#### All Sessions in our Centres are FREE to attend!!!

We only ask that you fill in a Registration Form when you first come to visit us. We look forward to seeing you!

On "Must Book" sessions priority is given to Heywood families.

#### Baby Sensory Play 9.30-11.00am

A stimulating session for babies to promote relaxation, communication and bonding

Suitable for 0-6 months Drop in Session

#### Introduction to Children's Centre Welcome session

Tuesday 15th November 9.30-10.30am

Come and join us at this play session if you're new to the centres and want to know more about what we offer in the Heywood Locality

Drop in Session

#### Incredible Years Baby

A reminder for those booked on
A course for parents with babies aged 0-4
months at start of course

Must Book

If you require any advice or support with potty training or behavior management please speak to a member of staff

#### As Messy Play is so popular this session is for Heywood families only

#### Messy Play 1pm—2.30pm

A session in which your child can explore different textures. Food will be used so please speak to staff if your child has any allergies

Suitable for ages 0-5 years

Drop in session

#### Play & Learn 9.30-11.30am

Join us for a variety of indoor & outdoor activities for you and your child to promote school readiness Suitable from birth to 5 years

If you require any advice or support with potty training or behavior management please speak to a member of staff

#### Baby Massage 1-3pm

A block of 6 weekly sessions for your baby. Supports bonding and attachment, & baby's brain development. Helps ease colic and builds communication skills For bables aged 0-6 months

Must Book

Family Journey Sessions 1.30-3pm 30th November 2022 Behaviour Management Must Book

# Derby Street

# HURSDAY

Elklan for Parents 9.30-11.30am 6 week course

An opportunity for parents to gain an understanding of how to promote communication and language skills to help children become school ready

Must Book

For ages 0-5 years

Family Journey Sessions 12.30-2pm 10th November 2022 Weaning

Suitable for parents with bables aged 3-6 months. Come along to this session to get all the info you need before starting to wean your baby at 6 months

Must Book

Family Journey
Fussy Eaters and Toilet Training will be on
in December 2022
Please ask staff to book on waiting list

# RIDAY

Growing Hands -incorporating Dough Disco, Finger Gym & Write Dance 10.30-11.30am

Activities to help your child strengthen fine motor muscles to develop writing skills and promote school readiness

Sultable for Children aged 2+

All information in this timetable of activities was correct at the time of print, but may be subject to change

Baby Soft Play 1.30-3.00pm

A play session especially for babies Non Walking Bables Only Drop in Session



Family First Aid Course Wednesday 22nd November 2022 9.30am-3.30pm At Derby Street Children's Centre

Do you know how to give CPR or save a choking baby? Learn about first aid, bleeding & burns, recovery position, meningitis, febrile convulsions and much more.

You can bring babies up to 1 year to the session

Must Book

Training Provided by Family Action/Millie's Trust

Bonfire Party
Tuesday 1st November 2022

Tuesday 1st November 2022
4pm

Meet at Derby St Children's Centre

and we will all walk over together for singing around the fire and then join us after at the centre for hot bonfire food

**Must Book** 



# For up to date timetable information please go to Our Rochdale Website

www.ourrochdale.org.uk

All information in this timetable of activities was correct at the time of print, but may be subject to change

Family Journey
Fussy Eaters and Toilet Training will be on
in December 2022
Please ask staff to book on waiting list

#### Bump to Baby 10-11am A 3 week course for Mums and Dads to be from 16 weeks+

Group sessions focusing on bonding, recognising baby's needs, safe sleep, equipment needed, feeding, and more Must Book

Baby Massage 10-11am

A block of 6 weekly sessions for your baby. Supports bonding and attachment & baby's brain development. Helps to ease colic and builds communication skills

Suitable for 0-6 months Must Book

## Safenet Drop in 9.15am to 12.30pm

Safenet provide essential support for victims and survivors of domestic abuse.

Alternatively you can ring 0300 303 3581 option 3 for confidential help, advice and support

#### Family Food

Please ask staff for next start date 10-11am

Please ask staff to book on
A 3 week course to support your baby on
their weaning journey

For babies aged 6 months Must Book Welcome session
Tuesday 22nd November
12-1pm
Come and join us at this play sessio

Introduction to Children's Centre

Come and join us at this play session if you're new to the centres and want to know more about what we offer in the Hevwood Locality

**Drop in Session** 

If you require any advice or support with potty training or behavior management please speak to a member of staff

On "Must Book" sessions priority is given to Heywood families.

### Meanwood

# URSDAY

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New Session Soothing Senses

17th November 2022 10-11am

A Play and Learn session offering a calm, soothing, low stimulation environment.

Parents can share experiences and give each other help and advice.

Suitable for children with sensory needs

Must Book

Play & Learn 1.00—2.30pm

Join us for a variety of activities for you and your child to promote school readiness

Suitable from birth to 5 years

RIDAY

#### All Sessions in our Centres are FREE to attend!!!

We only ask that you fill in a Registration Form when you first come to visit us. We look forward to seeing you!

# Happy Talk Ask staff for start date and more info 1.30-2.30pm

6 weekly sessions to support your child in becoming a confident communicator. Fun, practical techniques can be used at home to promote your child's School Readiness For children aged 1-2 years

**Must Book** 

#### **Bump to Baby**

Are you pregnant and 16 weeks+

3 week course for Mums and Dads to be, focusing on bonding ,skin to skin contact, developing a strong bond, and learning to recognize your baby's needs. We discuss changes needed in the home, issues such as safe sleeping, safety and the equipment you will need. Benefit information is also given

Week 3 is practical week in which we give information on practical issues of feeding, dressing and bathing your baby. We also look at what your local Children's Centre can offer for you and your baby

Must Book

# Introduction to Children's Centre Welcome session

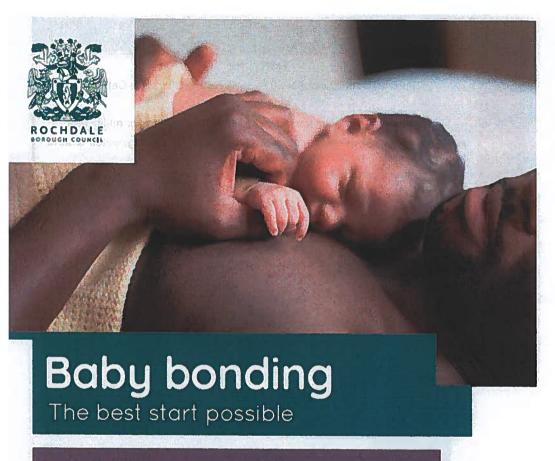
Monthly drop in sessions for those who are new to the area or to the Children's Centre. Come along and join us if you wish to know more about what the Centres can offer families with children aged 0-5 years.

Meanwood 22nd November 2022 12-1pm

Derby Street 15th November 2022 9.30-10.30am







6 week programme for parents to transition to parenthood and build a relationships with baby

#### Attend while pregnant

#### Week 1 - welcome session

Introduction to this evidence based programme that nurtures' and promotes a secure parent-child relationship and attachment

#### Week 2 - learning about baby's states

Looking at which state your baby is in-deep sleep. drowsy, awake and alert, or fussing, Reading babu's minds—what are they thinking? Relaxation techniques.

#### Week 3 - looking after me, looking after you Focus on relaxation for parents.

Loving touch (massage strokes on baby). Seeing the world through your babu's eyes.

#### Attend after birth

#### Week 4- learning and attachment

Learning about attachment styles in babies and children. Nursery rhymes and songs with babu. Babu watching.

#### Week 5 - my baby's amazing brain

Looking at your baby's brain development. Songs, rhymes and games. Sensory activities.

#### Week 6 - baby bonding celebrations

Recap on the previous weeks.

Activity with something to take home such as sensory bottles, or song and rhyme puppets. Ideas for activities at home with babu.

Sessions run at children's centres. Please ring your local centre to book Derby Street 01706 369889 Woodland 01706 926800

# **TENTIPS** FOR TALKING

Here are some really simple things that you can do to support the development of your child's speech, language and communication skills, from birth to age five. arienes de le company

- When I am in mum's tummy I can hear. I love to listen to your voice when you talk or sing to me. I even like to listen to your favourite music.
- Cuddle me close so I can see your face and talk to me as soon as lam born
- Talk about things that interest me or tell me how you think I am feeling.
- Don't ignore me.
- I love it when we play, sing and look at books together.



- Talk to me all the time.
- Play talking tennis with me.
- Teach me new words.
- Take my dummy out when I am talking.
  - Use the language you know best when you talk to me at home.

The Ten Tips for Talking are part of Greater Manchester's work to give every child the best start in life.

Find out more at greatermanchester-ca.gov.uk

You can also find more tips. advice, activities and short films at www.bbc.co.uk/ tinyhappypeople



# **Outreach Sessions**

MONDAY	For up to date timetable information please go to Our Rochdale Website www.ourrochdale.org.uk	Spotland Library Story Time Weekly Session  1-2pm Suitable for ages 0-5 years Drop in Session Term Time Only
TUESDAY	Heywood Sports Village Turbo Tots Weekly Session 9.30.11.15 am  A fun physical session with soft play equipment There will be a charge of £2.80 per child For children aged 0-5 years Drop in Session Term Time Only	Heywood Sports Village Splash & Play  Monthly swimming session Tuesday 15th November 2022 11.45-12.45pm  For children aged 0-5 years There will be a charge of £5.20 per adult and children go free 1 Child per Adult  Must Book
		All information in this timetable of activities was correct at the time of print, but may be subject to change



#### Woodland

#### Dad & Me

Thursday 17th November 2022 at Woodland Children's Centre 5.00-7.00pm

Come along for some fun bonding with your Dad, Grandad or male carer.

An evening session where you can do activities such as crafting, water/ & sand play, reading or playing together with the toys

Hot food will be provided so please advise staff when booking if you have any special dietary requirements or allergies

For children aged 0-5 and siblings up to the age of 8 years
Must Book



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



HURSDAY

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 apportunities 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.

## Woodland

#### Song and Rhyme Time 9.30am-10.15am Join us for a fun singing session 18 months and over

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Song and Rhyme Time 10.30am-11.15am Singing fun especially for bables For bables 0-18 months

**Baby Bonding** 

For expectant parents from 36 weeks A reminder for those booked on 10-11.30am

Prepare for the best start for you and baby. Enjoy simple, gentle, playful activities to help build strong relationships with your little one. Learn how babies develop and how you play the most important part of all 

Must Book

# All Sessions in our Centres are FREE to attend!!!

We only ask that you fill in a Registration Form when you first come to visit us. We look forward to seeing you!

For up to date
timetable information please go to Our
Rochdale Website
www.ourrochdale.org.uk

On "Must Book" sessions priority is given to Heywood families.

#### Family Food 10-11am nesday 9th November 1

Starts Wednesday 9th November 2022
A 3 week course to support your baby on their weaning journey

#### For bables aged 6 months

Must Book

As food will be provided please advise staff of any allergies

Song & Rhyme, Baby Messy Play and Breastfeeding Support Group at Woodland are drop in sessions.

All other sessions must be booked

#### Breastfeeding Group 1-2pm

An informal, friendly group session especially for breastfeeding mums and their babies with sensory play. Mums to be who are looking to breastfeed are welcome to attend

**Drop in Session** 

Happy Talk Plus Starts Monday 14th November 2022 1.30-2.30pm

6 weekly sessions to support your child in becoming a confident communicator. Fun, practical techniques can be used at home to promote your child's School Readiness For children 2 years and over

₂Must Book

#### Baby Messy Play 1.30pm-3pm

A session in which your baby can explore different textures. Food will be used so please speak to staff if your child has any allergies

For non walking babies over 6 months

All information in this timetable of activities was correct at the time of print, but may be subject to change

# Baby Massage

A block of 6 weekly sessions Supports bonding and attachment, & baby's brain development. Helps to ease colic and builds communication skills

Suitable for 0-6 month

Must Book Bump to Baby 5.30-7pm

Wednesday 2nd November 2022
A 3 week course for Mums and Dads to be from 16 weeks+ focusing on bonding, recognising baby's needs, safe sleep, equipment needed, and more. We also explain what Children's Centres offers

Must Book

ROCHDALE BOROUGH COUNCIL



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Infant crying is normal and it will stop!
Babies start to cry more frequently from around 2 weeks cage.



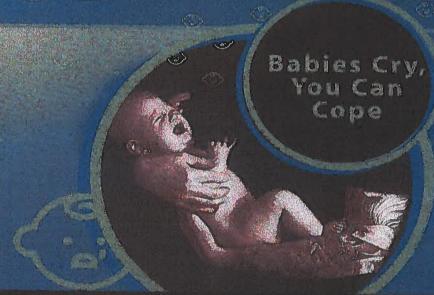
Comfort methods can sometimes soothe the baby and the crying will stop. Is the baby hungry, tired or in need of a nappy change?



It's ok to walk away if you have checked the baby is safe and the crying is getting to you. After a few minutes when you are feeling calm, go back and check on the baby.



Never, ever shake or hurt a baby. It can cause lasting brain damage o death



Speak to someone if you need support such as your family, friends, Midwife, Health Visitor or GP.

If you require any advice or support with potty training, behavior management, or any other issues please speak to a member of staff in your local Centre

For up to date timetable information please go to Our Rochdale Website

www.ourrochdale.org.uk

**Derby Street** Children's Centre **Derby Street, Heywood OL10 4QJ** 

Tel no: 01706 369889 Opening hours Monday to Friday 8.00 — 6 pm Meanwood Children's Centre Churchill Street, Rochdale OL12 7DJ Tel no: 01706 753240

> **Opening Hours** Monday to Friday 8.45-16.45pm

**Woodland Children's Centre** Regent Street, Heywood **OL10 3BX** E-mail: woodlandcc@rochdale.gov.uk

Telephone 01706 926800 **Opening Hours** Monday to Wednesday 8.45—15.45 pm

#### **Family Support**

We can offer advice and support on a wide range of issues: Housing, back to work and training, behaviour management, supporting your child to give up their dummy and much more. Ring your local centre for more information

#### Join us online:

rochdale.gov.uk/childrenscentres

Find us at:





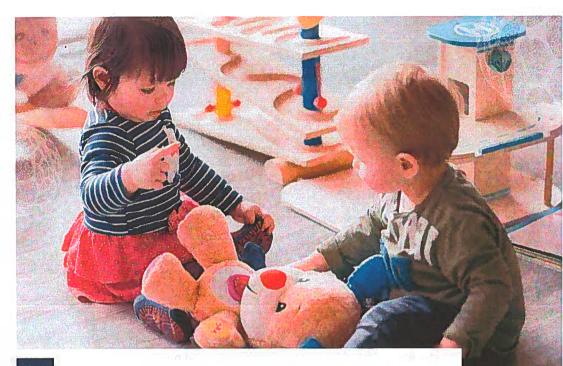
#### The Early Help Assessment (EHA)

A new way of working with Children and young people. It involves listening to you and your child to find out your families needs and what is working well in your child's life. Speak to staff for details

### Rochdale's Sure Start Children's Centres







**Heywood Locality Timetable** including Derby Street, Woodland, & Meanwood

Sure Start Children's Centre

Mu brain grows better when you relax with me.

I like it when you take your time and let me have my turn to talk. Let's enjoy our time

My brain grows better when you cuddle me.

My brain grows better when you respond to me Hike it best when I can see jour face. Watch and listen to

grows better when you play







you talk to me

My brain

ws better when

