

## **PARENT AND CARERS INFO**

### **TODDLERS**

Norcot Early Years Centre has 4 toddler groups. Each group provides a combination of free play activities, snack and song time. The groups take place in either Hillside Hall or Norcot Youth & Community Centre. Parents and carers are expected to attend with their children. Tea and coffee is provided in exchange for a small donation. Parents and carers are invited to bring fruit to share at snack time.

- Experienced qualified staff
- Warm friendly family centred atmosphere
- Healthy nutritious snacks
- Family fun activities and games to enjoy
- Ideal preparation for children prior to starting nursery

Smilies is a toddler group especially for the Under 1's, with activities and toys aimed at the Under 1 age group.

Toddler groups are run during term time only, but family play sessions will replace the toddler groups during school holidays. Please contact us for further details on this.

### **NEW MUMS GROUP**

The New Mums Group is an informal group held on a 5 weekly basis, covering a different subject for each of the 5 weeks. (please contact us for dates and sessions). The group is run by Jane Barnes who is a qualified nursery nurse / health visitor. It is held on a Tuesday morning between 10am-12midday in Norcot Youth & Community Centre.

The 5 subjects covered are:

- BABY MASSAGE: Taster session. Please bring a towel
- WEANING: How to introduce your baby safely to solid foods
- DENTAL HEALTH: How best to protect your baby's teeth (and your own!)
- SPEECH & LANGUAGE: The importance of talking to your baby
- SLEEP: How to help your baby develop good sleeping patterns

### **ANTENATAL GROUP**

This group is held every other Tuesday in Hillside Hall from 9.15am-11.15am. The group is led by a qualified midwife. This group is by invitation only by the midwife for a 34 week pregnancy check. Offering support, advice and guidance.

## **PARENT POP IN**

The Parent Pop In group is held every Wednesday between 9.15-11.15am in Norcot Youth & Community Centre. It is led by Gill Way, our Family Support Worker. She offers guidance, support and advice for parents and carers who feel in need of extra support.

The group also provides a combination of free play activities, snack and song time.

## **CZECH TODDLER GROUP**

This group is held each Wednesday, between 9.15-11.15am in Hillside Hall. The group is run in the same way as our Toddler Groups, with the emphasis on encouraging our Czech community to join us.

## **DAD'S CLUB**

Dad's Club is held every Saturday morning, between 10am-12midday in Hillside Hall.

- No need to book
- Bacon sandwiches, tea and coffee provided in exchange for a small donation
- Experienced, qualified staff
- Free play activities
- Regular trips and outings including Beale Park, Hexagon pantomime
- It is the responsibility of all carers to ensure their children are supervised at all times