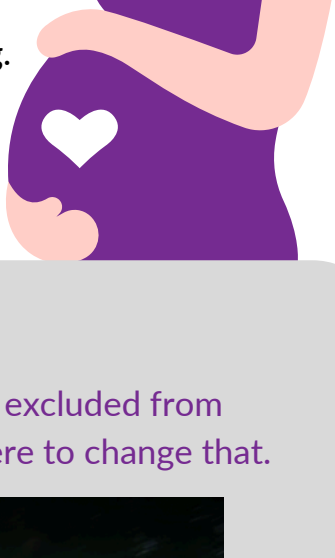


MATERNITY & EARLY YEARS NEWSLETTER

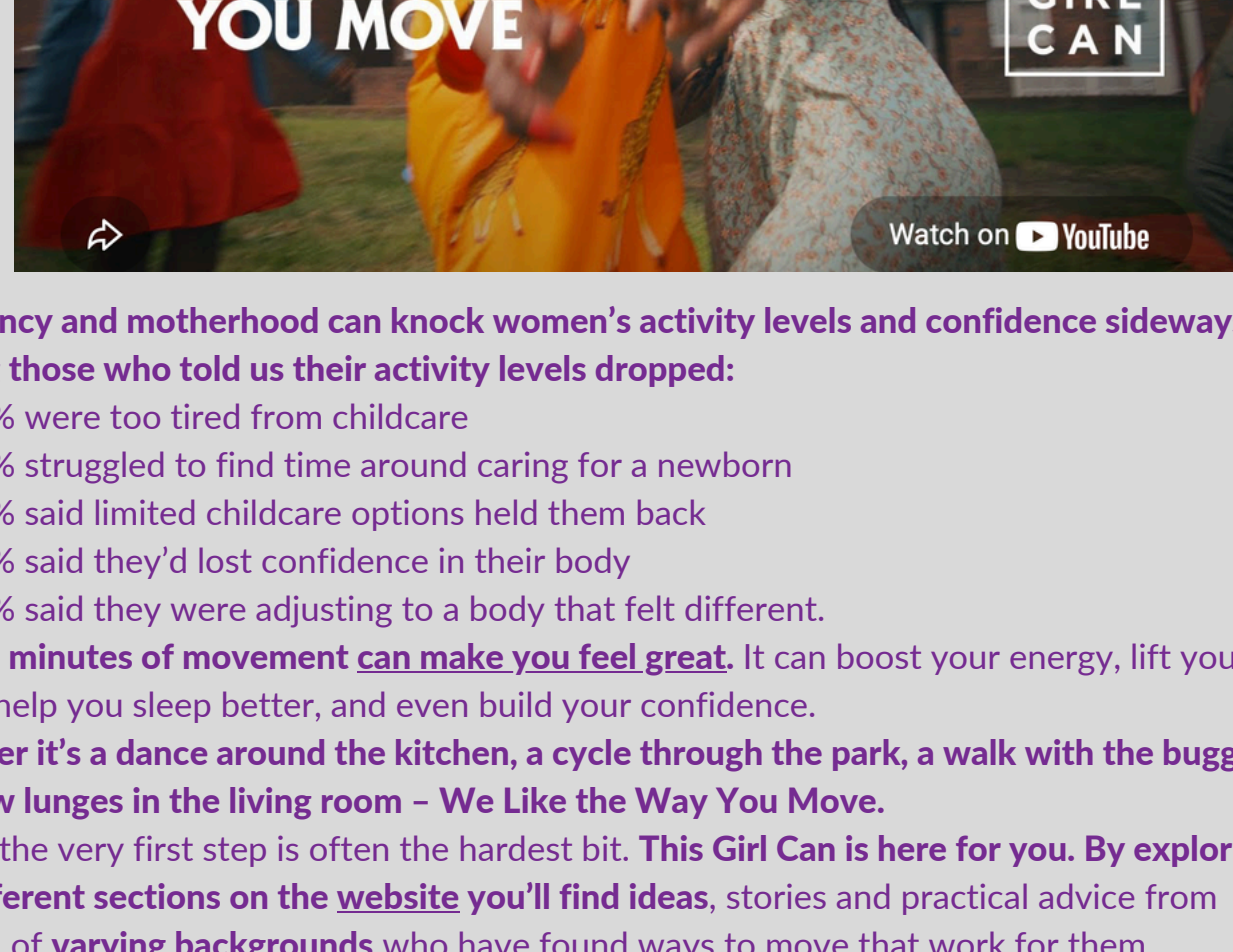
Welcome to the Get Berkshire Active 'Physical Activity in Active Maternity and the Early Years' newsletter! If you would like any information included in future newsletters please get in touch with cathy.carr@getberkshireactive.org.

Save the Date! Next Maternity & Early Years Network meeting
Thursday 16 July 9.30 - 11.00



NATIONAL UPDATES

More than half of pregnant women and new mums on lower incomes feel excluded from the world of sport and physical activity. [We Like the Way You Move](#) is here to change that.



Pregnancy and motherhood can knock women's activity levels and confidence sideways. Among those who told us their activity levels dropped:

- 46% were too tired from childcare
- 38% struggled to find time around caring for a newborn
- 21% said limited childcare options held them back
- 39% said they'd lost confidence in their body
- 31% said they were adjusting to a body that felt different.

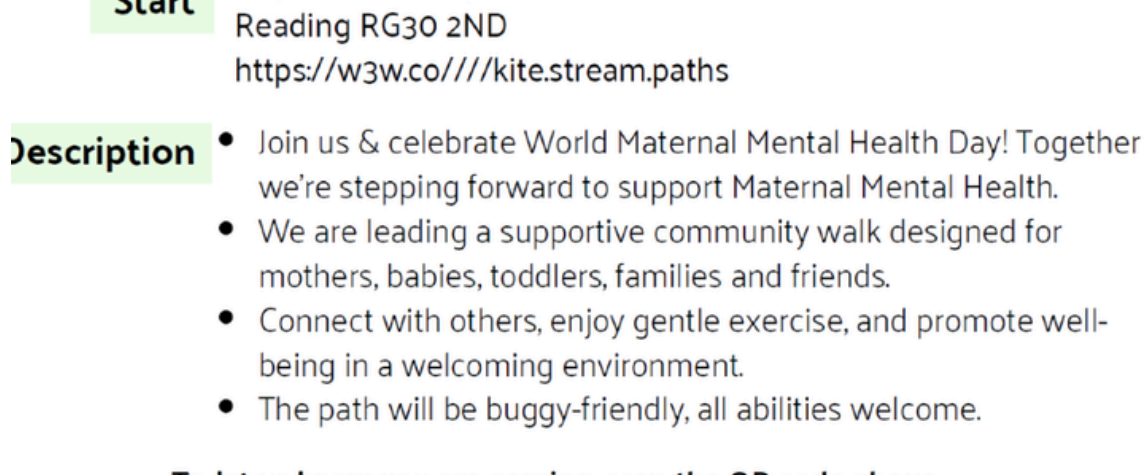
Just 10 minutes of movement can make you feel great. It can boost your energy, lift your mood, help you sleep better, and even build your confidence.

Whether it's a dance around the kitchen, a cycle through the park, a walk with the buggy, or a few lunges in the living room – **We Like the Way You Move**.

Taking the very first step is often the hardest bit. **This Girl Can is here for you.** By exploring the different sections on the [website](#) you'll find ideas, stories and practical advice from women of varying backgrounds who have found ways to move that work for them.

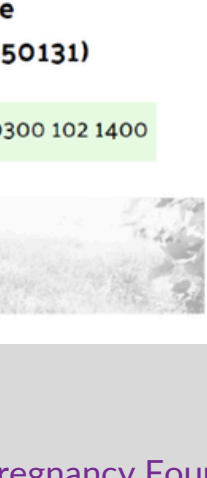
SPORT ENGLAND HAS INVESTED OVER £250,000 INTO A PARTNERSHIP WITH THE ACTIVE PREGNANCY FOUNDATION TO HELP MORE WOMEN STAY ACTIVE DURING AND AFTER PREGNANCY. THE FUNDING FOCUSES ON REDUCING INEQUALITIES BY IMPROVING SUPPORT FOR WOMEN FACING THE GREATEST BARRIERS, INCLUDING THOSE WITH DISABILITIES, MENTAL HEALTH CHALLENGES OR LONG-TERM HEALTH CONDITIONS, AND ALIGNS WITH NATIONAL PRIORITIES AROUND PREVENTION AND MATERNAL HEALTH.

ALL THE WORK THE APF DO IS DESIGNED TO EMPOWER WOMEN TO STAY ACTIVE THROUGHOUT THEIR CHILDBEARING YEARS. [READ MORE ABOUT THEM!](#)



Let's get Walking! Mum and Baby!

FREE!



Time Wednesday 6th May 2026 @ 11:00 am
(Walk at Prospect Park, Reading lasting 1 hour, includes stops)

Start Hey Coffee, Prospect Park, Pavilion, Liebenrood Rd, Reading RG30 2ND
<https://w3w.co/////kitestream.paths>

Description

- Join us & celebrate World Maternal Mental Health Day! Together we're stepping forward to support Maternal Mental Health.
- We are leading a supportive community walk designed for mothers, babies, toddlers, families and friends.
- Connect with others, enjoy gentle exercise, and promote well-being in a welcoming environment.
- The path will be buggy-friendly, all abilities welcome.

To let us know you are coming, scan the QR code above
- any questions call 0300 102 1400 or Ed McKenzie (07774 550131)

[@sportinmind](#) info@sportinmind.org www.sportinmind.org 0300 102 1400

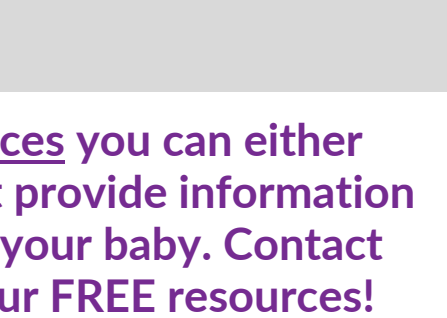


FIND YOUR ACTIVE:

Clear, friendly guidance to support an active pregnancy from the Active Pregnancy Foundation.

- Expert-led resources aligned with national guidance
- Practical tips to help you stay active during pregnancy and beyond.

[Download the FREE guides here](#)



The [Get Active Questionnaire for Pregnancy \(GAQ-P\)](#) has been designed to identify the small number of women who need to consult with a healthcare professional before they begin or continue to be physically active, and to help the majority of healthy pregnant women overcome any concerns they might have about getting or staying active. Pre-screening is an important first step in ensuring safe and enjoyable engagement with physical activities.

FREE 4 hour Workshop for mums & dads-to-be

Saturday 3rd May 26

Two groups for expectant Mum's & Dad's.

These places being run by Home Start will take place at the same time but will be run separately by a female (for mums) & a male (for Dads) Facilitator. The next groups will take place on **Saturday 23rd May 2026.**

| Preparing to be Mum & Preparing to be Dad |
|---|
| <ul style="list-style-type: none"> Run by trained antenatal facilitator Discuss preparing for birth and labour Master changing, holding and bathing baby Talk about Mum's mental wellbeing |
| <ul style="list-style-type: none"> Run by a male facilitator Master changing, holding and bathing baby Discuss labour and birth Understand the importance of Dad's support pre and post pregnancy as well as Dad's mental wellbeing |

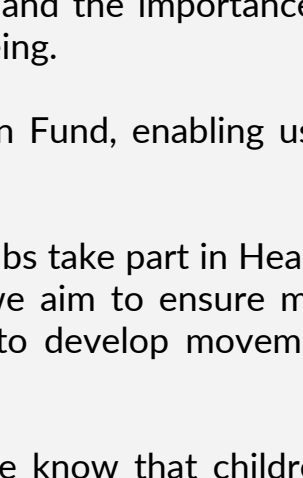
If you would like to refer families to these groups, please complete our [online referral form](#).

Alternatively, if they would like to refer themselves, they can complete this [form](#).

Get Berkshire Active have a range of [FREE resources](#) you can either download or order hard copies for your settings that provide information on being active in pregnancy, postnatally and with your baby. Contact dense.peplow@getberkshireactive.org to order your FREE resources!

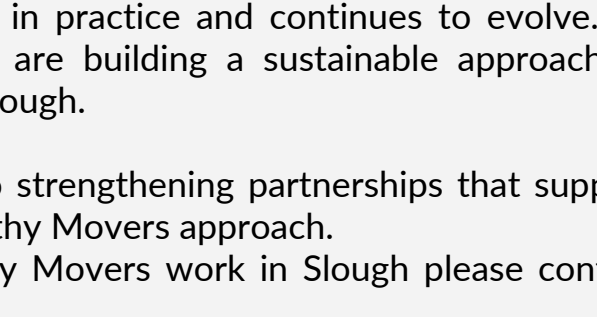
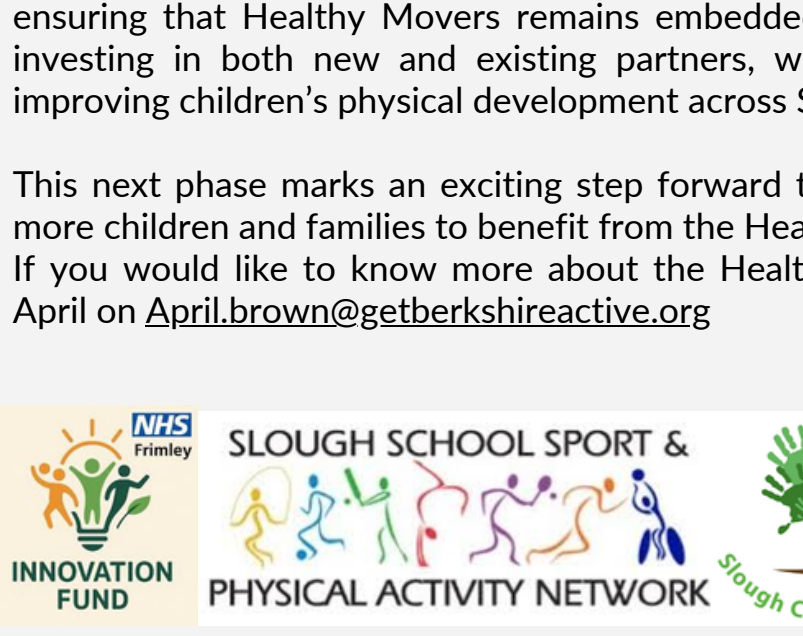
GBA has now delivered 10 **This Mum Moves Ambassador workshops** in conjunction with The Institute of Health Visitors, training over 220 professionals - see the full infographic with more details [here](#).

EARLY YEARS



NEW! GBA Early Years & Movement Resource Board

A digital notice board collecting resources, research and guidance on movement and wellbeing for under 5's.

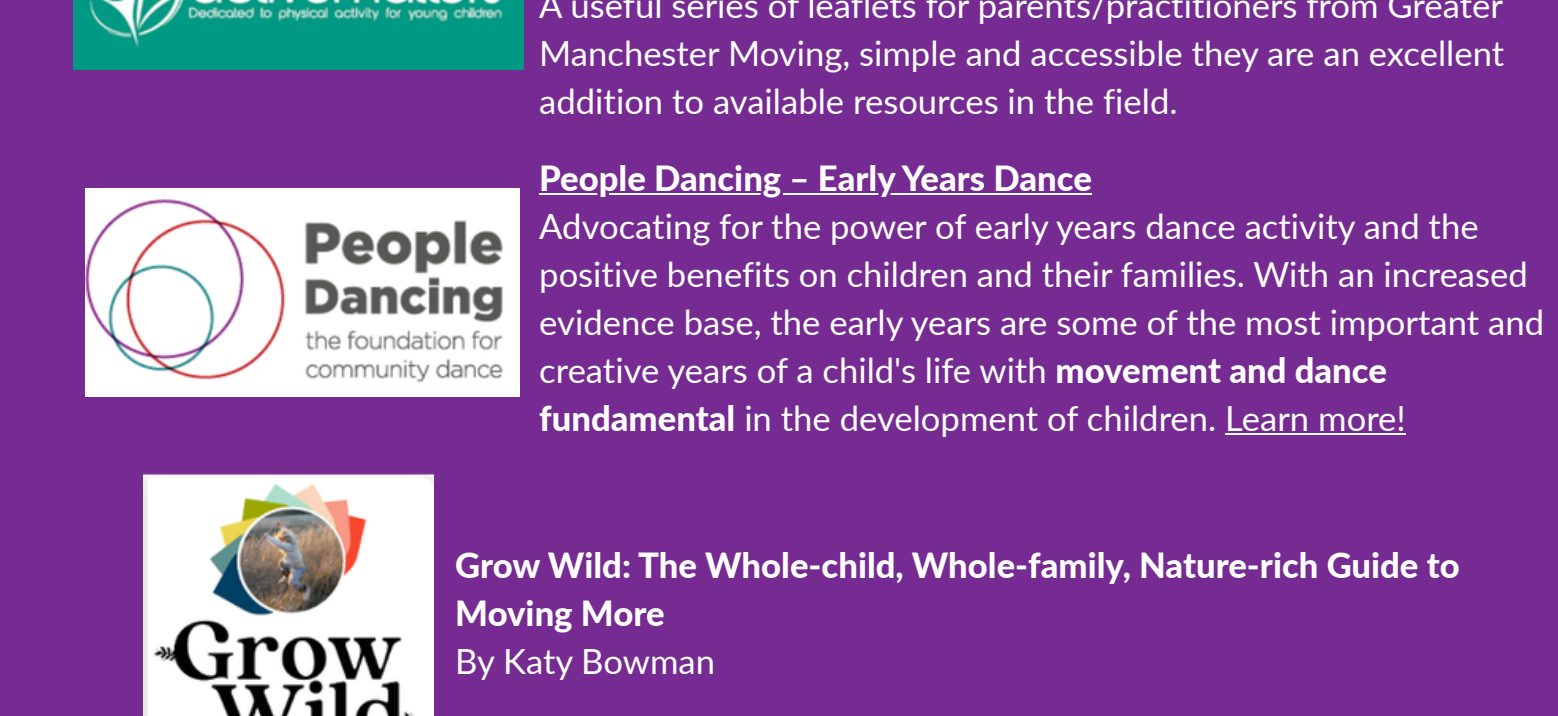


[LINK to Early Years & Movement Resource Board](#)

This space is developing - please share any content recommendations & requests to April.brown@getberkshireactive.org

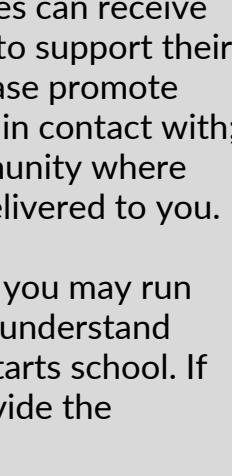
Best Start in Life – Reports

Across Berkshire, Best Start in Life reports have been written and released for each local authority. These reports set out a shared understanding of local need and priorities for babies, young children and families. They aim to provide a strong foundation for joined-up early years, health and family support across each area.



You can find your local authority's *Best Start in Life* report and offer by searching your local authorities official website, generally under the family services or children's services sections.

Healthy Movers in Slough: Expanding Impact Across the Borough



Following the successful completion of the Healthy Movers pilot in January 2026, we are delighted to share the next phase of the Healthy Movers journey in Slough.

The initial pilot saw 16 early years settings engage with the Youth Supporting Trust's Healthy Movers training programme. This demonstrated the value of supporting early years practitioners to embed physical development into everyday practice and the importance of helping children build strong foundations for lifelong health and wellbeing.

Since then, we have secured funding through the Frimley Innovation Fund, enabling us to expand and strengthen this important work across the borough.

This new phase will see a further 20 early years settings and family hubs take part in Healthy Movers training. By growing the network of trained practitioners, we aim to ensure more children across Slough can benefit from high-quality opportunities to develop movement, physical confidence, and healthy habits from the earliest years.

A key focus of this next stage is increasing support for families. We know that children's physical development is most effective when it is encouraged both in settings and at home. To support this, all participating settings both existing and new will be provided with a library of accessible, practical resources for families. These will help parents and carers feel confident incorporating movement into everyday routines.

Alongside training and resources, we hope to work with settings to deliver family engagement workshops. These sessions will create opportunities for families to experience Healthy Movers activities first-hand, building confidence, connection, and enjoyment around being active together.

We are committed to ongoing support for settings already engaged in the programme, ensuring that Healthy Movers remains embedded in practice and continues to evolve. By investing in both new and existing partners, we are building a sustainable approach to improving children's physical development across Slough.

This next phase makes an exciting step forward to strengthening partnerships that support more children and families to benefit from the Healthy Movers approach. If you would like to know more about the Healthy Movers work in Slough please contact April on April.brown@getberkshireactive.org

SUPPORT FOR FAMILIES - THE BABY BANK

Collecting good-quality second-hand clothes, equipment and furniture for families in extreme need. (e.g. Newborn Starter Kits, Essential Supplies, Clothing Bundles, School Uniforms) [More info here!](#)

RESOURCES

Living Streets – Little Feet.
Little Feet offers a range of walking activities for children aged 2-5 years old, designed specifically for use in early years settings. Little Feet resources are perfect for introducing the benefits of walking to young children and their families, encouraging them to adopt healthy walking habits through topics linked to the Early Learning Goals.

New at-home guidance created to support parents and carers to get their little ones moving!
A useful series of leaflets for parents/practitioners from Greater Manchester Moving, simple and accessible they are an excellent addition to available resources in the field.

People Dancing – Early Years Dance
Advocating for the power of early years dance activity and the positive benefits on children and their families. With an increased evidence base, the early years are some of the most important and creative years of a child's life with **movement and dance fundamental** in the development of children. [Learn more!](#)

Grow Wild: The Whole-child, Whole-family, Nature-rich Guide to Moving More
By Katy Bowman
[Get the book here!](#)

Reading Early Years Team: Early Years Starting School Champion

We have a new exciting project to support children before they begin school. Families can receive support from an "Early Years and Starting School Champion" to provide home visits to support their child's development before beginning school. We would be grateful if you could please promote this by sharing this flyer with any families who have children under five that you are in contact with; and putting up a poster in your reception area/s or other contacts within your community where appropriate. We can arrange for an A3 two-page printed copy of the poster to be delivered to you.

In addition we would love the opportunity to come along to any group sessions that you may run where families with children under the age of 5 age attending to talk to parents and understand more about what support the community would like in the years before their child starts school. If this is something that we can be involved in coming along too; please could you provide the days/times/locations and a contact number/email address to connect with to starting.school@reading.gov.uk

[More information and resources here!](#)

NEW group for children with physical disabilities

- ✔ Is your little one looking to make friends with others who can play at their level?
 - ✔ Are you as parents or carers looking to connect with others who understand what you're going through?
 - ✔ Looking for an inclusive play session that is informal, welcoming and free for all the family?
- Come and join us at Our House!

21st February 11am

07987 105842 | Toulsey Road, Wokingham RG40 1GN | www.btff.org.uk

Baby and Mum Group

Free term-time group for new mums of babies aged under 12 months. Safe and supportive environment to make friends and share experiences. Chance to chat to specialist speakers about activities and help for families in the local area.



Home-Start Bracknell Forest

Get in touch to join the group
office@hsbf.org.uk / 01344 860025

Home-Start Bracknell Forest is a registered charity. 1160447 www.homestartbracknellforest.org.uk

CHAISING SPORT

Thames Valley Athletics Centre Sessions

09.30 - 10.00

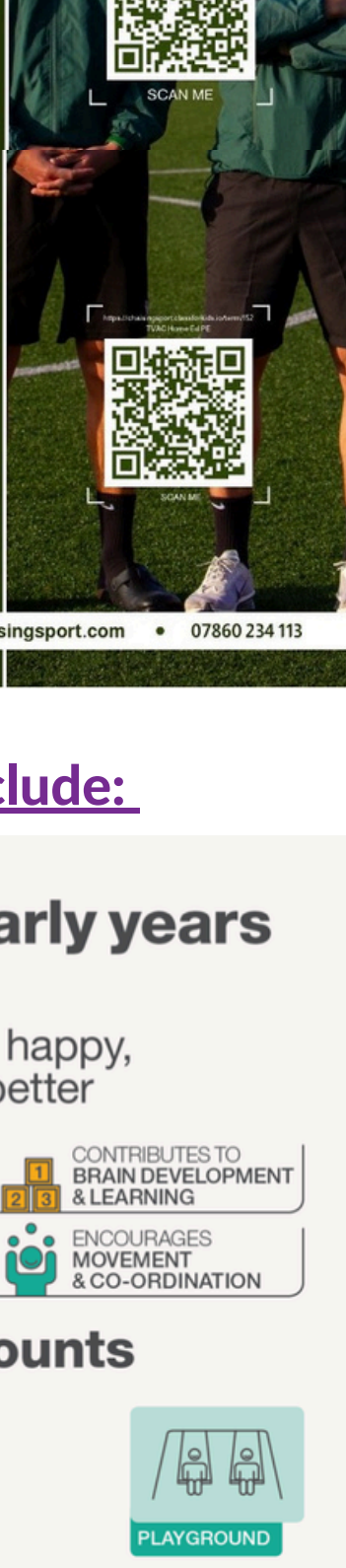
Tiny Chaisers

- Ages 18 months - 3 yrs
- Wednesday 9.30 - 10.30AM
- Starts W/C 13th April
- Free Trial

10.45 - 11.45

Home Ed Pe

- Ages 6-14 yrs
- Wednesday 10.45 - 11.45PM
- Starts W/C 13th April
- Multi-sports
- TVAC Sports Hall
- Free Trial



ChasingSport • ChasingSport.com • will@chasing sport.com • 07560 234 113

CMO guidelines include:

Physical activity for early years (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

- BUILDS RELATIONSHIPS & SOCIAL SKILLS
- MAINTAINS HEALTH & WEIGHT
- CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
- IMPROVES SLEEP
- DEVELOPS MUSCLES & BONES
- ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least 180 Minutes per day for children 1-5 years

Under-1s at least 30 minutes across the day

- TUMMY TIME
- OBJECT PLAY
- DANCE
- GAMES
- PLAY
- SWIM
- WALK
- SCOOT
- BIKE
- MESSY PLAY
- THROW/CATCH
- SKIP
- JUMP
- CLIMB
- PLAYGROUND

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

For more information on GBA's pregnancy and postnatal work please contact cathy.carr@getberkshireactive.org and for more information on our Early Years work please contact april.brown@getberkshireactive.org

FOLLOW US ON SOCIAL MEDIA

