

# Shefford and Stotfold Children's centre Virtual Programme May – June 2020

Due to the coronavirus outbreak all our sessions are currently virtual through Teams. Please call or Facebook message to book onto the following virtual courses and sessions

## Monday

**11.00-12.00- Baby Days** 4-week postnatal course for babies 3 weeks to 4 months old. Bookable Starts 15<sup>th</sup> June

**1.30-3.00 Keep in touch** Talk to us about anything to do with you, your children, your life, help, advice and signposting available. Call between the times or book a phone consultation slot on 0300 300 8112

## Tuesday

**11.00-12.00- Introducing Solids** Ideal for babies 3-8 months. Find out the what, why's and how's to your baby starting solid foods

**1.30-2.30 SEND Support Coffee Afternoon** for families with children who have additional needs. Virtual group, call to access group

## Virtual Antenatal classes

Our 'Bump, Birth and Baby Stuff' antenatal classes will help you prepare for your new arrival, find out more about birth, caring for you and your baby, and feeding your baby.

<https://www.cambscommunityservices.nhs.uk/.../hea.../antenatal/...>



## Wednesday

**11.00-12.00 Virtual Antenatal Coffee Morning** Meet other expecting parents, Feel relaxed and prepared for the arrival of your new baby, share information, support and top tips. Call or message to access the session.



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Call 0300 300 8112 or Facebook message to book onto the following virtual courses and sessions



## Wednesday

**1.30-3.30 Breastfeeding Support Group** Join the virtual drop-in where you can chat to each other and get support from a breast-feeding counsellor. Call to be invited to the ZOOM group for log in details.

**1.00-2.30 Toileting/Fussy Eaters/ Sleep support**

Available by phone or call to book a phone consultation

**1.30- 2.00 School Readiness Facebook sessions**

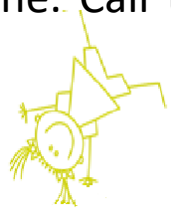
**20<sup>th</sup> May Session 1** – What is school readiness and why is it important?

**27<sup>th</sup> May Session 2** Play based learning

**3<sup>rd</sup> June Session 3** Personal care

**10<sup>th</sup> June Session 4** Sharing and Independence

**2.00 – 3.00 Q&A's on school readiness** available by phone. Call to book a phone consultation 0300 300 8112



## Thursday

**10.30-12.00 Keep in touch** Talk to us about anything to do with you, your children, your life, Help, advice and signposting available. Call between the times or book a phone consultation slot on 0300 300 8112



## Friday

**11.00-12.30 Parent Puzzle**, Join our 4 week Nurturing Programme, how to get the best out of Family Life.

A virtual course starts 22<sup>nd</sup> May. Call to book a place

**2.00 & 2.15 Mindfulness Stories and breathing techniques** for children 5 years and over with anxiety and big feelings. Watch the clips on Facebook. If you would like a phone consultation to support your child with their feelings. Call to book a slot. **Consultations between 3 - 4pm.**



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