

Please note

Until further notice Belfield and Heybrook are closed.

All calls and questions should be directed to Littleborough which is open Tues, Thur and Fri.

We can offer:
Family Support
advice and support on a wide range of issues:
Housing
Back to work and training
Domestic violence
Toilet training
Behaviour management
Support your child to give up their Dummy and much more

Belfield Children's Centre

**Samson Street
Rochdale
OL16 2XW**

Tel: 01706 356634

Heybrook Children's Centre

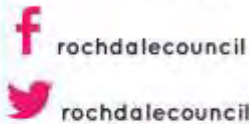
**Park Road
Rochdale
OL12 9BJ**

Tel: 01706 630712

Join us online:

rochdale.gov.uk/childrenscentres

Find us at:



Littleborough Children's Centre

**Denhurst Road
Littleborough
OL15 9LD**

Tel: 01706 378166

Rochdale's Sure Start Children's Centres

offer access to a range of support and services for families with children aged under 5 to give children the best start in life and help them to reach their potential. Services include early learning and childcare, parenting advice and health services and help for parents to find work or training.



Belfield Hub
Including Heybrook and Littleborough,
Virtual Timetable
Sure Start Children's Centre

- Relax:** My brain grows better when you relax with me. I like it when you take your time and let me know my turn to talk. Let's enjoy our time together.
- Cuddle:** My brain grows better when you cuddle me. When you cuddle me, let me know what's around me rather than asking lots of questions.
- Respond:** My brain grows better when you respond to me. I like it best when I can see your face. Watch and listen to me. What am I trying to tell you?
- Play:** My brain grows better when you play with me. When I watch you turn off the TV, listen and play and join me in my play, I'm happy to concentrate. Let me show you what I'm interested in.
- Talk:** My brain grows better when you talk to me. I learn more when you talk about what I'm looking at and doing. I like to hear the same words again and again. Talk at my level, not too slowly, not too fast. Use gestures with your words to help me understand.



July 2020

Coming Soon

Littleborough Children's Centre FOOD Club

Who We Are

A local FOOD club running every Thursday from 1.00 pm until 3.30 pm.

In partnership with Family Action, a national charity working in partnership with Fareshare to bring this FOOD club to your local area

Find us in **Littleborough Children's Centre on Denhurst Road, Littleborough** Phone **01706 368166**

A weekly FOOD club to reduce food waste and provide local families with a range of food at the low cost of £3.50 per week.

For more information please contact Littleborough Children's Centre on 01706 378166

You must live or work within 30 minutes walking distance of the centre.

Although the Children centre's are closed, we are still able to offer a range of support, such as weaning advice, parenting support, home learning support.

If you do want any advice or support please telephone 01706 378166 or email Littleboroughcc@rochdale.gov.uk



Five essential things you do every day that helps your child's growing brain.

**Respond • Cuddle
Relax • Play • Talk**

Do these five things each time you interact with your child from the time they are born and you will help to grow a healthy, strong and confident child.



My brain grows better when you **respond** to me - I feel safe when I hear your voice, you look at me and you are close to me. I learn from watching and interacting with you, other children and adults.



My brain grows better when you **cuddle** me - I feel most safe when I get the contact I need with an adult who loves me. I learn when you spend time singing songs and rhymes with me.



My brain grows better when you **relax** with me - When you are calm, I am calm. I learn from you sharing stories and books with me.



My brain grows better when you **play** with me - Toys are great but the best toy in the world for me is you. I learn when you give me opportunities to play and become independent, so let me have a go.



My brain grows better when you **talk** to me - I learn from the sound of your voice. The more you talk the more I copy you. I need you to listen to me and take notice of what I am trying to say.

Id, Heybrook and borough

MONDAY		<p>Baby Massage 1.30pm A relaxed session you can do at home virtually with your baby, led by our centre workers. The session will support bonding and attachment, baby's brain development, colic issues and communication skills. 0-6 months</p>
TUESDAY	<p>Storytime 1.00pm Join us for an interactive story time session. This session will support your child's attention and listening skills.</p> <p>Breastfeeding Support 10.30am Support and information</p> <p>Bump to Baby 2.00pm Antenatal session for parents to be from 28 weeks pregnant.</p>	<p>Baby Massage 6.00pm A relaxed session you can do at home virtually with your baby, led by our centre workers. The session will support bonding and attachment, baby's brain development, colic issues and communication skills. 0-6 months</p>
WEDNESDAY	<p>Rhyme Time 11.00am Join us for a virtual singing session aimed at younger Children to support communication skills. 2-3 years</p> <p>Weaning 10.30am Join us for an weaning session. This session will support your child moving on to solid food.</p>	<p>Bonding with Baby 2.00pm Antenatal session for parents to be from 16 weeks pregnant</p> <p>Bedtime Story with Lynn 6.30pm Join Lynn for a relaxing, calming bedtime story. Bring along your teddy/doll if you like, they might want to listen as well.</p>

Id, Heybrook and borough

THURSDAY	<p>Messy Play 10.30am Join us for an interactive Messy play session.</p> <p>Baby Rhyme Time 11.00am Join us for a virtual singing session aimed at younger Children to support communication skills. 0-18 months</p>	<p>Baby Rhyme Time 1.30pm Join us for a virtual singing session aimed at younger Children to support communication skills. 0-18 months</p>
FRIDAY	<p>Sing a long with us 11.00am Join us for an interactive Singing session. This session will support your child's attention and listening skills.</p>	

ALL OUR SESSIONS ARE VIRTUAL.

DELIVERED BY OUR STAFF USING ZOOM.

If you are interested in joining a session please contact 01706 378166 Tuesday, Thursday or Friday Or email Littleboroughcc@rochdale.gov.uk with your details

Please do **not** attend our children's centre for any of these sessions. All children centres are closed, unless you are attending an appointment

Face covering must be worn for appointments