

# 15th April—24th May 2024



Our sessions run term time only

The Children's Centre is closed on 17th April

## Monday

**10am—11.30am**  
**5 week Baby Massage Course starting April 15th**  
Age: 6 Weeks to pre-crawling. Please book in advance.

**On 29th April we will have a Starting Solids workshop 1.00pm—3pm**  
Please book in advance

**On May 20th we will have Mini Movers 1.30 pm—2.30 pm**  
Drop in

## Tuesday

**10.00am—11.30am**  
**Stay and Play**  
Age: 0-5 years  
Drop in session

**1.15—3 pm**  
**Use the Room**  
Relax with your child in our lovely room  
Age: 0-5 years

## Wednesday

**No sessions 17th April**  
**10.00am—11.30am**  
**Music & Movement**  
Age: 0-5 years  
Drop in session

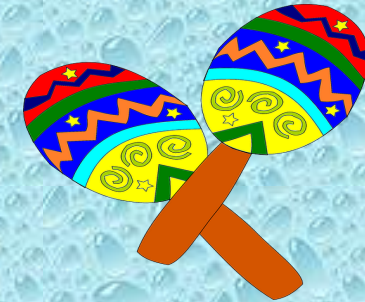
**1.30pm-2.30pm**  
**Baby Sign**  
Best for 3 months to 12 months  
Drop in.

## Thursday

**10.00am—11.30am**  
**Stay & Play**  
Age: 0-5 years  
Drop in session

## Friday

**10.00am—11.30am**  
**Music & Movement**  
Age: 0-5 years  
Drop in session



**To book or for more information**  
Please e-mail [ccinfo@millfields.hackney.sch.uk](mailto:ccinfo@millfields.hackney.sch.uk)  
Sessions are free but you must be a Hackney resident.

**How to CONTACT US:**  
Elmcroft Street, E5 0SQ  
[ccinfo@millfields.hackney.sch.uk](mailto:ccinfo@millfields.hackney.sch.uk)

**Working for every child**

**Please see next page for more information**



## Monday

### 5 week Baby Massage course starting April 15th

Learn how to feel closer to your baby through nurturing touch and massage

Please book in advance for this course

## Tuesday and Thursday

### Stay and Play

Area for babies to roll and crawl and other activities for toddlers up to age 5.

Free play with circle time at the end

**Drop in—no need to book**

## Wednesday

### Baby Sign

Learn simple signs to communicate with your baby, develop language and reduce frustration. Have fun using signs with songs.

**Drop in—no need to book**

No class 17th April

## Wednesday and Friday

### Music and Movement

A singing and dancing Stay and Play session. We do lots of fun songs with actions and use props such as rhythm sticks and scarves. We listen and play along to a variety of music from around the world.

**Drop in—no need to book**

No class 17th April

### Starting Solids

On 29th April learn about introducing solid foods to your baby and creating lifelong healthy eating habits.

The session will run 1pm—3 pm

Please Book in advance for this session

1.15—3pm

### Use the Room

Looking for somewhere nice to relax in and play with your child? We are making the room available for families to use independently on Tuesday afternoons. Ring the bell and we'll let you in!

Age 0—5



Elmcroft Street

London

E5 0SQ

[ccinfo@millfields.hackney.sch.uk](mailto:ccinfo@millfields.hackney.sch.uk)

020 8525 6410

### Mini Movers

On 20th May the baby physiotherapist will run a session to talk about helping baby build strength needed to hit milestones such as rolling, sitting up and crawling and give tips on helping your baby with their physical development.

The best way to contact us is via e-mail. If you wish to speak with us please give us your phone number and we will call you