

CHILDREN'S CENTRE SESSION

Child Health Clinic and Weigh & Play group – see your Health Visitor, Weigh Your Baby and join us for a friendly fun play session. Relaxed Environment and a chance to meet other mums, dads and carers. Breastfeeding support

Baby massage – 6 week course for parents and very young babies. Learn how to help soothe and relax your baby and meet other parents.

Baby Yoga – a 4-week course, breathing & stretching exercises for parents and interactive exercises with baby aged 3-9m.

Baby play – expectant Mums and babies under 12 months with sensory activities and songs

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

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

Stay and Play – a play session for all parents with children 0-5, to make friends, learn and play together.

Messy Play - messy play session for families with children 0-5 years.

Introduction to solid foods – Workshops run by Health Visitors to help you through the process of moving your baby from milk to solids.

Save a baby's life – a course that teaches you how to rescue an unconscious, choking baby or drowning baby.

Speech and Language – course to help boost speech, language and communication skills for children aged 2 and above.

Triple P – Positive Parenting course giving parents simple & practical strategies to help confidently manage their children's behavior, prevent problems developing and build strong healthy relationships.

Refuge Drop in – Domestic Violence confidential support

We also offer **One-to-one support**, advice and support with **Orbit, employment and skills**, access to **Healthy start vitamins** and a range of **adult learning** and **parenting programs**.

Don't forget, during school holiday time, we have **Freeplay session** for 0-8 Years olds.

Make use of our wonderful play room, meet up with friends, and come and go as you please!