

Autumn Planner

September - December 2023

**For more information or to book a place, call Caroline in the Sure Start Office:
028 7744 6317.**

**Email: Caroline.OKane@dryarchcentre.co.uk
or complete the online enquiry form at www.dryarchcentre.org**



SureStart

Antenatal Programmes

(Programmes for parents expecting a baby)



Hypnobirthing

**4 Sessions - Date & Venue
TBC, contact Caroline to
express interest**

This programme focuses on:
Deep Breathing
Relaxation Techniques
Conversations you can have
with your midwife
Birth partner support

Welcome to the World

Online - available at all times

Welcome to the World covers a number of themes: parent's understanding of their baby, infant brain development, breast-feeding, infant care, parent's emotional health and well-being, communication between parents and their relationship as a couple.

Antenatal Reflexology

**3 Sessions - Dungiven &
Limavady Centres by
appointment only**

Reflexology is a wonderful way for expectant parents to relax and find relief during pregnancy. By applying gentle pressure to specific points on the feet, it can help reduce stress, alleviate discomfort and promote wellbeing,

Antenatal Programmes

(Programmes for parents expecting a baby)



Antenatal Yoga

**4 Sessions - Date & Venue
TBC, contact Caroline to
express interest**

Pregnancy yoga is a great way to gently ease, to stretch, and to increase flexibility in your body; while strengthening it for the rest of your pregnancy and for birth. We focus on moving the body to ease those pregnancy aches and pains, and slow focused postures, will help strengthen it too.

Antenatal Connection Calls & Welcome Visits Ongoing

This support is available to investigate, inform, educate, reassure and support parents/carers about the services available to them from bump, through birth, and beyond.

Antenatal Events & Workshops

**One off events / workshops - see
social media / app for details**

These one off events and workshops focus on specific areas relevant to your pregnancy and parenting journey, for example, infant feeding, newborn care, taking care of your physical and mental health after birth, and much more.



Postnatal Programmes



(Programmes for parents / carers with babies aged up to 12 months)

Baby Buddies Social Circle

Ongoing weekly: for babies from birth to pre-walking

Dungiven Centre - Tuesdays @ 10am

Termoncanice Primary School -

Wednesdays @9.30am

Health Visitors in attendance at Termoncanice

These play sessions are interactive, allowing parents to make new friends, discuss experiences, and spend one-to-one time with your baby in an environment set up to engage baby's senses, with lights, sounds and textures.

Breastfeeding Support

Ongoing weekly

Limavady (Catherine Street) -

Tuesdays @ 10am

Dungiven Centre - Fridays @ 10am

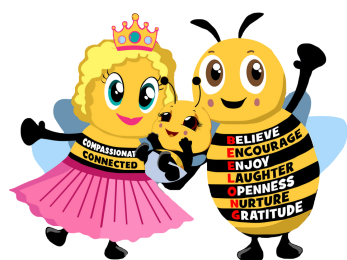
Our Breastfeeding Support Group is suitable for antenatal, new and experienced breastfeeding parents. Led by a trained facilitator, these programmes allow parents to share experience and gather information and support about feeding their baby.

Infant Massage & Yoga

5 sessions: for babies from 6 weeks - pre crawling

Date & Venues TBC, contact Caroline to express interest

Infant Massage improves circulation, relieves teething discomfort, stimulates weight gain, strengthens muscle tone, and sparks brain development.



Postnatal Programmes



(Programmes for parents / carers with babies aged up to 12 months)

Solid Start Weaning

4 sessions: for parents with babies aged 4 months+
Date & Venues TBC, contact Caroline to express interest

The Solid Start Weaning Programme gives parents the confidence to prepare healthy and nutritious foods at home using everyday items – meals are easy, economical and time-saving to prepare.

Postnatal Connection Calls & Welcome Visits **Ongoing**

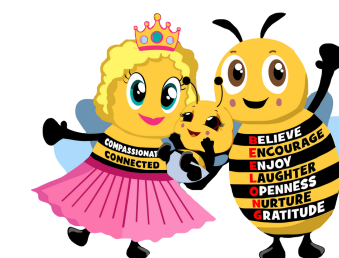
This support is available to investigate, inform, educate, reassure and support parents/carers about the services available to them following the birth of their baby and beyond. Includes infant feeding, baby wearing, programme information.

Ready Steady Sing & Play - Baby **Speech & Language Support**

Ready Steady Play Baby focuses on promoting play, songs and rhymes to help young babies early communication skills. Parent/carers will obtain Talking Tips and there will be lots of opportunities to try out fun and practical activities involving books and baby games..



Postnatal Programmes



(Programmes for parents / carers with babies aged up to 12 months)

Speech & Language Support

Various programmes & support - ongoing

We have a variety of programmes available to support you with promoting your baby's early language development. Our "Changing Time is Chatting Time" programme provides information about how a baby's brain develops and how parent interactions build their child's brain. Based on the research about the importance of serve and return for the developing brain, it aligns with the Solihull Approach and the NI Infant Mental Health Framework

Postnatal Events & Workshops

One off events / workshops - see social media for details

These one off events and workshops focus on specific areas relevant to your parenting journey, for example, promoting positive infant mental health, the importance of early interactions for your baby's development- baby wearing, parental physical and mental health, plus much more .



Community Connections



(Programmes within the local community for parents with children aged 0 - 4 years)

Stay & Play With Me

Ongoing weekly -

Burnfoot Community Centre -

Wednesdays @ 9.30am

**Dry Arch Dungiven - Thursdays @
11.30am**

**Foreglen Community Centre -
Fridays @ 9.30am**

These sessions show the importance of playing together with our children to help them make sense of the world around them through a variety of play opportunities.

Pop Up Play

**Sessions in local community venues
& schools - see social media for
details**

Coming to a venue near you! Based around the same themes as our Stay and Play with Me groups, these one off blocks of "Pop Up Play" sessions offer opportunities for parents and children to engage in a wide range of play activities using all the senses. See our social media for venues and times.

Stay & Sing with Me

Ongoing weekly -

**Dry Arch Dungiven - Tuesdays @
12pm**

**Gortnaghey Community Centre -
Thursdays @ 9.30**

Our weekly Stay and Sing with Me sessions allow parents and children to learn new songs and rhymes, and to sing some of the old classics too! With a wide range of props to engage the children, you'll be singing and dancing in no time!



Ready, Steady, Learning Together



(Parents / Carers with Children aged 12 months - 3 years)

Ready Steady Shine!

***Date & Venues TBC, contact
Caroline to express interest***

We believe every child is unique and has their own pace of development. Facilitated by our neurodiversity champion, this programme is tailored to meet the individual needs of each child, allowing them to grow and thrive at their own speed.

Ready Steady Go

***Date & Venues TBC, contact
Caroline to express interest***

Through engaging activities & interactive play opportunities, this programme encourages your little ones to express themselves, make new friends, and build strong connections.

Ready Steady Sing & Play - Toddler

***Speech & Language Support -
Date & Venues TBC, contact
Caroline to express interest***

Parents / carers will obtain a range of Talking Tips and there will be lots of opportunities to try out fun and practical activities involving books and games.



Physical Fun!



(Parents / Carers with Children aged 12 months - 3 years)

Mini Movers - Physical Mini Movers - Dance

4 Sessions - Date & Venues TBC, contact Caroline to express interest

A fun filled, 4 week parent & toddler physical play programme. In the physical programme, together you and your child can explore different ways of moving your body, including jumping, crawling and balancing. In the Dance programme, music and props are used to offer opportunities to develop rhythm and a love of musical movement.

Tiny Tacklers Football Fun

4 Sessions - Date & Venues TBC, contact Caroline to express interest

This 4 week programme allows parents and children to work together to develop and enhance their coordination and motor skills. Suitable for children aged 18 months - 3 years, learn how to kick a ball, score a goal and enjoy some fun games together as part of team - great for your child's social development!

Little Learners

(Developmental programmes for children aged 2 - 3 years)



Sure Start Developmental Programme for 2-3 year olds

3 days per week, September - June, Term Time

Our Sure Start Developmental Programme is for children aged two to three years in their pre-preschool year. The programme is government funded through the Department of Education & co-ordinated by The Health & Social Care Board. Play is an important vehicle for developing self-regulation as well as for promoting language, cognition, and social competence. Children are provided with many opportunities to develop physical competence and enjoyment of the outdoors, to understand and make sense of their world, interact with others, express and control emotions, develop their symbolic and problem-solving abilities, and practice emergent skills. Our monthly Stay and Play sessions allow parents and children to learn together.

Ready, Steady, Preschool Programme for 2-3 year olds

2 days per week, September - June, Term Time

Our Ready Steady Preschool Programme is for children aged two to three years in their pre-preschool year. Play is an important vehicle for developing self-regulation as well as for promoting language, cognition, and social competence. Children are provided with many opportunities to develop physical competence and enjoyment of the outdoors, to understand and make sense of their world, interact with others, express and control emotions, develop their symbolic and problem-solving abilities, and practice emergent skills.



Speech & Language Programmes

(Delivered by our in house Speech & Language Therapist - children aged 1 - 4 years)

Any Time is Chatting Time

**4 Sessions - Date & Venues TBC,
contact Caroline to express interest**

This programme explores how a toddler's brain develops; and simple messages are promoted i.e. when you smile, talk, laugh, sing and share stories with your child, you are helping to build their brain. The information is based on the latest research about the importance of serve and return interactions for the developing brain. This programme is packaged in a simple, accessible way to support behaviour change.

Tiny Talkers

**4 sessions - Date & Venues TBC,
contact Caroline to express interest**

Tiny Talkers promotes early communication skills in children. Parents/carers will learn practical strategies to help support their children's development. The aim of the programme is to make language FUN, to promote PLAY, attention and listening and social skills. The parent-child programme is interactive, this provides lots of opportunities to develop children's expressive skills and vocabulary.

Early Language Talks

1 session

Early Language Talks help to increase parents/carers knowledge of the approaches and strategies that can be used, to support their child's communication development.

For more information, contact
our Speech & Language
Therapist, Linda Kapur on
028 7774 2904



Parenting Support Programmes

(Parents / Carers of children aged 0-4 years)



The Parenting Puzzle

**4 Sessions - Date & Venues TBC,
contact Caroline to express interest**

The Parenting Puzzle Programme explores various themes including; linking young children's stage of brain and emotional development to appropriate expectations of behaviour. Listening to how babies and children communicate; providing descriptive guidance and praise, setting and holding healthy boundaries, naming and empathising children's feelings and providing guided choices.

Parenting with Purpose - Nurturing your child's potential

6 sessions -

**Limavady (Catherine Street) -
Thursdays @ 6pm from 14th
September - contact Caroline to
express interest**

This programme explores how to gently parent your child, understanding where their big emotions come from and how to support them appropriately.

Sweet Pea, Sweet Dreams

**4 Sessions - Date & Venues TBC,
contact Caroline to express
interest**

This programme looks at signs of readiness for toilet training, how to boost your child's confidence and how to encourage progress. Learn how to provide a nurturing sleep environment and positive night time routine to promote a night of deep sleep for your child.



Parenting Support Programmes

(Parents / Carers of children aged 0-4 years)



Cook It: Air Fryer Revolution - redefining healthy cooking 6 Sessions - Date & Venues TBC, contact Caroline to express interest

Each week parents/carers will learn how to make authentic meals to spice up their dinner plans, ingredients are provided and a facilitator is on-hand to guide everyone through the recipes step by step. And because it's interactive everyone can chat and cook together. Each block of 6 sessions has a different theme (family meals, fakeaways, tastes of the world etc).

Family Events & Workshops One off events / workshops, see social media for details

These one off events and workshops focus on specific areas relevant to your parenting journey and family life, for example, family play, community fun days and events, male caregiver support. See our social media for more details!

Christmas Creations 4 Sessions - Date & Venues TBC, contact Caroline to express interest

Join us for enchanting programme filled with festive cheer and creativity. Whether you're a seasoned crafter or just starting out, this is the perfect opportunity to unlock your imagination and spread some Christmas spirit!



Outreach Programmes

(Parents / Carers with children aged 0-4 years)



Hypnobirthing (Online) **4 Sessions, always available**

This programme focuses on:
Deep Breathing
Relaxation Techniques
Conversations you can have
with your midwife
Birth partner support

Welcome to the World **Online - available at all times**

Welcome to the World covers a number of themes: parent's reflective function and understanding of their baby, infant brain development, breast-feeding, infant care, parent's emotional health and well-being, communication between parents and their relationship as a couple.

Tuff Toddlers **Ongoing weekly -** **Ballykelly Primary School** **Mondays @ 10am** **Children from walking stage - 3 years**

These interactive play sessions offer parents and children the opportunity to engage in stories and rhymes through a variety of materials and tuff tray play.



Outreach Programmes

(Parents / Carers with children aged 0-4 years)



Baby Buddies Social Circle

Ongoing weekly: for babies from birth to pre-walking

Dungiven Centre - Tuesdays @ 10am

Termoncanice Primary School -

Wednesdays @ 9.30am

Health Visitors in attendance at Termoncanice

These play sessions are interactive, allowing parents to make new friends, discuss experiences, and spend one-to-one time with your baby in an environment set up to engage baby's senses, with lights, sounds and textures.

Connecting Through Play

Ongoing weekly -

Ballykelly Primary School

Thursdays @ 10am

Children aged 0 - 3 years

This group shows the importance of playing together with our children to help them make sense of the world around them through a range of play opportunities.

Infant Massage & Yoga

5 sessions: for babies from 6 weeks - pre crawling

Limavady (Catherine Street)

Dates TBC, contact Claire to express interest

Infant Massage improves circulation, relieves teething discomfort, stimulates weight gain, strengthens muscle tone, and sparks brain development.

For more information, or to express interest in programmes, please
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Caroline.OKane@dryarchcentre.co.uk

or complete the online enquiry form at www.dryarchcentre.org



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and allow
notifications to get
all the latest news!



'it takes a whole village to raise a child'