

Southernway Children's Centre Further Information on certain Activities

Great Expectations

This is a 6 week course for expectant parents. This course aims to provide parents with information about birth and early parenting. Specialist speakers invited in weekly to support parents in the many different aspects of childbirth including: before, during and post birth. There are lots of opportunities for questions throughout each session. You are invited to attend any or all of the sessions. If you are unable to attend any of the sessions please speak to a member of staff. *

Baby Talk

This is a structured 6 week group which focuses on interaction between parent and baby. It will give you time to tune into your baby and give you ideas on how to respond and communicate with them. This course is for babies that are nearly sitting or sitting. We always end the session with rhyme time and singing. *

Baby Massage

This is a 5 week programme for babies aged between 6 weeks - 5 months and their parents/carers. Over the weeks you will learn simple massage movements and techniques demonstrated by a qualified instructor in a calm and relaxing atmosphere. Massage oils will be provided throughout the sessions. This is a lovely course for you and your baby to enjoy some special time together. *

Baby Morning

This is an informal and relaxed first group for babies 0 - 9 months and their parents, with quality early play and interaction opportunities for babies. Latch on will run alongside the baby group offering breastfeeding support for those parents requiring advice and support. Additionally there will be visiting speakers to the group offering information on a range of child development and parenting topics.

Forest School

This group runs for 5/6 weeks at the woods at Pendeen Crescent, Southway. Forest School provides opportunities for children to experience and respect the outdoors. We look at the different seasons, hunting for bugs, playing in puddles, magic potions, hide and seek and lots more fun activities. Wet weather suits and wellies for both children and adults can be provided. Forest School runs in all weathers. Over the sessions your child will experience many new words which will help their language development. The course is designed for children 2-4 years. If you have a younger child it is buggy friendly so they can join us. *

Incredible Years

A twelve week positive parenting course for parents of children aged 1 - 5 years. A relaxed and supportive environment where parents can share and learn new skills and techniques.

The course is designed to help parents learn how to increase children's cooperation. There is a crèche available with this course; please book in advance. *

Next Steps

Are your children going off to school? Are you wondering what to do next? Would you like to build your confidence and skills? Next Steps is a free 5 week course for parents thinking about moving on into education, training, volunteering or employment. Find new ways to boost your confidence and self esteem. Have some ideas for ways to be more assertive, reduce your stress and improve your communication skills. Meet other parents, share experiences and find out what's out there for you! *

Parent and Toddler Drop In

A drop in fun and messy activity session for children 0 - 5 years and their parents, a variety of activities, toys and games for high quality play and interaction. Throughout the term there will be a variety of visiting speakers providing information on a range of child development and parenting topics.

For more information please call us on 01752 775849 or just pop into the centre.

* These courses must be booked in advance