

# *Timetable January to February 2022*



Please follow our Boston Spa, Wetherby & Otley Facebook page.

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> "Groups, Courses, workshops, support, advice and lots of fun for families with children under 5 years old"

Telephone numbers of our Centres Boston Spa 01937 841100 Wetherby 01937 581102 Otley

0113 3782861

	What	Time	When	Hbw	To Book	Place
MONDAY	TWINS	9.30 to 11am	Every - 2nd and 4th Monday of the month	At the Centre—drop in	01937 841100	BOSTON SPA
	NEW BABIES Baby Play	9.30 to 11 am 10:30-Mid-day	Every—1st and 3rd Monday of the Month Weekly	At the Centre—drop in At the Centre- drop in	01937 841100 07891271410 07891270933	BOSTON SPA OTLEY
TUESDAY	LITTLE MOVERS	9.30 to 10.30am	Sessions of 4 week blocks Starting 18 January	At the Centre-BOOKING	01937 581102	WETHERBY
	MUSIC MADNESS	9.15am to 10.00am	WEEKLY	At the Centre-BOOKING	Adele 07718651259	BOSTON SPA
WEDNESDAY	HENRY	10.00 to 11.00 am	WEEKLY (8weeks) Starting April 2022	On line-BOOKING	01937 841100	ON LINE
	BABY CUES/ UNDERSTANDING YOUR	11 to 12:30pm	WEEKLY (4 weeks)	At the Centre—BOOKING	0113 782861	OTLEY
	HERE TO HELP Advice session	1.30 to 3.30pm	WEEKLY	At the centre Drop In or Telephone	01937 581102	WETHERBY
THURSDAY	Little Movers	10.30 to 11.30am	Weekly (4 weeks )	At the Centre-BOOKING	07891271410 07891270933	OTLEY
	Baby massage	1 to 2pm	WEEKLY (4 weeks)	At the Centre-BOOKING	07891271410 07891270933	OTLEY
	BABY MASSAGE	1.30 to 2.30pm	Weekly (4 weeks ) Starting January 2022	At the Centre-BOOKING	01937 841100	BOSTON SPA
FRIDAY						

# **Courses and Workshops**

All courses and workshops are free (unless stated otherwise) and run at Boston Spa, Otley and Wetherby Children's Centres or online

#### Preparation for Birth and Beyond

A 6 week course for first-time parents that covers: labour and meeting your baby, feeding, bathing and practical care of your baby, understanding your baby, what you can do to help your baby develop well, as well as the health and well-being of parents

#### Baby Massage

An opportunity to bond with your baby through touch. You will also learn how to perform specific movements over your

baby's body that can help to alleviate certain ailments such as colic, trapped wind and constipation.

#### Sling Library

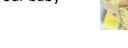
West Yorkshire Sling Library is and independent carier and fitting advice service offering hundreds of types of slings and carriers available for hire or to try. Contact Nicola on 011302100855

#### HENRY

An 8 week course which involves sharing tools and skills to support a more active and healthy family Lifestyle.

#### HENRY –Starting Solids

Gain strategies and support with introducing your baby to solid food.



#### Here to help—Advice Sessions

Family Outreach Workers will be available for any questions and advice; to talk it through in a safe and friendly session. We will do our best to support and advise you to move on the right direction.



#### **First Aid for Parents**

This 2 hour course is designed to teach you vital information and equip you with practical skills that you can use if you ever need to help a baby or child in your care. Chargeable and bookable. Outside provider.

### Baby Cues/Understanding your Baby

A small group course of 4 sessions which cover: your baby's brain, your relationship with your baby, reading your baby and your baby's behaviour

#### Parenting Courses

Parenting support for families with children under the age of 5. Courses and one to one support available



**Breastfeeding Support—Wetherby area** 

# family caring



# Maternity Support Worker Janet 07900493124

**Breastfeeding Support—Otley area** Bosom Buddies provides mum-to-mum breastfeeding information

and support across Leeds call Suzanne 07956077800 and on Facebook.

All Children's Centres can offer basic support and signposting.

For Help and advice with any breastfeeding problems call the

#### **Little Movers**

A Session for under 1 year and 1 to 2yr olds where they can freely explore fun ways to move, while developing lots of great skills.



#### Music Madness

Run by Community Matters for Under 5s. A session of singing, encouraging movement and a story

Other services available on request							
Boston Spa 019	937 841100	Wetherby 01937 581102	Otley 0113 782861				
3		from a family outreach worker to help you achiev vill find someone that can.	e your goals!				
Torres .	Counselling services. Please discuss with a member of the Children's Centre team.						
State .	Support for families with children or parents with Special Educational Needs or Disabilities						
	Support for community playgroups and signposting of parents						
Part learn. care	Support in finding 2	yr old FEEE places for those eligible					
Bistic bank	We are FoodBank vo	oucher providers for those unexpected times.					
Bookstart DBookTrust		kstart scheme of gifts of free books to all children courage a love of books, stories and rhymes in chil					
		tings—an opportunity for parents/carers to help s ren's Centres. <b>Your opinions really do matter!</b> Plea ce.					