

Timetable 2019

HEALTH VISITOR CONTACT NUMBERS

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| Suggested donation: Stay & Play £ 1.50 per session Baby Play £ 1.50 per session Baby Massage £10.00 per course Chatter Matters £10.00 per course | Stratford Alcester, Welford, Bidford Henley Shipston, Kineton, Lower Quinton Wellesbourne | 01789 405122 01789 412983 01789 412986 01926 626546 01789 412844 | Other Services available: Introduction to Solid Foods Speech & Language Screening Counselling Service |
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CHILDREN AND FAMILY CENTRE SESSIONS

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| Health Visitor Team Clinic | Drop in to see a Health Visitor, weigh your baby– breastfeeding support available |
| Introduction to Solid Foods | A member of the health visiting team provide nutritional advice about weaning |
| Parentcraft | An antenatal information session run by the midwife for parents to be, please book through your midwife |
| Baby Chatter Matters | 5 week course of fun through songs, rhymes and sensory activities for babies to support their early communication skills, 4-7 months |
| Toddler Chatter Matters | 5 week course of fun through songs, rhymes and fun activities for toddlers to help develop their speech, language and communication skills, from 12 months or walking |
| Baby Play | Play sessions including sensory, messy and physical activities for families with children, 0- 12 months |
| Stay & Play | Play sessions for families with children 0-5 years |
| Speech & Language Enrichment | 4 sessions learning strategies to enhance your child’s speech development, for children aged 2 and above, please ring to book |
| Baby Massage | 5 week ‘touch learn’ programme teaching parents the skills of massage which has many benefits for baby and helps to create a close bond, suitable from 6 week or after HV check |
| Save a Baby’s Life | A “hands-on” course based on first aid for children provided by experience trainers in what to do in an emergency (Adults ONLY to attend) |
| Physiotherapist Advice Clinic | If you have concerns with pre-school child’s development |
| Counselling | The aim of the service is to help clients explore issues they may be experiencing. Counselling can help with a variety of problems and can help when a person has become “stuck” or troubled with their current situation. |

Please follow the links below for *free online* parenting guides to understanding your child’s behaviour:

<https://familylinks.org.uk/the-nurturing-programme;> <https://www.warwickshire.gov.uk/parentingcourses;> <https://warwickshire.gov.uk/parentguides>