

Shefford and Stotfold Children's centre Virtual Programme May – June 2020

Due to the coronavirus outbreak all our sessions are currently virtual through Teams. Please call or Facebook message to book onto the following virtual courses and sessions

Monday

11.00-12.00- Baby Days 4-week postnatal course for babies 3 weeks to 4 months old. Bookable Starts 15th June

1.30-3.00 Keep in touch Talk to us about anything to do with you, your children, your life, help, advice and signposting available. Call between the times or book a phone consultation slot on 0300 300 8112

Tuesday

11.00-12.00- Introducing Solids Ideal for babies 3-8 months. Find out the what, why's and how's to your baby starting solid foods

1.30-2.30 SEND Support Coffee Afternoon for families with children who have additional needs. Virtual group, call to access group

Virtual Antenatal classes

Our 'Bump, Birth and Baby Stuff' antenatal classes will help you prepare for your new arrival, find out more about birth, caring for you and your baby, and feeding your baby.

<https://www.cambscommunityservices.nhs.uk/.../hea.../antenatal/...>



Wednesday

11.00-12.00 Virtual Antenatal Coffee Morning Meet other expecting parents, Feel relaxed and prepared for the arrival of your new baby, share information, support and top tips. Call or message to access the session.



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Wednesday

1.30-3.30 Breastfeeding Support Group Join the virtual drop-in where you can chat to each other and get support from a breast-feeding counsellor. Call to be invited to the ZOOM group for log in details.

1.00-2.30 Toileting/Fussy Eaters/ Sleep support

Available by phone or call to book a phone consultation

1.30- 2.00 School Readiness Facebook sessions

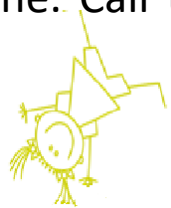
20th May Session 1 – What is school readiness and why is it important?

27th May Session 2 Play based learning

3rd June Session 3 Personal care

10th June Session 4 Sharing and Independence

2.00 – 3.00 Q&A's on school readiness available by phone. Call to book a phone consultation 0300 300 8112



Thursday

10.30-12.00 Keep in touch Talk to us about anything to do with you, your children, your life, Help, advice and signposting available. Call between the times or book a phone consultation slot on 0300 300 8112



Friday

11.00-12.30 Parent Puzzle, Join our 4 week Nurturing Programme, how to get the best out of Family Life.

A virtual course starts 22nd May. Call to book a place

2.00 & 2.15 Mindfulness Stories and breathing techniques for children 5 years and over with anxiety and big feelings. Watch the clips on Facebook. If you would like a phone consultation to support your child with their feelings. Call to book a slot. **Consultations between 3 - 4pm.**



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