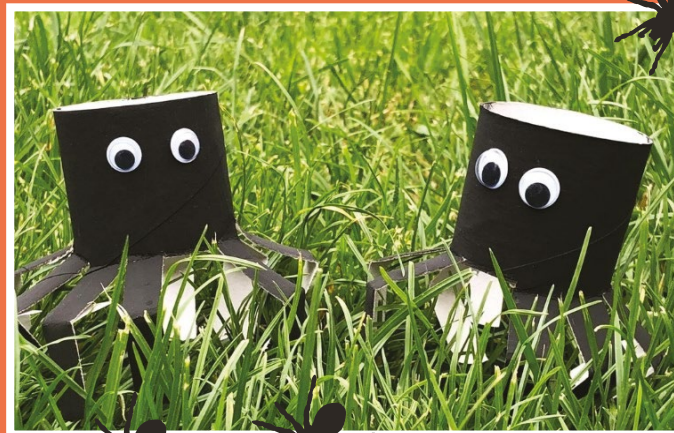
Monitor how often cakes, biscuits and sweets are available at home and avoid referring to these as 'treats' as this suggests that these foods are the most desirable!



Make spiders for Halloween!

It's easy and fun to create your own decorations for Halloween! So get crafty with the kids. You'll be able to gather what you need from around your home and from your recycling bin and paint, create and decorate to make your own family of spiders in no time.

Your child will love developing new skills as they explore painting and sticking. And, under your supervision, they will develop fine motor skills as they practise with scissors.



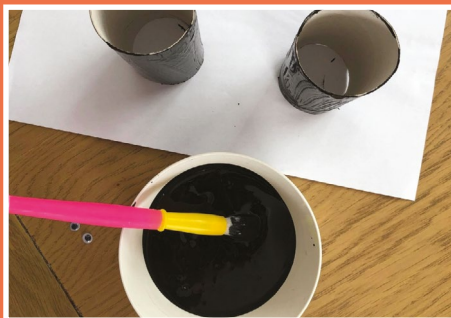
You will need:

- ✓ Paint brush
- ✓ Scissors
- ✓ Black paint
- ✓ Wiggly eyes
- ✓ Cardboard tubes

Instructions:



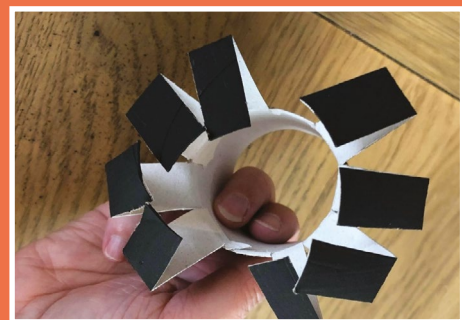
Step 1:
First paint the cardboard tubes black.



Step 2:
Allow the black paint to dry thoroughly. Once dry, give the spider eyes so it can see!



Step 3:
To make the legs, start by cutting five slits about one centimetre apart on each side of the tube just over halfway up.



Step 4:
Once you have all eight legs, fold each leg in half to bend.

Watch out!

Your spider is now complete.....
careful it doesn't run off!

The slits will make four spider legs on each side of the tube. There will be a spare piece of tube on each side which you will need to cut out.

