



Bushra Qayum and her husband live in Lidget Green with their four children. Bushra has been going to the Lidget Green Children's Centre ever since it opened in 2008.

## Bushra and her children are learning new skills, making good friends and have new opportunities through the **Lidget Green Children's Centre**

### **A WELCOMING ATMOSPHERE**

Bushra believes that the Lidget Green Children's Centre has been a huge advantage to her both as a parent and also as a mum who wants the opportunity to expand her knowledge, her social circle and her parenting skills, and she is full of praise for what she has found there. "If it wasn't for the Centre, my two youngest children would probably spend most of the time at home," she says.



Learning Together



“I don’t drive and there isn’t very much else around the area which could offer so much to us all. I’ve had the chance to make new friends, to learn new skills and to give my children an outlet for their energy in a happy, welcoming atmosphere only a few minutes’ walk away from home.”

## **SOMETHING FOR EVERYONE**

What Bushra likes most about the Centre is the fact that she can meet other parents and take advantage of the courses available whilst her children are looked after by the crèche staff. “This is such a bonus; I’ve done sewing lessons, yoga and exercise classes and the children are in very good hands. The staff are helpful, professional and completely trustworthy and the atmosphere of the crèche has helped with the children’s social skills and their English: at home, we speak Punjabi, so being with English-speaking children encourages them. Both my youngest children speak excellent English and that will be an advantage to them when they start school.”

## **POSITIVE PARENTING**

Another course which Bushra feels has been a great help is the Family Links Nurturing Programme, a ten-week

parenting course which aims to address issues such as behaviour, discipline techniques and self-esteem and which has taught her a great deal. “It has given me a lot of new ideas, a different approach to addressing the upbringing of children, and it has definitely worked. I wouldn’t say that my children were badly behaved at all, but putting into practice the techniques I learned on the programme has made a big difference in the way we react to each other and made our lives easier, because I know how to set boundaries. They respect me, and I have a better understanding of their needs. I’ve really enjoyed taking part in something like this and it has helped us as a family.”

## **LEARNING THROUGH PLAY**

Bushra also takes her two youngest children to the drop-in Chill and Chat and Rhyme Time sessions, which they all enjoy, and where Bushra can make the most of the Family Room to have a cup of coffee with her friends while the children enjoy themselves with the range of toys, games and activities provided. “There’s lots for them to play with and they really enjoy themselves,” she says. “It’s good to get them out of the house but also important that they mix with other children and learn to socialise. I think they are learning a great deal but having a great time as well, and I can’t think of anywhere else we could get that.”

## **COMMITMENT**

In fact, Bushra is so committed to the regular sessions that she is there around four times a week, either at a drop-in play group or to attend one of her classes. “I’ll try anything that’s going because I wouldn’t be able to do things like this anywhere else. Because the crèche is so good I don’t have to worry about the children and it’s all free, which is a huge bonus.”

## **A VALUABLE ASSET**

Bushra’s two eldest children attend the Primary School on the same site, so everyone is involved one way or another and for the little ones, they will be familiar with the premises when they also start school. “Lidget Green Children’s Centre has brought something new and valuable to our lives, and I’m so happy that it is there for us.”



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