



# The Poplars Sure Start Children's Centre

## January – March 2018



### Monday

**9.15-11.15am**

**Childminders & Home Based Carers Group**

We also run Parenting Puzzle workshops and courses on demand – please ask a member of staff for more information.

\*Please contact us for more details on courses or to book a place

We stock Healthy Start children's vitamin drops (£2) and women's vitamin tablets (£1)



### Tuesday

**10-11.30am**

#### Rhyme Time

An opportunity for children to enjoy songs and rhymes for 30 minutes, followed by a healthy snack, free play & craft.

**1-2 pm**

#### Baby Rhyme Time

Songs and rhymes for mums/dads/carers and their babies from newborn to walking.

#### Saturday Play

**1<sup>st</sup> Saturday of every month**

**10.30am – 12pm**

### Wednesday

#### Baby Massage\*

A 5 week course teaching you how to massage your baby with a hot drink & home made cake!

**21<sup>st</sup> Feb-21<sup>st</sup> March**

**10.30am-12.00pm**

**Cost £35**

#### Paediatric

#### First Aid\*

**4<sup>th</sup> April**

**10.00am-12.00pm**

**Cost £20**

### Thursday

**10-11.30am**

#### Play & Learn

Children aged 0-5 can enjoy various activities, including arts and crafts, a home corner and a large selection of toys. We offer a healthy snack and finish with singing.

#### New Haw New

#### Mums\*

A 4 week post-natal course providing new parents with information and the opportunity to meet other parents

**18<sup>th</sup> Jan – 8<sup>th</sup> Feb**

**12.30-2.30pm**

**FREE**

### Friday

**10am – 1.30pm**

#### Health Visitor By appointment only

Developmental checks  
These appointments are issued by the Health Visitor directly to the family.

We ask for a small donation of 50p per family for sessions held at our Centre. You don't need to book - just turn up!

Alongside these sessions we are also open for Information & Advice on:  
Tuesdays, Wednesdays & Thursdays 9am - 3pm.

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