

## Your Children's Centre

Having children can be great fun, but being a parent or carer can be one of the toughest jobs around.

Children's Centres are designed as a 'one stop shop' to provide opportunities for local families with children under eight years to find support and advice, share new play and learning experiences together, relax and unwind and also meet new friends.

Our core purpose is to provide activities, outreach, support for childminders, health services and links with job centre plus, with the overall aim to improve outcomes for children and their families.

We are here to support families from within the Centre as well as providing services from various community venues.

Parents can access support from the time they discover they are pregnant, right through to when their child is at primary school.

How can the Children's Centre team help?

- Preparing for the birth of your baby
- Budgeting, benefits, training, childcare and job centre plus
- Emotional support
- Child development - behaviour management, introduction to solid food, toilet training and sleeping
- Parenting courses and advice
- Home safety information



East Riding Children's Centre  
Driffield

**Driffield Children's Centre offers classes to help you and your partner prepare for the arrival of your new baby**



Please contact us on (01377) 240782, email [driffieldcc@eastriding.gov.uk](mailto:driffieldcc@eastriding.gov.uk)  
or call into the Centre to book your place.  
Please note places at each session are limited.

Driffield Children's Centre,  
Beckside, off Brook Street, Driffield, YO25 6QN



**SureStart**

## BIRTH PREP AND BEYOND SESSIONS - DRIFFIELD CHILDREN'S CENTRE

Early Pregnancy	Midwife led session (Midwife)	Early Days Baby Care (Baby Care)	Communication and Infant Feeding (Feeding)	Post Natal
At your 16 week midwife appointment you will meet Children's Centre staff who will provide you with information and guidance on early pregnancy and healthy lifestyles. You will also be registered with the Children's Centre.	Role of the midwife Stages of labour Coping with labour What to take to hospital	Bathing Safe sleeping Nappy changing Baby care Infant behaviour Role of the Health Visitor Support from the Children's Centre Toy Library	Infant feeding Baby cues How will life change? Behavioural states	10 days postnatal - request an appointment with the Children's Centre to view our Coping with Crying DVD.  Book onto our Baby Massage/ post natal information courses.

2017

10 Jan to 24 Jan	21 Feb to 7 Mar	4 Apr to 18 Apr	16 May to 30 May	27 Jun to 11 Jul	8 Aug to 22 Aug	19 Sept to 3 Oct	31 Oct to 21 Nov	5 Dec to 19 Dec
WEEK 1 Tuesday 10th <b>Baby Care</b> 6:00-7:45pm	WEEK 1 Tuesday 21 <sup>st</sup> <b>Baby Care</b> 6:00-7:45pm	WEEK 1 Tuesday 4th <b>Baby Care</b> 6:00-7:45pm	WEEK 1 Tuesday 16th <b>Baby Care</b> 6:00-7:45pm	WEEK 1 Tuesday 27th <b>Baby Care</b> 6:00-7:45pm	WEEK 1 Tuesday 8th <b>Baby Care</b> 6:00-7:45pm	WEEK 1 Tuesday 19th <b>Baby Care</b> 6:00-7:45pm	WEEK 1 Tuesday 31 <sup>st</sup> <b>Baby Care</b> 6:00-7:45pm	WEEK 1 Tuesday 5th <b>Baby Care</b> 6:00-7:45pm
WEEK 2 Tuesday 17th <b>Feeding</b> 6:00-7:45pm	WEEK 2 Tuesday 28th <b>Feeding</b> 6:00-7:45pm	WEEK 2 Tuesday 11th <b>Feeding</b> 6:00-7:45pm	WEEK 2 Tuesday 23rd <b>Feeding</b> 6:00-7:45pm	WEEK 2 Tuesday 4th <b>Feeding</b> 6:00-7:45pm	WEEK 2 Tuesday 15th <b>Feeding</b> 6:00-7:45pm	WEEK 2 Tuesday 26th <b>Feeding</b> 6:00-7:45pm	WEEK 2 Tuesday 14 <sup>th</sup> <b>Feeding</b> 6:00-7:45pm	WEEK 2 Tuesday 12th <b>Feeding</b> 6:00-7:45pm
WEEK 3 Tuesday 24th <b>Midwife</b> 6:00-7:45pm	WEEK 3 Tuesday 7th <b>Midwife</b> 6:00-7:45pm	WEEK 3 Tuesday 18th <b>Midwife</b> 6:00-7:45pm	WEEK 3 Tuesday 30th <b>Midwife</b> 6:00-7:45pm	WEEK 3 Tuesday 11th <b>Midwife</b> 6:00-7:45pm	WEEK 3 Tuesday 22nd <b>Midwife</b> 6:00-7:45pm	WEEK 3 Tuesday 3rd <b>Midwife</b> 6:00-7:45pm	WEEK 3 Tuesday 21 <sup>st</sup> <b>Midwife</b> 6:00-7:45pm	WEEK 3 Tuesday 19th <b>Midwife</b> 6:00-7:45pm

**East Riding of Yorkshire Council will, on request, provide this document in Braille, audio or large print format. If English is not your first language and you would like a translation of this document into any other language, please telephone (01482) 393939.**