



- the Childminding Association

## NICMA WEEK 2010

**NICMA Week** this year will run from **3 - 7 May** and will be an excellent opportunity to promote NICMA services and to raise the profile of registered childminders. The **NICMA Week theme** this year will focus on **'Promoting Children's Physical Development in a Home Based Environment'**.

**Want to know how you, as an individual childminder, or member of a Childminding Support Group can get involved?**

- Organise an event in association with your local Childminding Support Group or Childminding Drop-in-Centre
- Encourage your local Parent & Toddler Group to organise activities linked to our theme
- Provide quality indoor or outdoor play experiences linked to improving the physical well being of the children you care for in your own home based setting.

**Stuck for ideas why not consider the following:-**

1. Form a team and enter the Belfast Marathon on Monday 3<sup>rd</sup> May to raise funds for NICMA and 'Tiny Life' . Tiny Life is Northern Ireland's premature and vulnerable baby charity, dedicated to reducing premature birth, illness, disability and death in babies born here.
2. Put you best foot forward and organise a sponsored 'Teddy Toddle', ending with a nutritious healthy teddy bears picnic and raise funds for NICMA, your Childminding Support Group or Childminding Drop-in-Centre
3. Plan a treasure hunt with a twist. Promote eating 5 fruit and vegetables a day when setting your clues and choosing the treasure
4. Organise a trip to the beach, visit your local playground, swimming pool, forest or play activity centre
5. Set up a music session - make it fun by creating your own musical instruments to beat out the rhythms and move to the music.

### TOYS, EQUIPMENT, GAMES AND OTHER IDEAS TO PROMOTE PHYSICAL ACTIVITY

#### Outdoors

Bike	Hula hoop
Ball games	Trampoline
Frisbee	Climbing frame
Kite	Hide and seek
Swing	Hop scotch
Sand box	Skipping ropes
Obstacle course	Rounders
Baseball	Walking
Tennis	Swing ball

#### Indoors

Beanbags	Circle games
Soft balls	Foot print trail
Tunnels	Balloon balancing
Twister	Musical statues
Jigsaws	Planting seedlings
Soft blocks	Water play
Painting	Cutting and pasting
Modelling	Dressing up

**What can you do to publicise and promote Registered Childminding and events in your local area during NICMA week?**

- Plan your event well in advance
- Send us details of your planned event **by Wednesday 14 April 2010** to add to our NICMA Calendar of Events which will be advertised on the NICMA website.
- Advertise your event in local schools, post offices, health centres, banks, libraries or shops
- Share your plans with your NICMA Childminding Development Officer who will support and co-ordinate local events and liaise with the local press for publicity purposes
- Take photographs of your local events if a press photographer is unavailable
- Support groups should nominate someone as the media contact person for follow up interviews This person should be a NICMA member, be a willing recruit, a confident speaker and have sufficient written materials to hand to be able to answer questions relevant to promoting quality childminding services.
- We normally evaluate NICMA week every year so please let us know if your event was highlighted in the local press adding your comments on how it all went. This feedback will be useful for future planning. We would welcome copies of your press release and pictures to inform the evaluation report. Please forward these to the NICMA office for the attention of Lyn Bradley.

**NICMA Childminding Development Team - What will we do to support you?**

- Develop a standard press release for all local and regional newspapers and magazines
- Provide NICMA publicity materials and NICMA promotional items for Groups and individual members
- Co-ordinate local and regional media coverage

  
**NICMA Childminding Development Team**

Area	Childminding Development Officer	Contact Details
<b>Belfast Health &amp; Social Care Trust</b>	Liz Brown	☎ 07517472271 E-mail : <a href="mailto:lizwork91@aol.com">lizwork91@aol.com</a>
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