## Programmes (PLEASE PHONE OFFICE TO BOOK YOUR PLACE!)

Activity	Day	Date	Venue	Time
Fountain Street Play Together	Monday	3rd June	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	3rd June	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	4th June	Mount Crescent	12.30pm - 2pm
Fun on the Beach	Tuesday	4th June	Newcastle	10am - 11am
Rhythm Rhyme & Storytime	Wednesday	5th June	Fountain Street Presbyterian Hall	10am or 11am
Postnatal Pilates	Thursday	6th June	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	6th June	Mount Crescent	11am - 12noon
Ardglass Play Together	Friday	7th June	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	7th June	Ballymote Sports Centre	9.45am - 11.15am
Bright Stars	Friday	7th June	Mount Crescent	9.30am - 11am
Bright Stars	Friday	7th June	Mount Crescent	11.30am - 1pm
Fountain Street Play Together	Monday	10th June	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	10th June	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	11th June	Mount Crescent	12.30pm - 2pm
Fun on the Beach	Tuesday	11th June	Newcastle	10am - 11am
First Aid	Tuesday	11th June	Mount Crescent	6pm - 8pm
Rhythm Rhyme & Storytime	Wednesday	12th June	Fountain Street Presbyterian Hall	10am or 11am
Slow Cooker Programme	Wednesday	12th June	Mount Crescent	9.30am - 11am
Postnatal Pilates	Thursday	13th June	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	13th June	Mount Crescent	11am - 12noon
Breastfeeding Support Group	Thursday	13th June	Mount Crescent	1pm - 2pm
Ardglass Play Together	Friday	14th June	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	14th June	Ballymote Sports Centre	9.45am - 11.15am
Bright Stars	Friday	14th June	Mount Crescent	9.30am - 11am
Bright Stars	Friday	14th June	Mount Crescent	11.30am - 1pm
Fountain Street Play Together	Monday	17th June	Fountain Street Presbyterian Hall	10am - 11.30am
New Mums	Tuesday	18th June	Mount Crescent	12.30pm - 2pm
Fun on the Beach	Tuesday	18th June	Newcastle	10am - 11am
Slow Cooker Programme	Wednesday	19th June	Mount Crescent	9.30am - 11am
Postnatal Pilates	Thursday	20th June	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	20th June	Mount Crescent	11am - 12noon
Ardglass Play Together	Friday	21st June	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	21st June	Ballymote Sports Centre	9.45am - 11.15am
Bright Stars	Friday	21st June	Mount Crescent	9.30am - 11am
Bright Stars	Friday	21st June	Mount Crescent	11.30am - 1pm
Fountain Street Play Together	Monday	24th June	Fountain Street Presbyterian Hall	10am - 11.30am
New Mums	Tuesday	25th June	Mount Crescent	12.30pm - 2pm
Fun on the Beach	Tuesday	25th June	Newcastle	10am - 11am
Fun in the Park	Tuesday	25th June	Delamont	9.45am - 11am
Slow Cooker Programme	Wednesday	26th June	Mount Crescent	9.30am - 11am
Postnatal Pilates	Thursday	27th June	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	27th June	Mount Crescent	11am - 12noon
Breastfeeding Support Group	Thursday	27th June	Mount Crescent	1pm - 2pm
Bright Stars	Friday	28th June	Mount Crescent	9.30am - 11am
Bright Stars	Friday	28th June	Mount Crescent	11 70am Jana

# ORAL HEALTH FOUNDATION - 13TH MAY - 13TH OF JUNE 2024

Between 13th May and 13th of June 2024 the Oral Health Foundation will be raising awareness of the importance of dental hygiene. Children should visit the dentist after their first tooth appears or by their first birthday, whichever comes first. Baby teeth play an important role in a child's long-term oral health as they hold space for the permanent teeth that eventually grow into their place.

Baby teeth can also affect a child's overall development because they affect chewing, speaking, and smiling. It's important to register your child with a dentist as soon as possible.

**FOR MORE INFO PLEASE GO TO: Oral Health Leaflets -Community Dental** Services.

A-Z oral health information **Oral Health** Foundation (dentalhealth.org)



5-7 Mount Crescent, DOWNPATRICK BT30 6AF 028 4461 3630

# reStart

**ISSUE 07 APR-JUN 24** 

**TALKING IS AS WALKING** 

**CRAWLERS TO** WALKERS. **BABBLERS TO TALKERS...** 

talking. You can do this by talking about what your child is doing during their daily activities.

**MESSAGE OF THE** 

This will help them understand words and then start to use some words themselves. E.g. when you are bathing your child, you can label body parts and talk about washing and drying. Using a song will help your children learn language. e.g. "This is the way we wash our face, wash our face, wash our face..."

#### Ideas to try at home:

**MONTH!** 

Just as you can help your

crawling to walking; you can help guide them to

move from babbling to

child to progress from

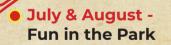
- Give choices to help increase your child's vocabulary e.g. "Do you want an apple or a banana?"
- Repetition helps children remember words e.g. "Let's put your shoes on." "You have blue shoes." "Mummy's shoes are dirty."
- Chat about what you are doing e.g. when out shopping, cooking or cleaning. This will help your child learn new words.
- Make up songs together to help learn new words and phrases such as when you're tidying up, washing the dishes or getting dressed in the morning.

**IMPORTANT AS** 

**DOWN SureStart** offers a range of programmes and support services for antenatal families up until your child's 4th Birthday. SureStart services and programmes are FREE and funded by the Department of Education. www.downsurestart.org

## APRIL Programmes (PLEASE PHONE OFFICE TO BOOK YOUR PLACE!)

	Activity	Day	Date	Venue	Time
	Murlough Play Together	Monday	8th April	St Marys PS, Newcastle	9.45am - 10.45am
	New Mums	Tuesday	9th April	Mount Crescent	12.30pm - 2pm
	Baby Event - SALT	Wednesday	10th April	Newcastle Parish Centre	10.30am - 11.30am
	Infant Massage	Wednesday	10th April	Mount Crescent	10am - 11am
V	Breastfeeding Support Group	Thursday	11th April	Mount Crescent	1pm - 2pm
	Ballymote Play Together	Friday	12th April	Ballymote Sports Centre	10am - 11.30am
4	Ardglass Play Together	Friday	12th April	St Nicholas' Primary School	10am - 11.30am
	Bright Stars	Friday	12th April	Mount Crescent	9.30am - 11am
	Bright Stars	Friday	12th April	Mount Crescent	11.30am - 1pm
	Fountain Street Play Together	Monday	15th April	Fountain Street Presbyterian Hall	10am - 11.30am
	Murlough Play Together	Monday	15th April	St Marys PS, Newcastle	9.45am - 10.45am
	New Mums	Tuesday	16th April	Mount Crescent	12.30pm - 2pm
	Rhyme Time	Wednesday	17th April	Fountain Street Presbyterian Hall	10am or 11am
V	Infant Massage	Wednesday	17th April	Mount Crescent	10am - 11am
	Postnatal Pilates	Thursday	18th April	Mount Crescent	9.30am - 10.30am
	Antenatal Pilates	Thursday	18th April	Mount Crescent	11am - 12noon
	Ballymote Play Together	Friday	19th April	Ballymote Sports Centre	10am - 11.30am
	Ardglass Play Together	Friday	19th April	St Nicholas' Primary School	10am - 11.30am
	Bright Stars	Friday	19th April	Mount Crescent	9.30am - 11am
ź	Bright Stars	Friday	19th April	Mount Crescent	11.30am - 1pm
Z,	Fountain Street Play Together	Monday	22nd April	Fountain Street Presbyterian Hall	10am - 11.30am
1	Murlough Play Together	Monday	22nd April	St Marys PS, Newcastle	9.45am - 10.45am
	New Mums	Tuesday	23rd April	Mount Crescent	12.30pm - 2pm
	Rhythm Rhyme & Storytime	Wednesday	24th April	Fountain Street Presbyterian Hall	10am or 11am
	Infant Massage	Wednesday	24th April	Mount Crescent	10am - 11am
	New Mums	Wednesday	24th April	Newcastle Parish Centre	9.30am - 10.30am
	Postnatal Pilates	Thursday	25th April	Mount Crescent	9.30am - 10.30am
	Antenatal Pilates	Thursday	25th April	Mount Crescent	11am - 12noon
	Infant Massage	Thursday	25th April	Newcastle Parish Centre	10am - 11am
	Breastfeeding Support Group	Thursday	25th April	Mount Crescent	1pm - 2pm
	Ardglass Play Together	Friday	26th April	St Nicholas' Primary School	10am - 11.30am
	Ballymote Play Together	Friday	26th April	Ballymote Sports Centre	9.45am - 11.15am
	Bright Stars	Friday	26th April	Mount Crescent	9.30am - 11am
	Bright Stars	Friday	26th April	Mount Crescent	11.30am - 1pm
	Fountain Street Play Together	Monday	29th April	Fountain Street Presbyterian Hall	10am - 11.30am
	Murlough Play Together	Monday	29th April	St Marys PS, Newcastle	9.45am - 10.45am
	New Mums	Tuesday	30th April	Mount Crescent	12.30pm - 2pm



- July Little Movers
- July Dads Events
- August Sensory Play
- September HENRY PROGRAMME

Follow us on face book visit our website or give us a call on 02844613630

SOWN SureStart



BREAST FEEDING SUPPORT GROUP WILL NOW RUN ON the 2nd and 4th Thursdays of the month from 1-2 pm IN MOUNT CRESCENT FOR MORE INFORMATION CONTACT THE OFFICE ON 02844613630

## Programmes (PLEASE PHONE OFFICE TO BOOK YOUR PLACE!)

Rhythm Rhyme & Storytime Wednesday Ist May New Mums (new group) Wednesday Ist May New Attender Plates Thursday And May Antendata Plates Thursday Infant Massage Thursday Ballymote Play Together Friday Bright Stars Friday Rhym Rhyme & Storytime Wednesday Bright Stars Friday Bright Stars Friday Rhym Rhyme & Storytime Wednesday Bright Stars Friday Rhym Rhyme & Storytime Wednesday Rhym Rhyme & Storytime Rhym Bright Stars Friday Rhym Rhyme & Storytime Rhym Bright Stars Friday Rhym Rhyme & Storytime Rhym Bright Stars Friday Rhym Rhyme & Storytime Wednesday Rhym Rhyme & Storytime Rhym Rhyme & Storytime Rhym Rhym Rhym Rhym Rhym Rhym Rhym Rhym						
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### **IMPORTANT MESSAGE**

We encourage and welcome families to attend our wide range of activities and programmes.

In order to avail of these services you must reside within the DOWN SureStart catchment area and parents/carers along with children are

required to register with the SureStart project (this includes drop in programmes such as Play together.) First time registrations are completed within the family home.

For more information on how to register with DOWN SureStart contact the office on 02844613630.