

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.

Use your mobile
to scan the QR
code to access
the website



[www.wiltshire
childrenscentres.org](http://www.wiltshirechildrenscentres.org)

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.

Find us on Facebook for regular
updates



Wiltshire children's centres

New Parent, New Baby

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

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your **FREE** space**



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.

Baby and Us

A 9 week course for parents with babies aged up to 9 months. Understand your baby's cues. Cope with challenges around feeding, sleep and crying. Interact positively with your baby.
Manage parental stress.

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.

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.

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.