

November 2023 - March 2024

	Morning	Afternoon
Monday	<p>Midwifery Antenatal Clinic * 9:00am-12:00pm</p> <p>Boogie Babies (0- 10 months) with Climb4 – 9.30-10.30 AM <i>Fun session to connect with your baby.</i></p> <p>PEEPS Play (2-4 years) with Climb4- 11.00-12 noon <i>Interactive play to encourage your child's development and learn fun ways to use ready-made resources</i></p> <p>ASQ Health Development Checks* 9:00am-</p>	<p>Tea and Toast (0-5 years) - 2.15pm - 3.15pm <i>Come along for a chat and a chill</i></p> <p>Midwifery Antenatal Clinic *1:00pm-4:30pm</p> <p>INFANT FEEDING PEER SUPPORT GROUP- 1.00pm - 2:00pm</p>
Tuesday	<p>Midwifery Antenatal Clinic * 9:00am-12:00pm</p> <p>Learning through Play (0-5 years) – 9.30am-11.00am <i>Discover fun activities to support all areas of your child's development and learn new ways to play with your child</i></p> <p>By appointment Child Growth Clinic* 9:00am-12:00 noon (Health Visiting) 2nd Tuesday of the month- starting 12th September</p>	<p>Midwifery Antenatal Clinic *1:00pm-4:30pm</p> <p>ASQ Health Development Checks * 12:30pm-4:00pm</p> <p>Drop in Support Group 12.30-2.30pm to include weight and height measures, and a chance to discuss health or behaviour concerns (0-2 years)</p>  <p>Solihull Parenting* 0-2 starting 6 Feb 2024 1pm -3pm Book a place to learn and understand the impact of your relationship with your child during the most important first two years of their lives</p>
Wednesday	<p>Baby Rhyme Time (0–9 months) 10:30-12noon <i>A session to meet other parents and support your baby's development, through interaction and exploration.</i></p> <p>Midwifery Antenatal Clinic * 9:00am-12:00pm</p> <p>ASQ Health Development Checks* 9:00am-12:00pm</p>	<p>Midwifery Antenatal Clinic * 1:00pm-4:30pm</p> <p>Baby Massage 12:30-1:30pm</p>  <p>FLNP* Family Links Nurturing Programme- starting 10th January 1.00.pm-3.00pm. Book a place to help you understand and support your wellbeing - being a parent</p>
Thursday	<p>Midwifery Antenatal Clinic* 9:00am- 12</p> <p>Stay & Play Rhyme Time (1– 5 years) 9:30am-10:30am <i>A fun session to meet other families and support your child's social development</i></p> <p>Bumps to babies* (monthly at Central from 25 Sept)</p>	<p>Midwifery Antenatal Clinic * 1:00pm-4:30pm</p> <p>ASQ Health Development Checks * 12:30pm-4:00pm</p> <p>Firming Foundations 1.00pm 3.00pm Worried about your child's behaviour in any way? Pop in for an appointment to discuss and gain some support</p> 
Friday	<p>Speech and Language Support * 8:30am-12:30pm</p> <p>Midwifery Antenatal Clinic* 9:00am-12:00pm</p> <p>NSPCC BRAIN BUILDERS* 10.00AM – 11.00 AM starts 3 November</p>	<p>Midwifery Antenatal Clinic* 1:00pm-4:30pm</p> <p>PEER SUPPPORT GROUP* Starts 12 January 1.00pm-2.30pm</p> <p>Parent and Infant relationships support</p> <p>Solihull Parenting* ANTENATAL- starting Jan 19th 2024 1pm -3pm Book a place to learn and understand pregnancy, labour birth and baby- and the development of your relationship from the earliest moments</p> 

*All sessions marked with a * are by appointment only. Email below or ring to book places

Family Hub Opening Hours: Monday-Friday 8:30am-4:30pm