



# STORY TELLING WEEK

**2ND FEBRUARY - 8TH FEBRUARY**



## WHAT'S ON GUIDE

**Riverside, All Saints, & Marine Park Family Hubs**



For additional seasonal activities, scan the QR code and check out our website

Supported by



South Tyneside Council

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## Mon 2nd February

### Learning with Play (Hungry Caterpillar)

Riverside  
(0-1 years)  
9:30am-10:30am



### Learning with Play (What the Ladybird Heard)

Riverside  
(0-4 years)  
1:30pm-2:30pm



## Tue 3rd February

### Learning with Play SEND (Where's Mrs Bee)

All Saints  
(0-5 years)  
9:30am-10:30am

### Young Parents Group (Ten Wiggly Caterpillars)

Riverside  
No age limit  
1:30pm-2:30pm



## Sensory Room

Come along and visit our exciting sensory room available at All Saints Family Hubs.

To book a place please contact All Saints Family Hub on 0191 4207657

## Wed 4th February

### Learning with Play (Crunching Munching Caterpillar)

All Saints  
(0-4 years)  
9:30am-10:30am



### Learning with Play (Crunching Munching Caterpillar)

All Saints  
(0-4 years)  
11:00am-12:00pm



## Thurs 5th February

### Learning with Play (Move like a Mini Beast)

Marine Park  
(0-1 years)  
10:00am-11:00am



### Storytelling Session

Marine Park  
(0-4 years)  
1:30pm-2:30pm

### Twins, Triplets, and More

All Saints  
(0-4 years)  
1:30pm-2:30pm



## Fri 6th February

### Learning with Play (What Ladybird Can You See)

All Saints  
(0-1 years)  
9:30am-10:30am



### Dads Group (Make a Bug Huse)

Riverside  
(0-1 years)  
1:30pm-2:30pm

## TOGETHERNESS

Bringing the Solihull Approach to the world

Free learning resources for healthier relationships and healthier lives.

Access these courses for free by entering the code: **ForEveryFamily**

DISCOVER  
MORE  
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\*To book a space on an activity please contact the hosting Family Hub: All Saints 420 7657 Riverside 423 4971 Marine Park 456 5418

\*\*To book a Well Baby Clinic appointment please ring 0191 283 2677 \*\*\*To book Tiny Lives/Kalma Yoga visit [www.kalmalifeuk.co.uk/south-tyneside](http://www.kalmalifeuk.co.uk/south-tyneside)

Siblings welcome

## Other courses on offer

### **Baby Massage** (From birth to aged 1)

Learn different massage strokes, strengthen your bond with your baby and meet other parents/carers.

### **HENRY**

#### **Preparation for Parenthood**

A six-week course to help expectant parents develop a healthy lifestyle for themselves and their baby.

#### **Starting Solids**

An interactive session that will explore the taste journey children have when they start solid food and support you to wean your child.

#### **Healthy Families Right From the Start**

An eight-week course that supports families with young children to develop healthy lifestyles. This course is a universal service for families with children aged 0-5.

#### **Workshops**

90 Minute Workshops exploring Fussy Eating, Looking after ourselves, Eating well for less, Healthy Teeth and Understanding Behaviour.

#### **First Words/Early Words Together**

A five and six-week course for families to support their baby or toddler to learn how to talk, develop communication and spend quality time with their child.

#### **Triple P Baby** (0-12 months)

A four-week course made up of four sessions, followed by four individualised one-to-one sessions to help new parents transition to parenthood. Find out about sensitive and responsive parenting and developing positive relationships with your baby.

#### **Triple P** (6-19 years)

A course to give parents and carers simple and practical strategies to help them build strong healthy relationships and confidently manage their children's behaviour.

#### **GroBrain**

Grobrain is a 4-week baby course for parents and carers of babies pre-birth to 12 months. This course focuses on bonding and brain development, and the vital part parents and carers play in 'wiring up' the connections in their baby's brain in the first 1001 critical days of life.

#### **GroBrain Toddler**

GroBrain Toddler course is for parents and carers of infants aged 1-3 years. The Toddler Course builds on the Baby Course, giving fresh insights from neuroscience into toddler behaviour to help parents/carers lay strong foundations for their child's emotional wellbeing.

#### **Togetherness Understanding your child**

(0-5 years)

This 8-week course aims to promote emotional health and well-being in children and families, and includes a range of strategies to enhance parent/child relationships

#### **Togetherness Antenatal**

Togetherness Antenatal is a four-week course for all expectant parents. It provides parents-to-be with all the information and practical skills they need to feel confident about making the right choice for their new baby. Parents are encouraged to think about the kind of support they would like during labour and delivery as well as learning how they can get to know their child before they are even born!