# Altmore Children's Centre Activity Calendar Altmore January - March 2024



## **Monday**

#### **Messy Play**

18m-5 years

All children learn through play. Messy Play can help develop children's senses and imagination as they explore the different textures of materials.

10:00-11:30

### **Toddler Stay & Play**

Session change!

Under 3's

Enjoy fun and interactive activities to help support your child's development.

1:30-2:45

With Soft Play 18m+

## Tuesday

#### **Story & Rhyme Time**

18m-5vears

Join us every week for activities linked to a popular children's book.

9:15-10:00

Please arrive on time for the start of the session.

#### **Baby Stay & Play**

Pre-Walkers

A session for parents and carers with their young babies to play, sing songs and meet new friends. This sessions is for babes in arms, crawlers and prewalkers.

10:30-11:30

#### **Little Champions**

This is a targeted session for families with children with SEND.

1:30-2:30

**Term Time Only** 

# Wednesday

#### **Out & About**

Visits to local places of interest. Please contact Nazia on 07961632921 to find out more about upcoming trips and activities and to book your space.

> Various Dates, Start Times and Venues **Booking Required**

### **Coffee Morning Parent Led Discussions**

Our Family Support Worker helps families to tackle issues that are having an impact on the family. This includes issues such as domestic violence, mental health, housing and financial struggles. We can also help build their parenting skills and confidence. Families can talk to us about managing their child's behaviour, healthy eating, speech and language or anything else. We can also signpost to a wide offer of parenting support programmes through Newham's parenting team.

9:00-10:30

10th January

14th February

13th March

#### Family Stay & Play

Under 5's

Enjoy activities, which will encourage and support your children's development in a safe and stimulating environment.

1:30-3:00

10/01/24 - Toilet Training 14/02/24 - Accident Prevention 15/03/24 - Fussy Eating

The Children's Centre will be closed for staff training on Wednesday 31st January and Wednesday 28th February.

# **Thursday**

#### **Family Stay & Play**

Under 5's

Enjoy activities, which will encourage and support your children's development in a safe and stimulating environment.

> 10:00-11:30 With Soft Play 18m+

## Stay & Play with **Speech & Language Therapist**

Under 5's

Please feel free to drop in and speak to us if:

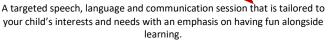
You are worried your child is not talking or doesn't understand you. You are worried if your child needs a referral to speech and language therapy. You would like to know more about the speech and language therapy journey. This will run alongside Family Stay & Play.

10:00-11:30

With Soft Play 18m+

07/03/24

#### **Little Talkers**



1:30-3:00

**Referral Only Term Time Only** 

The Children's Centre will be closed for staff training on Thursday 28th March.

## **Friday**

## **Toddler Stay & Play**

Under 3's

Enjoy fun and interactive activities to help support your child's

development.

10:00-11:15

Time change!

Session change!

## **Baby Stay & Pla**

**Pre-Walkers** 

A session for parents and carers and their young babies to play, sing songs and meet new friends. This sessions is for babes in arms, crawlers and prewalkers.

1:30-2:30

23/02/24 & 15/03/24 - Weaning

#### **Session Information**

Due to the high number of children in sessions please be aware that spaces are allocated on a first come, first served basis. All sessions are subject to change and availability. You will not be able to enter a session 30 minutes after it has started.

> Please see separate calendar for **February Half Term** (12th-16th February)

Altmore Children's Centre will be closed Friday 29th March - Good Friday Monday 1st April - Easter Monday

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