



Our 0-1 Postnatal Journey

0-3 Months

Baby Café- A welcome introduction to Sure Starts journey and meeting other parents and babies.

GroBrain A 3 week course based on bonding and brain development'. 'Tuning in' to babies' cries and signals, Communication and play.

Postnatal Wellness

Workshop- A mindfulness/mental health awareness session.

4-5 Months

Baby Massage- A 4 week course that helps develop the relationship between mum and baby and can help with circulation, digestion and growth.

Introduction to Solids Workshop

Tips on how to wean and introduce solids. Learning about nutritious foods.

6-7 Months

Mum and Baby Yoga- A 4 session relaxing and therapeutic activity, stretches, gentle exercise and a sensory experience for mum and baby. Benefits include easing colic and constipation

Home Safety

Workshop-A brief introduction to aspects of safety in the home

8-10 Months

Baby Time- A 5 week programme involving messy/sensory play with baby safe resources, rhythm, rhyme and story time activities and creating treasure baskets.

11-14 Months

Tiny Talkers- A 5 week play program focusing on supporting everyday speech and language skills with practical advice and tips

Beyond the Journey

15-18 Months

Learn to Explore- A 4 week program for little ones supporting 4 key areas of development through sensory play & providing take home resources to extend the learning in the home environment

18 Months- Three Years

Toddler Time- 5-week play based program for 18 months and over. Themed sessions every week e.g. Arts and crafts, physical play and fun with food

Additional Workshops/Programmes

Cooking Programs

- Meal Dealz-A one off monthly programme. Parents can try different recipes, learn how to cook healthy, inexpensive meals and also gain information of childrens eating habits
- Slow Cooker Zoom- A 4 week online program based on ideas for using the slow cooker

Physical Activities

- We offer walking programs

Incredible Years Babies and toddlers

- Babies program is suitable for 6 months and under whereas Toddlers is suitable 1-3 years old. This evidence based parenting programme focuses on strengthening parenting competencies to promote children's academic, social and emotional skills and reduce conduct problems.

First Aid

- A 2 hour awareness course covering the basics of first aid

Swimming

- Aquababes (3-12 months) A 5 week swimming program for babies and parents. A great way to develop bonding as well as teaching water safety.
- Aqua toddlers 5 week swimming program for children over 12 months old **Website booking**

Outdoor Explorers

- Outdoor based programme focusing on the learning what the natural outdoor environment has to offer and increasing children's and parents overall development, health and mental wellbeing **Website booking**

Parent and Toddlers

- A booked-on activity, open for booking on a weekly basis, They are session-based where children can play, interact, socialise with each other, and parents and carers are able to meet and chat. **Website booking**

Rhythm, Rhyme & Story Time/Bookstart

- RRST-Programme promoting speech, language & communication through fun and interactive stories, rhymes and songs.
Drop in on Wed in Library at 10am, Website booking for other days
- Bookstart- 4 sessions aims to encourage a love of books, stories and rhymes in children

Henry

- HENRY (Health, Exercise and Nutrition for the Really Young) is a childhood obesity prevention programme that supports families with young children to develop healthy lifestyles. The programme is a universal service for families with children aged 0-4. A 8 week program