



# Tiverton Children's Centre Activities Timetable: 8<sup>th</sup> January – 29<sup>th</sup> March 2018

## MONDAY

**Moo Music**  
Mixed Moo 0 – 5 years  
9:30 am – 10:10 am and  
10:30 am – 11:10 am  
Baby Moo 0 – walking  
11:30 am – 12 pm  
(Term Time)  
Wilcombe CC 

To book visit [www.moo-music.co.uk/ctcs](http://www.moo-music.co.uk/ctcs)  
(small charge)

**U-Play Bumps and Babies**  
From pregnancy – 12 months  
(Term Time) 

1 pm – 2:30 pm  
Exe Valley Leisure Centre (small charge)

Self-weigh scales available



## TUESDAY

**Sensory Stories**  
0 – 2 years  
(Term Time)   
10 am – 11 am  
Wilcombe CC

**Tiny Boppers**  
0 – 4 years  
10:30 am – 11 am   
Tiverton Library

**The Creation Station**   
Little Explorers  
18 months – 5 years  
10 am – 10:50 am  
Baby Discover  
6 months – 18 months  
11:20 am – 12 pm  
(Term Time)  
Two Moors CC

To book call Kat 07817955997 or <https://www.thecreationstation.co.uk/kids-art-classes-and-parties/exeter-devon-1>

Drop in spaces usually available (small charge)

## WEDNESDAY

**Baby Weigh Clinic**  
9:30 am – 11:30 am  
Tiverton Hospital 

**Stay and Play**  
0 – 4 years  
(Term Time)   
9:30 am – 11 am  
Bickleigh Primary School  
(small charge)

**Baby Sensory**  
Sessions for new born – 6 months and 6 months – 15 months. To book and for more info visit  Baby Sensory South Molton & Tiverton (small charge) 

Self-weighing scales 1<sup>st</sup> Wed of every month

**Antenatal Sessions**  
4 week evening course, delivered on Wednesday evenings.  
Call 01884 250449 to book 

## THURSDAY

**Bounce and Rhyme**  
0 – 4 years  
10:30 am – 11 am   
Tiverton Library

**U-Play**   
0 – 3 years  
(Term Time)  
1:30 pm – 2:30 pm  
Exe Valley Leisure Centre  
(small charge)

## FRIDAY

**Tiverton PANDAS**  
Parent Support Group  
Chat, advice and support  
10 am – 12 pm  
Wilcombe CC   
Alternate weeks Starting 12<sup>th</sup> January

For more details call or text 07549253914  
 Tiverton Pandas

**Exe Valley Toddler Group**   
0 – 4 years  
(Term Time)  
10 am – 12 pm  
Calverleigh Village Hall  
(small charge)

## Contact Details



Wilcombe Children's Centre,  
c/o Wilcombe Primary School,  
Lazenby Road, EX16 4AL

Two Moors Children's Centre,  
c/o Two Moors Primary  
School, Cowleymoor Road,  
EX16 6HH



Wilcombe 01884 250449  
Health Team 01392 384119



[tiverton@actionforchildren.org.uk](mailto:tiverton@actionforchildren.org.uk)



[www.middevonchildrenscentres.org.uk](http://www.middevonchildrenscentres.org.uk)



Mid Devon Children's Centres

**Check out our  
Toddler Group  
Leaflet and  
Facebook page for  
more sessions  
delivered in the  
local community!**

**We deliver**   
**Baby Massage, Baby Yoga &  
Baby Signing Courses**

Take a look at the back of this timetable for more info. Days and times vary. To book on to a course please call 01884 250449.

## Holiday Events



### February Half Term Forest School at TAPA

on Monday 12<sup>th</sup> February

1:30 pm – 3:30 pm  
at Tiverton Adventure Playground

Come along and enjoy the outdoor education of Forest School, including the fire pit and outside play whilst making the most of the natural environment around us! For children aged 0 – 5, older siblings up to the age of 12 welcome. £2 per family.

You must book to attend this event. Bookings open on Monday 29<sup>th</sup> January.  
Please call 01884 250449.

This is an all-weather event – please dress appropriately!

## Family Information

CAN  
I GET HELP  
WITH MY  
CHILDCARE  
COSTS

### Would you like better communication with your child?

We deliver the Solihull Approach group which is designed to help parents develop a way of relating to their child to promote better understanding and better communication. The group helps parents to think about their children's behaviour; What does it mean? Where does it come from? How can we help?

The sessions for the group include activities and discussions around:

- Different parenting styles
- Having fun together
- Understanding your child's feelings
- Self-regulation, sleep and anger
- How do you know what you and your child are feeling?
- How to recover when things go wrong

To find out more including, dates and times, please call us on 01884 250449.

### 30 Hours Free Childcare

- For working families in England
- With 3 and 4-year-old aged children
- An extra 15 hours a week of free childcare - so 30 in all
- A total of **1,140 hours per year**, that you can use flexibly with one or more childcare provider

To check your eligibility and apply for the funding, please visit

[www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)

## Courses for Your Baby and You

Our baby courses are suitable for ages 6 weeks – 9 months, and have a suggested contribution of £10 for each course. To enquire about a course please call 01884 250449.

### Baby Massage

Baby Massage is delivered through a 5 week course, and has so many benefits for parents and their baby. Massage can help babies to feel loved, respected and secure, as well as enhance their growth and development. It can help with bonding and attachment, and support parents to feel more confident in handling their baby.



### Baby Yoga

Baby Yoga is a 4 week course which teaches a variety of yoga exercises and breathing techniques. It is a lovely extension from Baby Massage.

Yoga for babies can be active and dynamic or relaxing and calming, so can offer stimulation for your baby when they wish to play, and then relaxation as they quieten down.



### Baby Signing

Baby Signing is a wonderful way to communicate with your baby. It bridges the communication gap, helping babies to show their parents what they want, what they are thinking, or how they are feeling, before they can talk. We deliver this over a 4 week course.

Babies and toddlers understand a lot more than we give them credit for, but they are often held back by their physical inability to talk. However, their ability to use their hands and fingers to form signs, can enable them to communicate much sooner.

