

Pocklington Children's Centre
What's On Programme Spring 2018
 January – March

Tel: 01759 307154

Or email: pockccadmin@eastriding.gov.uk



When and Where	Age	Session
Monday 10.00 - 11.30 am BY INVITATION Pocklington Children's Centre	2 and over	Talk Time A 6 week programme for children aged 2 and over. Supporting communication and language skills.
Tuesday 10.00- 11.15 am DROP IN Burnby Hall, Pocklington (Term-time)	0 - 5 years	Let's Get Playing 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.
Tuesday 10.00 – 12 noon Pocklington Children's Centre (Term Time)	0 - 5 years	Childminders' Drop In
Tuesday 1.00 - 2.00 pm BY INVITATION OR PHONE FOR INFORMATION Pocklington Children's Centre	6 weeks to 6 months	Baby Massage A five week baby massage and postnatal programme to discover more about your child's health and development.
Wednesday 9.30 – 11 am DROP IN Sessions will run alternate Wednesdays at Pocklington and Market Weighton Children's Centres, starting 17 th Jan at Market Weighton	0 - 9 years	Children's Centre Drop In and Feeding Support One to one advice and information on any aspect of parenting including infant feeding (breast and formula).
Wednesday 9.45 – 11.00 am BY INVITATION Pocklington Children's Centre		Portage A fun, targeted play session for families with children receiving support from the Portage service. Contact your portage worker for more information.
Wednesday 1.00 – 3.00 pm DROP IN Pocklington Children's Centre	0 - 5 years	Child Health Clinic Speak to a Health Visitor or Children's Centre member of staff about all aspects of child health and development and get your child weighed.
Wednesday 6.30 - 8.30 pm BY INVITATION Sessions held at Pocklington and Market Weighton Children's Centres.	Expectant Parents	Bumps to Babies A rolling programme of antenatal sessions for expectant parents.
Friday 1.30 – 2.30 pm BOOK ON Pocklington Children's Centre (Term time)	Birth until mobile	Babies Playing Start your baby's learning in a relaxed baby play session with stimulating toys, messy play and rhymes.

See overleaf

Pocklington Children's Centre
 Woldgate College
 Kilnwick Road
 Pocklington
 YO42 2LL



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.

Take and Make

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

Available in Pocklington Children's Centre reception during opening hours or at our Stay and Play sessions.

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.

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 for young babies and also older children with additional needs.

To book or for more information please contact the centre on 01759 307154.

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 listed 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**

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.

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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