

# Market Weighton Children's Centre including HoSM Hub Autumn 'What's On' Programme 2017

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A Sure Start Children's Centre  
Market Weighton  
Incorporating 'The Hub' at Holme upon Spalding Moor

| When and Where  | Age                | Session   |
|---|--------------------|---|
| <b>Monday</b> 9.15 – 11.45 am weekly<br><b>DROP IN</b><br>Market Weighton Children's Centre   | 0 - 5 years        | <b>Child Health Clinic</b><br>Opportunity to see a local Health Visitor, weigh your baby and discuss health and development needs   |
| <b>Monday</b> 1.00 - 2.00 pm<br><b>BY INVITATION OR PHONE FOR INFO</b><br>Sessions held at Market Weighton and Pocklington Children's Centres                                       | 6 weeks - 6 months | <b>Baby Massage</b><br>A five week baby massage and postnatal programme to discover more about your child's health and development  |
| <b>Tuesday</b> 10.00 – 11.00am weekly<br><b>BOOK ON</b><br>Market Weighton Children's Centre<br>(Term time)   | Birth until mobile | <b>Babies Playing</b><br>Start your baby's learning in a relaxed baby play session with stimulating toys, messy play and rhymes   |
| <b>Tuesday</b> 1.00 – 3.00 pm<br><b>Holme on Spalding Moor Hub</b><br>(Term time)   | 0 - 5 years        | <b>Childminders' Drop in</b>  |
| <b>Wednesday</b> 9.30 – 11.00 am<br><b>BY INVITATION</b><br>Market Weighton Children's Centre   | 2 – 5 years        | <b>Talk Time</b><br>A 6 week programme for children aged 2 and over, supporting communication and language skills   |
| <b>Wednesday</b> 9.30 – 11.30 am<br>Sessions will run alternate Wednesdays at Pocklington and Market Weighton children's centres starting 13 <sup>th</sup> September at Pocklington | 0 - 9 years        | <b>Children's Centre Drop In and Feeding Support</b><br>One to one advice and information on any aspect of parenting including infant feeding (breast and formula)  |
| <b>Wednesday</b> 1.30 – 2.45 pm<br><b>BY INVITATION</b><br>Market Weighton Children's Centre  |                    | <b>Portage</b><br>A fun, targeted play session for families with children receiving support from the Portage service. Contact your portage worker for more information  |
| <b>Wednesday</b> 6.30 - 8.30 pm<br><b>BY INVITATION</b><br>Sessions held at Market Weighton and Pocklington Children's Centres  | Expectant parents  | <b>Bumps to Babies</b><br>A rolling programme of antenatal sessions for expectant parents and their birth partners which help prepare for your new arrival  |
| <b>Thursday</b> 10.00 – 12.00 noon<br><b>BY INVITATION</b><br>Market Weighton Children's Centre   |                    | <b>Family Links</b><br>A 10 week programme run by the Children's Centre, to support parents/carers to get the best out of family life. For further information please contact the Children's Centre                                 |
| <b>Thursday</b> 10.00 - 11.15 am<br><b>DROP IN</b><br><b>Holme on Spalding Moor Hub</b><br>(Term time)  | 0 - 5 years        | <b>Let's Get Playing</b><br>For children to develop their imaginative, communication and physical skills through play, with the opportunity to buy craft materials to continue their learning at home. Messy play clothes advisable |
| <b>Friday</b> 10.00 - 11.15 am<br><b>DROP IN</b><br><b>Market Weighton Community Hall</b><br>(Term time)  | 0 - 5 years        | <b>Let's Get Playing</b><br>For children to develop their imaginative, communication and physical skills through play, with the opportunity to buy craft materials to continue their learning at home. Messy play clothes advisable |

Market Weighton Children's Centre  
Market Weighton Junior School Site  
Princess Road  
Market Weighton  
YO43 3BY

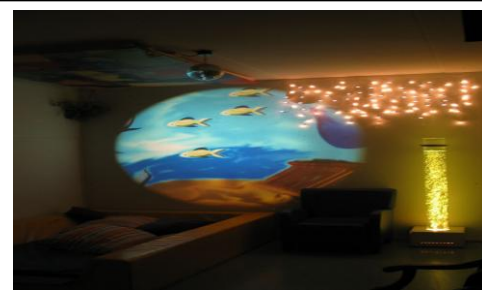


HoSM Hub is located to the rear of the Primary School  
High Street  
Holme on Spalding Moor  
YO43 4HL

## Sensory Area

The sensory area is equipped with a range of equipment and toys to stimulate a child's senses. It is available to be booked out for young babies and also older children with additional needs.

To book or for more information please contact the centre on 01430 874090.



## Toy Library

You can also request toys from our catalogue using the 'Wish List' \*the catalogue is available to view during most of our sessions and on line at [www.fish.eastriding.gov.uk](http://www.fish.eastriding.gov.uk) under Children's Centres or at reception.

\*please note: You will be notified by phone or email when the toys you have requested are ready to collect.

## Family Links

A 10 week programme run by the Children's Centre, to support parents/carers to get the best out of family life.

For further information please contact the Children's Centre.

## Bags of Support

Contain fun books, games and useful information to help your child through new challenges. We have bags on a variety of themes including toilet training, fussy eating, sleep and behaviour available for registered families to borrow.

## Breast Feeding Support

Our staff are trained to give support and guidance on breastfeeding.

To request support please ring the centre or call in.

No appointment necessary.

## Take and Make

A selection of craft items for you to purchase and be creative at home.

Available in Market Weighton Children's Centre reception during opening hours or during Let's Get Playing sessions.

## A LITTLE BIT OF SCIENCE

New babies have a strong need to be close to their parents, as this helps them to feel secure and loved. When babies feel secure they release a hormone called oxytocin, which acts like a fertiliser for their growing brain, helping them to be happy babies and more confident children and adults.

You can help develop your baby's growing brain by:

- Holding, smiling and talking to your baby
- Responding to their needs for food and comfort
- Having skin to skin contact
- Not leaving your baby to cry



### MYTH

Babies become spoilt and demanding if they are given too much attention.



### REALITY

When babies' needs for love and comfort are met, they will be calmer and grow up to be more confident.



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EAST RIDING  
OF YORKSHIRE COUNCIL

SureStart

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