

Kingswood Children's Centre

Activity Timetable

Day	Sessions	Time	
Monday	Breast feeding – Barnardo's peer support Information and support to assist with breastfeeding Drop in group Health Visitor Baby Hub A friendly place to drop in, speak to a professional, meet other parents, weigh your baby Drop in group	10.15-11.45 13.30-15.15	For more information on any of these sessions please contact Kingswood Children's Centre on 01454 864144
Tuesday	Together Time An opportunity to meet other families and access advice, guidance and support Attendance by Invitation only Baby Massage Helps you relax and have fun with your baby This is a 5 week course for Parents and babies under 4 months For Parents that have not completed the course previously Please phone to book your place	9.30-11.00 13.30-15.00	
Wednesday	Speech and language therapy – various dates, drop in session Advice given for Parents of Children 0-5 years. Please phone for details	Various dates	
Thursday	One World	13.30-15.00	

	<p>For Refugees and Asylum seekers with Children under 5 years. A friendly place to drop in, play with your children and make new friends. Drop in group</p>		
Friday	<p>Baby and Me A 7 week course aimed at parents and babies 0-6 months Encourages confident parenting and an opportunity for parents and babies to build a social network. For Parents who have not completed the course previously. Please phone to book your place</p> <p>Baby Play For parents and babies under 12 months An opportunity to meet other parents and enjoy new play experiences Drop in group</p>	<p>10.00-11.30</p> <p>13.30-15.00</p>	
	<p>For information about Complementary Feeding Sessions (Weaning), Talk Time course and Community learning courses please contact the Centre</p>		