

## CHILDREN CENTRE SESSIONS

**Health Visitor Clinic** – see your Health Visitor, baby weigh and play. Breastfeeding support.

**Chatter matters for babies** – songs, rhymes and sensory activities for babies to support their early communication skills. 4-7 Months.

**Chatter matters for toddlers** – songs, rhymes and fun activities for toddlers to help develop their speech, language and communication skills. 1-2 years.

**Baby Play** – play sessions including sensory, messy and physical activities 0-12 months.

**Stay and Play** – play session for families with children 0-5 years.

**Cook Together** – enjoy cooking with your child/ren 2- 5 years.

**Talk and Play** – course to help boost speech, language and communication skills for children aged 2 and above.

**Orbit employment & skills advice** – information, career and skills advice, access to skills, training and work opportunities.

**Parentcraft** – antenatal sessions run by the midwife to prepare for birth and beyond.

**Baby massage** – 5 week 'Touch Learn' programme for parents and very young babies.

**Healthy Start vitamins** – drop in to use your healthy start vouchers for adult or child vitamins

**One-to-one support** – chat to a member of staff if there is anything you would like some individual support with, or complete an IRS form

**Introduction to solid foods** – health visitors provide nutritional advice about weaning.

**Baby Resuscitation** – a one off session that could save the life of a baby.

### Suggested voluntary donation per family

Chatter matters/ Baby massage £10 per course

Cook Together £10 per course

Stay & play/ other play based sessions £1.50

Save baby's life £5 fully refundable deposit

Adult learning crèche £2.50

**Thank you for your understanding and continued support of the Children's Centres**

### Health Visitor Contact numbers

Stratford Health Visitors 01789 405122

Stratford Children Centre Health Visitors 01789 412993

Wellesbourne Health Visitors 01789 412844

Welford on Avon Health Visitor 01789 412984

### Local Baby & Toddler Groups

Tyler House Thursdays 10-11.30 am Term time only £1.50

Wesley's Baby & Toddler Group at Stratford Methodist Church

Wednesday: 09:30 - 11:30 Friday: 09:30 - 11:30 £1.50

Noah's Ark Toddler Group Bishopton Community Centre Tuesday (term time) 10-12.00

Other Services available at Stratford Children Centre:

★ Speech & Language Screening ★ Triple P & Nurturing Programmes ★ Counselling Service ★ Midwife Clinic ★ Antenatal Parent Group