

What's on Guide Berwick Spring Term 2020



Monday

Learning Together Through Play

For children aged 12-24 months

At Berwick Children's Centre 1 - 2.30 pm
Runs Every Monday
School Term Only



Tuesday

Early Help Family Worker Drop in

Berwick Children's Centre
12noon - 2.00pm

Advice, Help & Support for families with children aged 0-19 years



Tuesday

Aqua Natal

At The Swan Centre for Leisure
6-6.45pm
£2 per session



Wednesday

Brilliant Babies

At Berwick Children's Centre

11am - 12.30pm

4 week course for babies aged 8 - 15 weeks

Getting to know your child ~ Weaning ~ Sleep ~ Home Safety

Places must be booked via the Children's Centre



Wednesday

Baby Weigh & Health Visitor Drop-in

At Berwick Children's Centre
1.30 - 2.30pm
(runs all year round)



Wednesday

Learning Together Through Play

Baby Group At Berwick Children's Centre

1.00 - 2.30pm
(school term time only)

For babies aged 0-12 months

Thursday

Breastfeeding Support Group

At Berwick Children's Centre
2pm - 3.30pm
(runs all year round)



Cubs & Kits

Day Care Nursery & Pre-school



At Berwick Children's Centre For Children Aged 6 Months to 4 years

Healthy Start vitamins available at Berwick Children's Centre
If you are Pregnant 75p
Healthy Start Drops for Children £1.55



Free Free Free Admission into Alnwick Garden

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

Call Alnwick Children's Centre on 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



01670 620461



northchildrenscentres.org.uk



@surestartchildrenscentrenorth

Berwick Children's Centre

Ladywell Place, Tweedmouth TD15 2AE

Visit our facebook page to find out more about what's on in our area



Parenting Courses at:



Great Expectations

Three sessions over 3 weeks

- Week 1 - Speech and Language
- Week 2 - Behaviour and routines
- Week 3 - Safety



For Parents/carers and children aged 12-36 months,

Berwick Children's Centre
Starting Monday 27th January
10:00am - 11:30am

Contact Berwick Children's Centre :
01670 620461 to book a place or for more
information.



Incredible Babies

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

24th April 2020

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.

Tiny Talkers

A 3-week Speech and Language programme



for children aged 12-24 months.

- Understanding, Encouraging & Developing Communication
- Play and Language
- Stories, books and rhymes

5th March 1.30 - 2.30 pm
In Berwick Children's Centre



22nd April 2020

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

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



Healthy Families Growing Up for 0- 4 years

A 6 week programme, around healthy lifestyle, providing tips and support for parents and carers. Each week helps parents and carers to provide a healthy, happy and supportive environment for the whole family.

- 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

Friday 28th February
9.30 - 11.30 am

FREE limited creche available

For more information and to apply for any of the above courses please contact Berwick Children's Centre
On: 01670620461

