

Better Start For Life

0-5 Years Activity Timetable

NOVEMBER 2023 TO MARCH 2024

	Morning	Afternoon
Monday	<p>Tea and Toast (0-5 years) 9:30am-10.30am <i>Come along for a chat and a chill.</i></p> <p>ASQ Health Development Checks* 9:00am-1.00pm</p> <p>Solihull Parenting* – Antenatal- starting 22 January 1.00pm-3.00pm Book a place to help you understand pregnancy, labour, birth, and baby – and the development of your relationship from the earliest start</p>	<p>PEER SUPPORT GROUP* Starts 12 January 1.00pm-2.30pm Parent and Infant relationships support</p>  <p>Parent Carer Panel (6 weekly)- 1.00pm-3.00pm – 23 October 1.00pm-3.00pm – 3 December</p>
Tuesday	<p>Midwifery Antenatal Clinic * 9:00am-12:00pm</p> <p>Stay & Play Rhyme Time (1– 5 years) 9.30-11.00am <i>A fun session to meet other families and support your child's language and social development.</i></p> <p>ASQ Health Development Checks * 9.00am - 4.00pm</p>	<p>Midwifery Antenatal Clinic * 1:00pm-4:30pm</p> <p>ASQ Health Development Checks * 9.00am - 4.00pm</p> <p>Infant Feeding Peer Support Drop in 11.30am – 12.30pm Drop-in Support Group 1.00pm–3.00pm to include self -reporting weight and height measures, and a chance to discuss any worries or behaviour concerns (0-2 years)</p> 
Wednesday	<p>PEEPS Play (2-4 years) with Climb4- 9.15am -10.15am <i>Interactive play to encourage your child's development and learn fun ways to use ready-made resources</i></p> <p>Boogie Babies (0- 10 months) with Climb4 – 10.45am-11.45am <i>Fun session to connect with your baby</i></p>	<p>Solihull Parenting* 0-2 starting 10 January 2024 1.00pm–3.00pm 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>
Thursday	<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>Midwifery Antenatal Clinic* 9:00am-12:00pm</p> <p>Bumps to babies* (monthly at Central from 25 Sept)</p>	<p>Midwifery Antenatal Clinic * 1:00pm-4:30pm</p> <p>Baby Massage 2.15pm–3.15pm</p> <p>Baby Rhyme Time (0–9 months) 1.00pm-2.00pm <i>A session to meet other parents and support your baby's development, through interaction and exploration.</i></p> 
Friday	<p>Speech and Language Support * 8:30am-12:30pm (starting 3 October)</p>	<p>Firming Foundations* - 0-4 years only 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>

*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

Immingham Family Hub

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