

Baines Children's Centre Activity timetable

All activities in the centre are Free of Charge

Baines Children's Centre
Penrose Avenue, Blackpool
Tel: 01253 699085

Jan - Mar
2019

Information

- Check out our website Baines Children's Centre and Nursery and follow us on Facebook to keep up to date with events at your local centre.
- Free vitamins for pregnant woman, mums and children aged between 6 months to 4years. Criteria applies, please ask for more details at reception
- Is your child 2 between 1st January and 31st March 2019? Then your child may be entitled to 15hours FREE CHILDCARE. Please drop in or call the centre for more details on how to apply. Alternatively you can apply online at- <https://blackpool.gov.uk/Residents/Education-and-schools/Early-years-and-childcare/Free-childcare-for-2,3-and-4-year-olds.aspx>

Free flowing cup:

- Using a cup is better for your baby's teeth and so it's a good idea to introduce a cup from about six months
- Learning to drink from a cup can be messy and fun but it's all part of growing up. Your child needs to learn to sip, not suck.
- Using an open cup or a free-flow cup without a valve will help your baby learn to sip rather than suck, which is better for their teeth.
- Valve cups (non-spill types) are not recommended. The sucking motion can lead to speech problems.
- Never give sugary drinks in bottles as this can cause very rapid tooth decay.
- Only have water or milk to drink between meals.

Blackpool's children centres are provided in partnership by Blackpool Better Start and Blackpool Council.

CONTACT US

www.blackpoolbetterstart.org.uk



Please check out our facebook – Facebook /Baines Children's Centre



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www.blackpool.gov.uk

Blackpool Council

CHILDREN'S CENTRES



MONDAY

Date/Time	Venue	Activity/Course
9am-10.00am Term Time Only	Baines Children's Centre	Coffee Morning: Term Time Only. Feel free to come along to our informal coffee morning, refreshments, Bingo, Raffles, and an opportunity to meet new people. 50p per family, refreshments provided.
9am-10am 14th January 2019, 11th February 2019, 11th March 2019	Baines Children's Centre 	Parents Forum Meeting: Come and discuss your views on what goes on at the centre and share ideas for upcoming events in the community. Everyone welcome!
From 14th January 10.15am-11.30am	Baines Children's Centre	Talk with Me: 5 weekly sessions. This course is for all parents/carers and their children, the sessions are creative, fun and interactive and also support and encourage speech strategies. Booking required.
Invite only	Baines Children's Centre 	Baby Steps - Invite only: Contact your midwife for more information or register your interest at the centre.

TUESDAY

Date/Time	Venue	Activity/Course
9.30am-11.00am	Baines Children's Centre	Little Munchkins: Stay & Play for parent's and carers with children 0-4years. Everyone welcome to come along and join the fun, just drop in.
9.30am-11am 5th March	Baines Children's Centre 	Literacy Event: Join us as part of national literacy week for a themed literacy session 'Farm Animals.' Lots of activities and fun to be had, so feel free to come along.
1.00pm-2pm Term Time Only	Baines Children's Centre	Let's get Messy: Jonathon will be delivering messy play/craft themed sessions weekly. Come along and join in all the messy fun, for children ages 12mths and over.
Invite only	Baines Children's Centre 	Baby Steps - Invite only: Contact your midwife for more information or register your interest at the centre.

WEDNESDAY

Date/Time	Venue	Activity/Course
Invite only	Baines Children's Centre 	Baby Steps - Invite only: Contact your midwife for more information or register your interest at the centre.
10am - 2pm 20th February	Baines Children's Centre 	Family Treasure Hunt Event: Prize for every participant, further details to follow
1.30pm-2.30pm Term Time Only	Baines Children's Centre	Jump & Jive Group: No booking required just come along and enjoy the fun. Interactive dance and movement session delivered by our volunteer Jonathon.

THURSDAY

Date/Time	Venue	Activity/Course
10am-12pm	Baines Children's Centre	Baby Time: Baby weighing clinic, health visitor available from 10.30am – 11.30am. Please feel free to come along for informal advice and guidance.
10.00-12:00 14th March,	Baines Children's Centre	Speech and Language Information Station: Come along for informal advice and guidance around your child's speech development.
10am-12noon 31st January, 28th February, 28th March.	Baines Children's Centre 	Baby Rover *Relaunch*: Would you like to get 10 items of babies and children's clothes for just £1.00 per bundle? Then come along and sign up. Many great items to be found for everyone.
10am -12noon	Baines Children's Centre	Antenatal Smoking Drop in: Booking required, please speak to your midwife to access this service.
12.30pm – 2pm	Baines Children's Centre	First Stage of Pregnancy: Delivered by midwifery health trainers, advice for mums in early pregnancy. Booking required. Please speak to your midwife or drop into the centre

FRIDAY

Date/Time	Venue	Activity/Course
9.30am-11am Term time only.	Baines Children's Centre	Tweenies: Stay and Play session for walkers – 3years old. Please feel free to drop in and explore the range of resources and activities available. Delivered by Jonathon.
1.00pm-2.30pm Term Time Only	Baines Children's Centre	Baby Stay and Play: A group designed for parents/carers with children from 0yrs – walkers. A chance for new parents to meet other parents/carers in the area, everyone welcome. Delivered by Jonathon.