

0-5 Years Activity Timetable

November 2023 – March 2024

	Morning	Afternoon
Monday	<p>Baby Rhyme Time (0-9 months) 9:00am-10:00am <i>A session to meet other parents and support your baby's development, through interaction and exploration and music</i></p> <p>Baby Massage- 10.00am -11:00am</p> <p>Midwifery Antenatal Clinic * 9:00am- 12</p> <p>Solihull Parenting* 0-2 starting 8 January 2024 11.30am -1.30pm 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>	<p>Midwifery Antenatal Clinic * 1:00pm-4:30pm</p> <p>Tea and Toast- 1.00pm – 2.00pm</p> <p>PEER SUPPORT GROUP* Starts 11 December. 2.00pm-3.30pm <i>Parent and Infant relationships support</i></p> 
Tuesday	<p>Midwifery Antenatal Clinic * 9am-12noon</p> <p>Speech and Language Support * 8:30am-12:30pm</p> <p>ASQ Health Development Checks* 9:00-12:00pm</p> <p>Language Through Listening (health Visiting)* 9:30am-10:30am</p> <p>Stay & Play Rhyme-Time (1– 5 years) 10:45am-12.15pm <i>A fun session to meet other families and support your child's language and social development</i></p>	<p>Midwifery Antenatal Clinic * 1:00pm-4:00pm</p> <p>PEEPS Play (2-4 years) with Climb4-12.30pm -1.30pm <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 – 1:45pm-2:45pm <i>Fun session to connect with your baby.</i></p> <p>ASQ Health Development Checks * 12.30-4.00pm</p> <p>FLNP* – Family Links Nurturing Programme-book your place on the course to help support your wellbeing (0-4) 1.00pn -3.00pm – starts 28 November</p>
Wednesday	<p>Midwifery Antenatal Clinic * 9:00am- 12:00pm</p> <p>ASQ Health Development Checks* 9:00am-4.00pm</p> <p>Drop in Support Group 10.30am-12.30pm to include self reporting weight and height measures, and a chance to discuss any worries or behaviour concerns (0-2 years)</p>	<p>Midwifery Antenatal Clinic * 1:00pm-4:00pm</p> <p>Learning Through Play (0–5 years) 1.00pm-2.30pm <i>support all areas of your child's development and learn new ways to play</i></p> <p>Solihull Parenting* – AnteNatal- starting 10th January 1.00pn -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> 
Thursday	<p>Midwifery Bumps to babies monthly from 11 Sept 9.30am-12 noon (Fortnightly at Nunsthorne from 13th Nov then alternate weeks at Central)</p> <p>ASQ Health Development Checks* 9:00am-12:00pm</p> <p>Tea and Toast (0-5 years) drop in for a chat! 9am-11 am</p>	<p>SEND Parent Drop in 12:00-2:00pm</p> <p>By Appointment Growth Check Clinic* Health visiting - 9.00am-4:00pm (3rd Thursday of the month, next one is on 21st September)</p> <p>Baby Rhyme Time 12.30pm to 1.30pm (0–9 months) <i>A session to meet other parents and support your baby's development, through interaction and exploration.</i></p>
Friday	<p>Midwifery Antenatal Clinic* 9:00-12:00noon</p> <p>Baby Massage 9.00am – 10.00am</p> <p>Infant Feeding Support 10:00am-11:00am</p> <p>Firming Foundations - 10.30- 12.30</p> <p>Worried about your child's behaviour in any way? Pop in for an appointment to discuss and gain some support</p>	<p>Midwifery Antenatal Clinic* 1:00pm-4:00pm</p> <p>ASQ Health Development Checks* (Fortnightly) 9:00am-12:00pm</p> <p>Health Development Checks * (Fortnightly)12:30pm-4:00pm</p>

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

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

Nunsthorne & Bradley Park Family Hub

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