

Infant Feeding Support



Did you know Children's Centres can support you with all aspects of infant feeding, from those early days to the introduction of solid food.

If you would like any help or support or have any questions or worries please speak to any member of the team. We can offer support face to face, via the telephone or in your home and can arrange to see you as soon as possible depending on your needs.

All of the Children's Centre Sessions are delivered by staff who are fully trained in Infant Feeding Support.

Introducing your baby to foods...

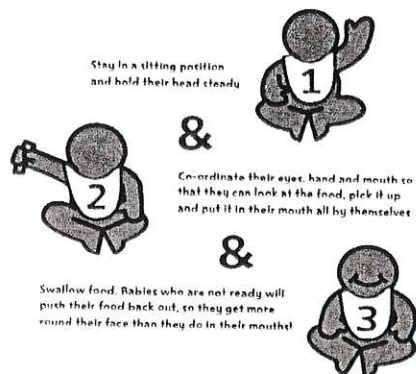
We offer interactive sessions for parents and carers to discuss the best ways to introduce foods, which signs to look out for and what types of foods to try. This is ideal for parents of children 4-5 months old, we welcome wider carers and grandparents.

We will always follow current NHS guidance. These sessions can support you in identifying when your baby may be ready for foods, what to try and what to avoid as well as top tips and knowing where to start.

If you would like to attend contact either Children's Centre for further information and to book your place.

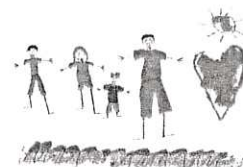


Your baby is ready if they can:

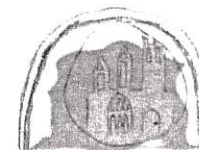


It's rare for these signs to appear together before 6 months.

The Breast Start App provides evidence based information from NHS professionals about all aspects of breastfeeding.

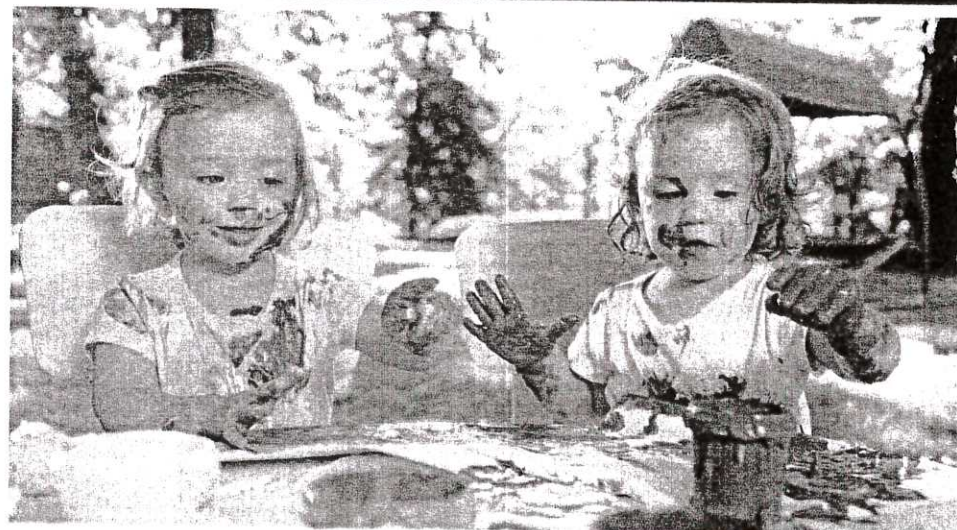


A Sure Start Children's Centre
Brough



A Sure Start Children's Centre
Howden

SPRING TERM PROGRAMME 2018 Brough & Howden Children's Centres



Brough Children's Centre

broughchildrenscentre@eastriding.gov.uk
Brough Primary School, Springfield avenue,
Brough HU15 1AE

01482 669474

Howden Children's Centre

howdenchildrenscentre@eastriding.gov.uk
First Floor Howden Multi-service Centre,
69 Hailgate, Howden DN14 7SX

01482 395220

All of the services the Centre provides are
free

Please ensure we have your most up to date email address so we can keep you informed of new exciting things appropriate for you and your family.

We look forward to welcoming you to our sessions.

Spring Term 8th January to 22nd March 2018

Sessions delivered by Howden Children's Centre will resume on Monday 8th January 2018.

Sessions delivered by Brough Children's Centre will resume on Monday 15th January 2018.

Sessions at Brough Children's Centre will break for Half term w/c 12th February 2018.



EAST RIDING
OF YORKSHIRE COUNCIL

SureStart

TIME	ACTIVITY	IS IT FOR ME AND MY CHILD?	VENUE
MONDAYS			
10.30 – 11.30am	Let's Get Playing	For children from confident walking to 5 years. Focusing on communication and language, social skills and ideas to extend learning at home.	Brough Children's Centre
2.15 – 3.15pm	Gilberdyke Let's Play	For children aged 0 to 5. A fun play session supporting your child's learning and development including support and advice available from the Children's Centre Team.	Gilberdyke Methodist Church
TUESDAYS			
10.00 – 11.00am	Let's Get Playing	For children from confident walking to 5 years. Focusing on communication & language, social skills and ideas to extend learning at home.	Howden Shire Hall
10.30 – 11.30am	Babies Playing & infant feeding support	For babies from birth to confident walking. An opportunity to meet other new parents whilst enjoying activities to stimulate your baby's development. Full of advice and support for all aspects of early parenting. Support for all aspects of infant feeding from the Children's Centre team and our Peer Supporter. Term time only.	Brough Children's Centre
6.00 – 8.00pm	Birth and Beyond Antenatal Programme	A 3-week Antenatal programme delivered by the Children's Centre, Local Health Visiting and Midwifery teams. To support expectant parents prepare for their new arrival. Including information on safety, infant feeding, baby skills, communicating with baby and all aspects of labour, delivery and pain relief options. Call the centre for further information.	Brough Children's Centre
WEDNESDAYS			
9.30 – 11.30am	Eastrington Tots	A play session for all children 0 – 5. Run by local community. Charges may apply.	Eastrington Village Hall
9.30 – 10.00am 11.00 – 11.30am	Storytime for pre-school children	Storytime is a fun and enjoyable introduction to books for pre-school children. Sharing books with young children can help build concentration skills, listening skills, and extend vocabulary. No need to book. Delivered by the Library Service.	Petuaria Centre Brough Library
1.00 – 1.30 pm	Breast Feeding Drop-in	A Breast Feeding drop-in session for parents with any Breastfeeding difficulties, questions, queries or worries, or to get out of the house and build confidence with public feeding. Supported by breastfeeding trained staff.	Howden Children's Centre
1.30 – 2.30 pm	Babies Playing	From birth to confident walking. An opportunity to meet other new parents whilst enjoying activities to stimulate your baby's development. Support and advice also available for breastfeeding, weaning, sleep, behaviour, child development.	Howden Children's Centre
THURSDAYS			
10.00 – 11.00am	Parent Support Group	A monthly parent support group for children with additional needs. Meet and share experiences with other parents / carers and receive information on other supporting services. Run by Ladybird Preschool - 01482 669628.	The Welcome Centre Brough Methodist Church
10.00 – 12.00noon	Family Links programme	A 10 week family nurturing programme which builds upon existing parenting strategies and supports new skills for the future. For parents and carers with children of all ages. Please contact the centre for more information.	Gilberdyke venue to be confirmed – Delivered by Howden Children's Centre
10.30 – 11.30am	NEW Little Explorers	This session is for older babies and younger toddlers who are becoming more physically mobile. It includes lots of opportunities for sensory exploration and activities to extend development. Term time only.	Brough Children's Centre

TIME	ACTIVITY	IS IT FOR ME AND MY CHILD?	VENUE
FRIDAYS			
9.30 – 10.45am	Let's Get Physical	A session for all children from 0 – 5 years and their siblings designed to help promote your child's physical, communication and language development. Run by Children's Centre Team.	South Cave Sports Centre
11.00 – 11.30am	Bounce and Rhyme	Enjoy sharing stories, songs and rhymes with babies and pre-school children in a group setting and help increase their language, concentration and listening skills in these fun sessions. Term time only; delivered by the Library Service.	Howden Centre (Ground floor of the Children's Centre)

You can make a difference to a Family in your community HomeStart are recruiting volunteers.

Home-Start is a voluntary organisation committed to supporting families with at least one child under the age of eight. Volunteers visit families in their own homes each week, offering support, friendship and practical help.

For further information please contact Suzie or Julie - Home-Start Goole and District, The Courtyard, Boothferry Road, Goole, DN14 6AE
01405 769966 office@hsgoole.org.uk www.hsgoole.org.uk

Home Start

Support and friendship
for families

ADDITIONAL SERVICES	
Talk Time & CHATTY	Speech and Language support sessions for children needing a little extra help and encouragement, full of top tips for parents and carers as well as encouragement to talk and sign from the team. This is a 6 week structured programme which is by referral only and include home visits from the Children's Centre team to discuss and assess your child's speech. Talk Time focuses on pre-verbal skills and development in preparation for speech.
Infant Massage	Massage is beneficial to all babies; long before babies are able to speak they communicate with the world around them through touch. The power of touch to soothe and heal is instinctive. If a baby cries we often cuddle them or stroke their back or skin. Massaging your baby is an extension of this natural impulse it promotes bonding and attachment. By joining other parents in the group you will be able to share experiences and discuss those early days, with support for feeding, sleep and soothing. Infant Massage is a 4 week program delivered at both Brough and Howden Children's Centres and is completely free. We do have long waiting lists and try to prioritise children by their age so no-one misses out. Please call the Centre to be added to an upcoming course.
Family Links	Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier family life. This programme is suitable for all parents or carers. For more information about the next course contact your local centre and speak to a Family Links Facilitator. Please note on some occasions we may be able to offer creche spaces. Children should not be part of the Family Links sessions.
Bookstart	Bookstart is a 4 week program of home visits which support you in exploring stories, rhymes and songs and how to use these to develop communication. Free resources are available for you and your child. Contact the centre for further information.

