

Monday	Tuesday	Wednesday	Thursday	Friday
Baby Stay & Play – Drop In 10.00am – 11.30am Age group: 0 - 18 months Stay & Play – Drop In 1.15pm – 2.45pm Age group: 0-5 years Breastfeeding Hub – Drop In 1.00pm – 3.00pm Infant feeding support & advice from the health visiting team. 	Child Developmental Reviews 9.00am – 3.00pm Contact your Health Visitor to book an appointment. Melodies for Mums 10.00am – 11.20am or 11.40am – 1.00pm 13th Oct – 15th Dec Find out more and register: https://breatheahr.org/programmes/melodies-for-mums/ Baby Massage 10.00am – 11.30am Starts 8th Sept Age group: under 1's Introducing Solids 10.00am – 11.30am 10th Nov Eat Well for Less 10.00am – 11.30am 8th Dec Sharing REAL 1.00pm – 3.00pm 22nd Sept – 13th Oct Mindful Mums Extra 1.00pm - 2.30pm Booking is essential Visit blgmind.org.uk/lewisham/mindful-mums/ Looking After Yourself Workshop 1.00pm – 2.30pm 20th Oct	Child Health Clinic 9.30am – 11.15am SEND Advisor – Drop In 9.00am – 10.00am – Drop-in 10.00am – 11.00am – Bookable Appointments 9th & 23rd Sept, 7th & 21st Oct, 4th & 18th Nov, 16th Dec DWP – Drop In 9.30am – 4.00pm Explorers Plus with Portage – Drop In 10.00am - 11.30am Age group: Birth - 5 yrs Feel Positive about Parenting 9.30am - 11.30am 16th & 30th Sept, 14th & 28th Oct, 11th & 25th Nov, 9th Dec Parenting 1:1 sessions Child Development Checks 9.00am-5.00pm Book with Health Visitor Stay & Play – Drop In 1.00pm - 2.30pm Age group: 0-5 years Toileting Tips 1.00pm – 2.00pm 30th Sept	Child Development Reviews 9.00am – 3.00pm Book via your health visitor Citizens Advice for Parents & Carers 9.30am-1.30pm – bookable slots 2.30pm – 4.00pm – Drop-in Rhythm & Rhyme 9.30am - 10.30am Age group: 0 to 5 years Maternal Journaling with the PAIRS Team 10.00am – 11.30am 3rd Sept – 8th Oct and 5th Nov – 10th Dec Please contact: Lewisham Parent And Infant Relationship Service (PAIRS) to book a place lg.pairslewisham@nhs.net	Child Development Checks 9.00am-3.00pm Book with Health Visitor Black Blossom Alliance 9.30am – 1.00pm Education Advocacy Drop-In 10.00am – 4.00pm 23rd Oct Mindful Mums 10.30am – 12noon Starts 11th Sept Visit blgmind.org.uk/lewisham/mindful-mums/ Natter with a Nav – Drop In 3.15pm – 4.45pm For questions, support or a chat plus: Clothing, Toy and Equipment Bank Watch our film! Follow the link or scan the QR code tinyurl.com/FHfilm

For more details and information about the sessions, workshops and courses on this term please the back page.

More details and information about the sessions, workshops and courses on this term across Lewisham.

Baby Massage Spend quality time with your baby at this 5 week course. Baby Messy Play Sensory, fun & mess play. Bring a change of clothes if possible - it will get messy! If possible, please bring a towel with you. Baby Stay & Play A space to share ideas, talk about the challenges of being a parent, support mental and emotional wellbeing. Bank of Things Pick up free toiletries and school supplies, to young people living in Lewisham. Being a Parent Free 9-week course for parents to build practical everyday skills, including self-care, understanding and managing children's emotions, and using positive parenting strategies. Black Blossom Alliance Free, culturally safe maternal support circles for Black and Brown mothers and birthing people. Breastfeeding Hub Free, non-judgemental, evidence-based baby feeding information for all Lewisham Families. Citizens Advice for Parents & Carers Information on Debt, housing, immigration and more. Bookable slots and Drop-in. Child Development Checks In Lewisham every child between 7-12 months is invited in via their parent or carer for a developmental review. Please remember your baby's red book.	Children's Bladder & Bowel session NHS drop-in support for children aged 3–16 with constipation, daytime wetting, and other bladder or bowel difficulties. Dads and Male Carers Hair Braiding Workshops Come along and learn basic braiding techniques, cornrows and styles, plus tips for healthy hair, you'll also build confidence and creativity. Dads Stay & Play Join other Dads and Male Carers for a fun Stay & Play. DWP Drop-in session offering employment and benefits advice. Get help looking for employment, writing your CV, Cover Letters and more! Eat Well for Less This workshop helps the whole family to eat well for less, including tips for a cheaper shopping basket. Education Advocacy Drop-In Support sessions partnered with SIRG providing direct education, advocacy and guidance for parents & carers. Explorers Plus with Portage Would you like support with your child's development? Drop-in with your child if you are concerned they are not meeting their milestones. Education Advocacy Drop-In Support sessions partnered with SIRG providing direct education, advocacy and guidance for parents & carers.	Feel Positive about Parenting Being a parent can be difficult, these 1:1 sessions can help. Fussy Eating Come along and get some new ideas to encourage your little one to try and to enjoy new foods, so you can enjoy eating together as a family Healthy Families Right from the Start This 8-week programme is designed to support parents and carers of children aged 0-5, helping them build healthier lifestyles and more confident parenting habits. Families receive a free HENRY toolkit full of resources and practical tips to help them along the way and a Healthy Families Right from the Start Handbook Incredible Years Autism Evidenced based parenting sessions for parents and carers of children with ASD who display serious behavioural challenges. Introducing Solids Designed to provide you with all of the information you need to help make mealtimes enjoyable, help your baby develop healthy eating habits and get them off to a great start in life. Lewisham Refugee and Migrant Network A FREE programme for refugees, asylum seekers and migrant communities. Looking After Ourselves Workshop Focuses on parental emotional wellbeing, managing family stress, building realistic self-care habits during busy family life.	Maternal Journaling with the PAIRS Team This is a 6-week group for Mums, from the antenatal period with children up to aged 3 years, to have space to do something for themselves! Our creative exercises encourage mindfulness, reflection and lots of chatting! Come with or without your child! Melodies for Mums Free 10-week singing programme for new mums and babies, supporting wellbeing, confidence, connection and joyful singing together. Mindful Mums For pregnant women and new mums to look after themselves during what can be a challenging period. Mindful Mums Extra A welcoming, supportive space for you to look after your emotions and mental wellbeing, make new friends and connections. Natter with a Nav Whether you've got questions, need a listening ear, or just fancy a natter, we'd love to see you there - just drop-in. Non-Violent Resistance Parent Programme 9-week Parent Programme offers practical strategies and supportive guidance to help you respond with confidence, strengthen your relationship with your child and reduce family conflict. OWL Babies Course Learn how outdoor experiences are vital for baby brain development Age group: under 6 months	Rhythm & Rhyme Interactive singing, music & stories Stay & Play Help your child learn through play and experience messy play, craft activities, singing and much more! Bring a change of clothes if possible - it might get messy! SEND Advisor If you are concerned your child is finding aspects of school challenging and would like support on what provision is available in mainstream schools our SEND Advisors can offer guidance. Sharing Real with Parents Fun 4-week course to boost confidence in supporting early literacy at home, share ideas with other parents, and receive free learning resources weekly. Triple P 6 - 8-week therapeutic parenting programme offering tips and tools for managing behaviours in children 2-8 years. Togetherness - Understanding Your Baby group This group supports the transition to parenthood by discussing common parenting themes, helping parents become more confident in understanding what their babies are communicating and in turn, developing their relationship. Togetherness - Understanding Your Child group This group helps parents to think about what their children's behaviours mean, why they might be happening and how they can address them.
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