



Cumberland Family Hubs - January

**Don't miss the deadline -
apply for a reception place
before 15 January**



It is time to apply for a school place if your child was born between **1 September 2021** and **31 August 2022**, they'll be starting reception in **September 2026**.

The closing date for applications is **15 January 2026**. Applying is quick and easy online: [Cumberland Council | Apply for a school place](https://www.cumberland.gov.uk/applyforaschoolplace)

**Become a Parent
or Carer
Champion and
help shape
services for
families**

- Influence how local services are designed and delivered
- Make sure families' voices are heard
- Meet other parents and carers in your area
- Help create positive change in your community

Share your experiences, ideas and feedback with the Family Hubs team – and help make a real difference for local families.

Could your child be Cumberland's next Member of Youth Parliament?



Young people aged **11–18** who live or study in **Cumberland** have the chance to step up and make a real difference

by becoming our next **Member of Youth Parliament (MYP)**.

This isn't just a title – it's an opportunity to **have their voice heard locally, regionally and nationally**, influencing decisions that matter to young people.

As an MYP, they'll:

Develop confidence and leadership skills
Gain useful experience for CVs and applications
Help shape policies and create positive change in Cumberland

If your child is passionate about making a difference, this is their chance to speak up for young people and be part of something big.

Interested? Contact
youth.voice@cumberland.gov.uk

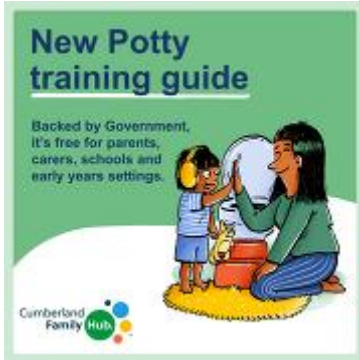
Interested?

[Complete this quick form](#)
or send an [email](#).

Find activities and groups at you nearest Family Hub:

Find out what is going on near you on [Cumberland Family Hubs | Activities, groups and support](#)

New Potty training advice



Potty training can feel like a big milestone, and the latest national guidance makes it easier for parents to know when to start. The good news?

You don't need to wait for signs of readiness before introducing potty skills.

Research shows it's best for your child's bowel and bladder health to stop using nappies—including reusable nappies, pull-ups and training pants—between **18 and 30 months**. Every child develops at their own pace, but starting early helps prevent problems later on.

Think of potty training as a **process, not a single event**. Children can begin practising as soon as they can sit up independently. Let them sit on a potty or toilet, even fully clothed at first, so they get used to the idea. Over time, these small steps build confidence and make the transition smoother.

Find out more:

<https://startingreception.co.uk/potty-training/>

Meet Hub2U this month



The mobile family hub, Hub2U brings support, advice and signposting into local communities. You can find the team out and

about over the next few weeks:

Bootle: Tuesday 20/27 January, 1-2.30 pm
Hycemoor Way, 3-6 pm Community Hall
Captain Shaw's School

Flimby: Thursdays January 15- February 12, 3-6 pm, Sand Lane, Flimby.

Don't miss out on help with childcare for two year olds

If you have a two-year-old, you could be entitled to 15 hours of funded childcare – and we don't want you to miss out!

These funded places give your child the chance to learn, play and make friends, while giving you extra time for work, study or simply a breather. It's a fantastic opportunity to support your child's development and ease the cost of childcare.

Eligibility is based on certain criteria, such as receiving income-related benefits or if your child has additional needs.

Checking is quick and easy – and applying online only takes a few minutes.

Two year old places are available with most nurseries, childminders and pre-schools across Cumberland, so why wait?

Check now and apply today, [Cumberland Family Hubs | Funded Childcare 2 year olds](#)

2026 is the National Year of Reading – Go All In!



This year, the UK is celebrating reading like never before with the [Go All In campaign](#). The aim?

To make reading fun and part of everyday life for young people. Instead of extra homework, it's about connecting books to what they already love – music, sport, gaming and more. Reading for pleasure boosts confidence, creativity and wellbeing, helping children thrive in school and beyond. Look out for local events, author visits and family activities throughout the year. Follow [#GoAllIn2026](#) and encourage your child to dive into stories that spark their interests!

Contact your health visitor



Have a question about your child's health or development? Chat to your health visitor, you can call them on 0300 304 9029, email

HDFT.spoc0-19cumberland@NHS.net or search the website [Growing Healthy Cumberland](#).

There is also lots of advice available through the Growing Healthy app, download it today, [Download Growing Healthy](#)

Get tips and advice online



Get information you can trust from the Best Start in Life parent hub, [Homepage](#) | [Best Start in Life.](#)

6 small habits to try this New Year



Already broken your new years resolutions? Why not try adding one new small habit to your family life this month?

1. **Read together for 5 minutes.** Choose a time that works for you, such as bedtime, and read aloud with your child for just 5-10 minutes. It could be a storybook, a comic, or even a recipe. Shared reading builds language skills and creates magical moments.

2. **Add one extra vegetable to meals.** Toss spinach or peas into pasta (frozen work just as well), add grated carrot to sandwiches, or serve cucumber sticks with lunch.

Create a no phone zone - Pick one time of day, like dinner, where everyone puts phones away. It encourages conversation and helps children see healthy screen habits in action.

Prep snacks in advance - Cut fruit or veg at the start of the week. Having healthy options ready makes it easier to avoid reaching for crisps or sweets when hunger strikes.

Add 5 minutes movement - from living room dance parties to scavenger hunt walks, there are lots of ways to add an extra few minutes of movement into your day and turn it into a habit.

Create a few minutes of connection - create a question jar with prompts such as 'What made you laugh today?' and spark conversation; or start a new hobby together, learning a new skill and working side by side gives you time to talk and create memories.