

# What's on Guide - Alnwick Spring 2020



## Monday

Learning Together Through Play

For children aged 12-24 months  
At Alnwick Children's Centre 1 - 2.30 pm

Runs Every Monday  
School Term Only

## Tuesday

Learning Together Through Play

**Baby Play Group**  
In Alnwick Children's Centre

10.00 am - 11.30 am  
(school term time only)

For babies aged 0 - 12 months



## Tuesday

Early Help

Family Worker Drop-in  
Every Tuesday At Alnwick Children's Centre  
12.30 - 2.30 pm

We provide support to your whole family. If one person in your family has a difficulty, the chances are it will affect other people in the family too. The person with a problem could be a child or young person

## Thursday

**breastfeeding**  
North Northumberland

Help and support  
Weekly Drop-in  
at Alnwick Children's Centre  
10.30 - 12.00pm

(runs all year round)  
You can get your baby weighed and borrow a baby sling  
[www.breastfeedingnorthumberland.co.uk](http://www.breastfeedingnorthumberland.co.uk)

[www.parentingnortheast.org.uk](http://www.parentingnortheast.org.uk)

### SLING HIRE SERVICE

Advice and fitting for a baby sling

10.00 am - 12.00 noon  
next session(s):(all Friday's)



27th March 2020  
24th April 2020  
in Alnwick Children's Centre



01670 620430



[northchildrenscentres.org.uk](http://northchildrenscentres.org.uk)



@surestartchildrenscentrenorth

### Free Free Free

### Admission into Alnwick Garden

Alnwick Children's Centre has passes for Alnwick Garden. If you would like to book some tickets for a lovely day out (any day of the week) for more information just

To book tickets call  
01670 620430



If you require tickets at the weekend  
please ring before 4pm on Friday

Tickets are available for families that reside in North Northumberland

Alnwick Children's Centre  
Howling Lane, Alnwick, NE66 1DJ

Learning together Through Play for children aged 0-4 years - we run various themed sessions in Alnwick, Rothbury & Longhoughton. For further information on what's on visit our Facebook page or Website, or contact Alnwick Children's Centre.

Healthy Start vitamins available at Alnwick Children's Centre



If you are pregnant 75p  
Healthy Start Drops for Children £1.55

Parenting Courses at:



## Great Expectations

Three sessions over 3 weeks

Week 1 - Speech, Language & Communication  
Week 2 - Child Development  
Week 3 - Safety in the Home & Environment

For Parents/carers with children aged 0-2 years



For further information contact your local Children's Centre:

Alnwick 01670 620430  
Berwick 01670 620461  
Coquet 01670 624500



# Tiny Talkers

Age Range:

12 - 24 months



A 4-week Speech and Language programme covering the importance of communication in your child's development, covering:

- Understanding Communication
- Encouraging Communication
- Developing Communication
- Play and Language
- Stories, books and rhymes
- Let's Celebrate



A 14 week Pre-School Programme for parents with children aged 3 - 6 years

We will help you to

- Enjoy spending time together
- Talk positively with your child
- Stay calm and in control ( handle tantrums and conflict more effectively)
- Establish and use routines
- Be more consistent
- Understand and meet the needs of your child, no matter what their age

In the group we will go through:

- Discussion
- DVD clips
- Practising new ideas in the group, before you use them at home.

You will find that meeting other parents with similar experiences helps you feel less isolated.

**For more information and to apply for any of the above courses please contact Alnwick Children's Centre On: 01670 620430**



## Incredible Babies

8 week Baby programme - babies must be aged 0-9mths

We will help you to

- Enjoy spending time together
- Talk positively with your child
- To deal with common problems such as crying, sleeping, feeding and behaviour issues
- Understand and meet the needs of your child, no matter what their age.

In the group we will go through:

- Discussion
- DVD clips
- Practising new ideas in the group, before you use them at home.

You will find that meeting other parents with similar experiences helps you feel less isolated.



An 8-week course for babies for parents and carers of babies and young children including:

- Practical Information that will help the whole family eat more healthily and become more active
- Meet the physical and emotional needs of babies and young children
- Increasing self-esteem and emotional well-being so children start school ready to learn
- Helping families change old habits and adopt a healthier lifestyle
- Reduced screen time and increased activity levels