









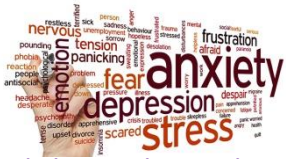



Activity Timetable

Millbrook Combined School, Mill End Road, HP12 4BA

Call the Children's Centre on: 01494 447110 Email: childrenscentre@millbrook.bucks.sch.uk

Family Support Workers: 07717 630746 or 07826 892202

30th October – 21st December 2017

	MORNING	AFTERNOON
MONDAY	<p>The Incredible Years </p> <p>Parenting Programme</p> <p>Register your interest for the next course starting in January 2018</p> <p>FREE crèche provided</p>	<p>Stay & Play</p> <p>1:30-3:00</p> <p>0-5 years</p> <p>Cost: £1</p> <p>Free play, construction, singing, mess and more</p> 
TUESDAY	<p>Child Health Clinic</p> <p>9:15-11:00</p> <p>Please arrive before 10:50 to ensure you are seen</p> 	<p>Swimming</p> <p>11:30-12:30</p> <p>31/10 – 19/12</p> <p>Open swim session</p> <p>Booking required</p> <p>£5 per family</p>  <p>Getting to Know your Baby</p> <p>1:00-2:30pm</p> <p>7th November- 5th December</p> <p>For children aged 4 weeks to 6 months. To book your place please call the Health Visitors on 01494 426168.</p>
WEDNESDAY	 <p>FUTURE STEPS</p> <p>10:00-3:00</p> <p>9 week course</p> <p>A group for lone parents under 25 years old with children aged 18mth+</p> <p>Contact Jo from Connexions on 07921 491690</p> <p>Free transport and childcare provided</p>	 <p>Dates for the Diary</p> <p>17/11- Children in Need</p> <p>13/12-Christmas Jumper day</p> <p>19/12- School Closes for Christmas</p> <p>21/12- Centre Closes for Christmas</p> <p>Centre reopens on 4th January 2018</p> 
THURSDAY	 <p>Forest School 9:30-11:00</p> <p>2nd November – 14th December</p> <p>£2- catchment families</p> <p>£4- out of area families</p> <p>Booking required. Please call the Centre for more info and directions</p>	<p>Singing Superstars</p> <p>2:15-3:00</p> <p>Cost: £1</p> <p>2nd - 30th November</p> <p>A fun session enjoying favourite rhymes and musical instruments.</p> 
	<p>Me Time, Coffee Time</p> <p>10:00-11:30</p> <p>16th November and 7th December</p> <p>Come along for a coffee and chat with people who are experiencing similar issues.</p> <p>Family Support Workers available to signpost</p> 	<p>2 Year Health Review with Playtime</p> <p>2nd & 4th Thursday of month. Invite by Health Visitor</p> 
FRIDAY	<p>Cuddles Club</p> <p>10:00-11:30</p> <p>0-18mths</p> <p>Cost: £1</p> <p>A chance for little ones to explore, get creative, be messy and socialise</p> 	<p>Little Talkers 2:00-3:00</p> <p>5 week course</p> <p>Target session to support children's speech, language and communication development.</p> <p>Call the Centre for more information</p> 



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****Baby Massage****



To register your interest please call the centre on 01494 447110
£5 for families in catchment
£15 for families out of catchment

We're open
9:00am-5:00pm

MON-FRI

Pop in if you need advice or someone to talk to



Tips for Talking: children aged 3 - 4 years

Here are some simple ideas to encourage children's language development at this stage:

- Having a special time to talk about the day can be useful as it gives them a time to talk. Talking about what has happened that day will help your child's memory skills. It also helps them to talk about things they cannot immediately see and to talk about the things which happened in the past.
- Wherever possible, use pictures or objects to aid children's attention and interest, for example, pictures in books, puppets acting out stories or gestures and facial expressions to support questions.
- Talk about or play games involving opposites like 'on and off' or 'big and little'.
- Join your child in pretend play – let the child take the lead and see what their imagination brings. It will help you expand their language beyond what they can immediately see and develop their creativity. Try to comment on what they are saying and doing rather than asking lots of questions. This not only reinforces their language skills, but also shows them that you are interested and listening to them.
- Reversing roles with a child can be great fun for them – where they are the 'mummy' or the 'teacher' and asking adults to do things. This sort of thing makes using language fun and broadens their use of language to new situations.
- Talk about time and sequences – play with and talk about sequences of coloured bricks or shapes as well as numbers and days of the week.



A **Speech & Language Therapist** will be at the following **Stay & Play** sessions:
13/11, 27/11, 11/12

For support with your child's speech and language development visit these websites www.talkingpoint.org.uk/progress-checker and www.oxfordhealth.nhs.uk/slt-bucks/



relate
the relationship people

Advice, relationship counselling, mediation, consultation and support
Call the centre for more information



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