

STORY TELLING WEEK

2ND FEBRUARY - 8TH FEBRUARY



WHAT'S ON GUIDE

Hebburn, Jarrow, and Primrose Family Hubs



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

Supported by



South Tyneside Council

VISIT OUR
WEBSITE:
SCAN ME



**TO REGISTER
SCAN ME**



Mon 2nd February

Learning with Play

Hebburn
(1-4 years)

10:00am-11:00am

Come and help Norman the snail find his shell whilst getting creative and messy!



Learning with Play

Hebburn
(0-1 years)

1:00pm-2:30pm

Come and explore super worm in our Learning with Play group. It could get messy.



Well Baby Clinic**

Primrose
1:30pm-2:30pm

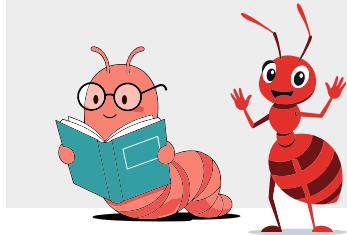
Tue 3rd February

Learning with Play

Jarrow
(0-4 years)

1:30pm-2:30pm

A fun group where children can explore through play, crafts and discovery!



Sensory Room

Come along and visit our exciting sensory room available at Hebburn & Primrose Family Hubs.

To book a place please contact Hebburn Family Hub on 0191 428 7650 and Primrose on 0191 424 4900

Wed 4th February

Well Baby Clinic**

Hebburn
9:30am-11:30am



Breastfeeding Support Group

Hebburn
11:00am-12:00pm



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
SCAN ME**



Thurs 5th February

Growing Together – Young Parents Group

Hebburn
(0-4 years)

11:00am-12:00pm

Buzz along to our Where's Mrs Bee group! Through stories, flap lifting fun and themed activities, children will explore the world of Mrs Bee while developing early language and a love of books. Get buzzy with it!!

Fri 6th February

Twins, Triplets, and More

Hebburn
(0-4 years)

10:00am-11:30am

Let's explore with our senses the different foods that the hungry caterpillar enjoyed.



Learning with Play

Primrose
(0-4 years)

10:00am-11:30am

Join us for a fun and interactive story session based on 'What the Ladybird Heard'.



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!