



	Monday	Tuesday	Wednesday	Thursday	Friday
		Midwife Clinic – call 382658 to book an appointment	Midwife Clinic - call 382658 to book an appointment		Midwife Clinic - call 382658 to book an appointment
Morning	Multiple Madness: 10.00am – 11.30am (term time) at Sacred Heart Church Hall. A parent led group for multiple birth families. First session free then £2.00 a session after that (includes a drink and snack, just turn up and play!)	Toddler Time: 10.00am – 11.00am The Freedom Centre. Crafts, toys and singing for under 5's	Family Links Nurturing: Little Stars Children's Centre. Explore ideas to build a positive and happy family. For families with a child under 11 Call Liz on 790277	Cooking Level 1 10.30 – 12.30 at Little Stars Children's Centre, call Sophie or Katie on 790277 to book. 4 weeks, £1 per session	Baby Bounce: 9:30am – 10:15am. 6 – 18 months. The Freedom Centre
			Arts and Crafts: 10.00am – 11.30am (term time) at Little Stars £1.00 per family		Toddler Dance Time: 10:30-11:15. 18mths – 4yrs The Freedom Centre
Afternoon	Splatter Chatter: 1:30pm - 3:00pm Little Stars Children's Centre. A messy stay and play session and sing and sign for children under 2 years old. £1.00 per family, just turn up and play!		Us Mums – 11:30-12:30, Little Stars CC. Fun exercise for pregnant and new mums.	Speech Bubbles: 1:30pm– 2:30pm Little Stars Children's Centre - A fun session aimed at supporting the speech, language and physical development of your toddler For ages 18 months up to 5 years	Child Health Clinic 10.00am - 11:30am Little Stars Children's Centre Every last Friday of the month until 27th October
			Baby Massage: 1:30-2:30pm Little Stars CC. Massage is a great way to bond with your baby, help soothe your baby and reduce colic etc. Breastfeeding support also available, call Sophie on 790277 for more information		Talking Teens – Improve your relationship with your teenager. For parents of children 10+. Call Liz on 790277
Evening	HEY BABY - 6-8pm, Women and Children's Hospital 21+ weeks pregnant? Email heybaby@hey.nhs.uk for more information and to book your place	Adult ed. short courses – We are looking at providing some short courses each for 2 hours each week for 5 weeks: <ul style="list-style-type: none"> • Early Years Foundation Stage – An introduction to early years developmental outcomes through play. • Playing with Language – Exploring language development through play • Story Sacks/Number sacks – designing and making puppets, games and activities around stories and rhymes • Think creative – Learn how to encourage and use creative thinking, make resources to use at home. <p style="text-align: center;">Let us know which courses you would like to see us deliver</p>			
	Sessions at LSCC	Activities delivered externally		Courses	

Contact us by:

 www.facebook.com/Little-Stars-Childrens-Centre-

 @littlestarsCC

 **01482 790277 or text
07706261517**



Call Lizzie (Nursery Manager) on 790277 for more information



Know your safe sleeping ABC:

- Always place your
 - Baby on their back in a cot
 - Clear of toys, bumpers and clutter
- See www.isisonline.org.uk

Safety tips:

- Make sure your stairs are clear, well-lit and have a working smoke alarm
- Move sharp objects like razors, scissors and tweezers out of reach
- Gas safety once a year
- Keep blind cords out of reach to prevent strangulation
- Keep cosmetics, aftershaves and perfumes out of reach
- Keep Kettle leads out of reach
- Make sure you have a first aid kit
- Keep knives and scissors out of reach
- Store carrier bags and nappy sacks out of reach of children

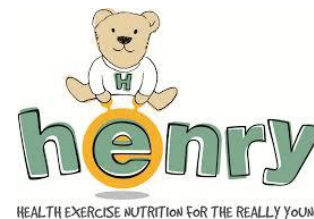
For more safety tips please visit <https://www.rospa.com/home-safety/>

STOP SMOKING SERVICE
0800 3 247 111
OR TEXT QUIT TO **61825** Normal network rates apply

Autumn 2017

Welcome to our newsletter.

Little Stars Children's Centre is run by Child Dynamix on behalf of the Local Authority. We offer a range of services for new and growing families across Southcoates East and parts of Holderness Ward in East Hull. As a parent you are the most important person in your child's life and have the most influence on how they learn and develop. We aim to help and support you to do this. Children's Centres are a place where mums and dads can get information and support from the day they find out they are expecting a baby.



HENRY is an 8 week course for parents with a child aged 0—5 years. Weekly sessions cover a range of topics including top tips for meal times helping reduce mealtime stress.

Ask Katie for details.

Child Dynamix is a company limited by guarantee and a registered charity company number 5389477 charity number 1109642



"Family Links is a national charity that believes every child and parent deserves the best chance in life. We enable parents to become more effective, caring and confident in raising emotionally resilient and socially competent children"

