

# What's Happening - FREE!

Wiltshire children's centres providing support and services for families with children aged 0-5.

**Free of charge for all families**



[Click here](#) or scan the QR code to access the website

Give us a call on 0800 970 4669 for more information or to book your space

## Family Support Service

One to one support when you need it most for a range of issues which can affect family life:

- Parenting and behaviour
- Routines and boundaries
- Children's emotional support
- Financial and budgeting support
- Childcare funding
- Parental relationship support
- Back to work
- Introductions to other services

Appointments can be via the phone or at the centre.

## Baby Steps

A programme covering the weeks just before and after having your baby (speak to your health professional about a referral).

## Baby Massage

For parents and their non-mobile babies. Join us for 4 weeks learning how to encourage bonding and communication through soothing touch.

## New Parent, New Baby

Meet other parents with babies up to 6 months old and share activity ideas. Sessions run for 6 weeks.

## Sensory Room

Available for children under 5 years old or for children under 11 with additional needs. 30 minute sensory room appointments are available in each of our children's centres.

Find us on Facebook for regular updates

Wiltshire children's centres



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## Five to Thrive

Five to Thrive is the simple things that you can do to connect with your child and build a strong relationship. Join us for 5 fun sessions to support you with this.

## Bookstart

Sharing books, stories and rhymes with your child from an early age can help create a love of reading. Bookstart is here to guide you on your child's reading journey from 0-5 years. 4 week course.

## Healthy Eating

A 4 week healthy eating course with lots of fun activities around healthy eating, budgeting and food safety. **PLUS!** Take home ingredients for a healthy meal.

## Ready to Start School

Is your child starting school this September? Join us for interactive sessions to find out how you can support your child during this exciting time.

## Play and Connect

We are running a variety of different sessions to enable families to meet together in your local area.

## Early Words Together

A 5 week course full of fun for you and your child. Learn about how to support your child's speech and language development. For families with children aged 20-40 months.

## One off Events

Over the year we plan events such as:

- **Mighty Me** - Self Care and Independence
- **Mighty Mind** - Emotions and Feelings
- **Mighty Movers** - Physical Play
- **Top Tips for Teeth** - Top tips for tiny teeth

## Being a Parent

This 8 week course helps parents learn communication skills for everyday life to bring up confident, happy and co-operative children. For parents with children 2 years and over.