

**Pocklington Children's Centre**  
**Autumn What's On Programme 2017**  
**Tel: 01759 307154**  
**Or email: pockccadmin@eastriding.gov.uk**



When and Where	Age	Session
<b>Monday</b> 10.00 - 11.30 am <b>BY INVITATION</b> Pocklington Children's Centre	2 and over	<b>Talk Time</b> A 6 week programme for children aged 2 and over. Supporting communication and language skills.
<b>Tuesday</b> 10.00- 11.15 am <b>DROP IN</b> Burnby Hall, Pocklington (Term-time)	0 - 5 years	<b>Let's Get Playing</b> 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>Tuesday</b> 10.00 – 12 noon Pocklington Children's Centre (Term Time)	0 - 5 years	<b>Childminders' Drop In</b>
<b>Tuesday</b> 1.30 - 2.30 pm <b>BY INVITATION OR PHONE FOR INFORMATION</b> Pocklington Children's Centre	6 weeks to 6 months	<b>Baby Massage</b> A five week baby massage and postnatal programme to discover more about your child's health and development.
<b>Wednesday</b> 9.30 – 11 am <b>DROP IN</b> Sessions will run alternate Wednesdays at Pocklington and Market Weighton Children's Centres, starting 13 Sep at Pocklington	0 - 9 years	<b>Children's Centre Drop In and Feeding Support</b> One to one advice and information on any aspect of parenting including infant feeding (breast and formula).
<b>Wednesday</b> 9.45 – 11.00 am <b>BY INVITATION</b> Pocklington Children's Centre		<b>Portage</b> 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> 1.00 – 3.00 pm <b>DROP IN</b> Pocklington Children's Centre	0 - 5 years	<b>Child Health Clinic</b> 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.
<b>Wednesday</b> 6.30 - 8.30 pm <b>BY INVITATION</b> Sessions held at Pocklington and Market Weighton Children's Centres.	Expectant Parents	<b>Bumps to Babies</b> A rolling programme of antenatal sessions for expectant parents.
<b>Friday</b> 1.30 – 2.30 pm <b>BOOK ON</b> Pocklington Children's Centre (Term time)	Birth until mobile	<b>Babies Playing</b> 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](http://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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