




Winter Planner

January - March 2023

**For more information or to book, call the Dry Arch on 028 7774 2904
or the Sure Start Office: 028 7744 6317.
Email: Caroline.OKane@dryarchcentre.co.uk**



Antenatal Programmes

Hypnobirthing 5 Sessions

Hypnobirthing is an evidence based approach to birth that seeks to empower women and birthing partners with knowledge, practical tools and support. This programme enables expectant parents to have a positive birth experience, however they choose to bring their baby into the world.

Welcome to the World 8 Sessions

Welcome to the World covers a number of themes: parent's reflective function and understanding of their baby, infant brain development, breast-feeding, infant care, parent's emotional health and well-being, communication between parents and their relationship as a couple.

Antenatal Yoga 5 Sessions

Pregnancy yoga is a great way to gently ease, to stretch, and to increase flexibility in your body; while strengthening it for the rest of your pregnancy and for birth. We focus on moving the body to ease those pregnancy aches and pains, and slow focused postures, will help strengthen it too.

Antenatal Programmes

Antenatal Reflexology 5 Sessions

Reflexology works on the nervous system, helping the body to change from high energy, 'fight or flight' mode into a calm and relaxed state. When we are relaxed, our cortisol (stress) levels decrease which allows for other areas of our brain to be stimulated encouraging rest, healing, sleep and natural processes in the body to occur.

Antenatal Connection Calls & Welcome Visits Ongoing

This support is available to investigate, inform, educate, reassure and support parents/carers about the services available to them from bump, through birth, and beyond.

Antenatal Events & Workshops

One off events / workshops

These one off events and workshops focus on specific areas relevant to your pregnancy and parenting journey, for example, infant feeding, newborn care, taking care of your physical and mental health after birth, and much more.

Postnatal Programmes

(Parents with babies aged under 12 months)

Bright Beginnings Baby Play ***Ongoing weekly: for babies from birth to pre-crawling***

Bright Beginnings provides proactive peer and one-to-one support from a skilled facilitator. The sessions are interactive, allowing parents to make new friends, discuss experiences, and spend one-to-one time with your baby in an environment set up to engage baby's senses, with lights, sounds and textures. Each week we will discuss different topics of interest around infant development relevant to the first year of life – these include the 4th trimester, activity ideas, sleep patterns, ways to break up the day, and other topics relevant to attending families

Busy Babies Sensory Play ***4 sessions: for babies from 6 months - pre walking***

Babies learn in a variety of ways, with touch, taste and sound to name a few! In Busy Babies, we will be taking popular stories and rhymes or seasonal events (eg Valentines Day, Halloween, Christmas) and creating play opportunities around them through the use of tuff trays, treasure baskets and food play.

Infant Massage & Yoga ***5 sessions: for babies from 6 weeks - pre crawling***

Infant Massage improves circulation, relieves teething discomfort, stimulates weight gain, strengthens muscle tone, and sparks brain development. Additionally, it provides all of the essential indicators of intimate parent-baby bonding and attachment: eye-to-eye, touch, voice, smell, movement, and thermal regulation.

Postnatal Programmes

(Parents with babies aged under 12 months)

Breastfeeding Support

Ongoing weekly: for breastfeeding parents and their babies

Our Breastfeeding Support Group is suitable for new and experienced breastfeeding parents.

Breastfeeding is a complex process and informal networks are helpful to parents in enabling skill-learning, problem solving and psychological adjustment, and in supporting parents' decisions to breastfeed practically and socially over time.

Postnatal Connection Calls & Welcome Visits

Ongoing

This support is available to investigate, inform, educate, reassure and support parents/carers about the services available to them following the birth of their baby and beyond. Includes infant feeding, baby wearing, programme information.

Solid Start Weaning

4 sessions: for parents with babies aged 4 months+

The Solid Start Programme gives parents the confidence to prepare healthy and nutritious foods at home using everyday items – meals are easy, economical and time-saving to prepare. Introducing your baby to solid foods, or weaning, should start when your baby is about six months old.

Postnatal Programmes

(Parents with babies aged under 12 months)

Speech & Language Support

Various programmes & support - ongoing

We have a variety of programmes available to support you with promoting your baby's early language development. Our "Changing Time is Chatting Time" programme provides information about how a baby's brain develops and how parent interactions build their child's brain.

Based on the research about the importance of serve and return for the developing brain, it aligns with the Solihull Approach and the NI Infant Mental Health Framework

Postnatal Events & Workshops

One off events / workshops

These one off events and workshops focus on specific areas relevant to your parenting journey, for example, promoting positive infant mental health, the importance of early interactions for your baby's development, sling solutions - wearing your baby, parental physical and mental health, plus much more .

Ready Steady Sing & Play - Baby

Speech & Language Support

Ready Steady Play Baby focuses on promoting play, songs and rhymes to help young babies early communication skills.

Parent/carers will obtain Talking Tips and there will be lots of opportunities to try out fun and practical activities involving books and baby games..

Community Connections

(Programmes within the local community for parents with children aged 0 - 4 years)

Stay & Play with Me

Ongoing weekly - Foreglen & Burnfoot

. Why is play so important? Children need 'real' hands on engagement to make sense of the world. The senses are important for learning, children learn by exploring the world through touch, sight, sound, taste, smell and movement, these affect the patterns that are laid down in the brain. We have lots of great ideas and tips that you and your child can try at home...

Pop Up Play

One off events / sessions in local community venues & schools

Coming to a venue near you! Based around the same themes as our Stay and Play with Me groups, these one off "Pop Up Play" sessions offer opportunities for parents and children to engage in a wide range of play activities using all the senses. See our social media for venues and times.

Stay & Sing with Me

Ongoing weekly - Gortnahey

Children love to sing and dance, and learn so much through using their bodies in a variety of ways! Our weekly Stay and Sing with Me sessions allow parents and children to learn new songs and rhymes, and to sing some of the old classics too! With a wide range of props to engage the children, you'll be singing and dancing in no time!

Ready, Steady... Learning together

(Parents with children aged 1 - 3 years)

Ready Steady Shine!

4 Sessions

Facilitated by our neurodiversity champion, this programme conveys simple narratives using a mixture of sensory experiences. Each step of the programme is accompanied by a sensory activity to interest and delight your child's senses so where appropriate, touch, smell, sounds, taste and visual stimuli. Parents and children work to

Ready Steady Go!

4 Sessions

Children aged 2-3 years

Our Ready Steady Go! Programme provides opportunities for children to develop physical competence and enjoyment of the outdoors, to understand and make sense of their world, interact with others, express and control emotions, develop their symbolic and problem-solving abilities, and practice emergent skills.

Ready Steady Sing & Play - Toddler

Speech & Language Support

Ready Steady Play for toddlers focuses on promoting play, songs and rhymes to help young children's early communication skills. Parent/carers will obtain a range of Talking Tips and there will be lots of opportunities to try out fun and practical activities involving books and games.

Ready, Steady... Learning together

(Parents with children aged 1 - 3 years)

Mini Movers - Physical Mini Movers - Dance

4 Sessions

A fun filled, 4 week parent & toddler physical play programme; In the physical programme, together you and your child can explore different ways of moving your body, including jumping, crawling and balancing. In the Dance programme, music and props are used to offer opportunities to develop rhythm and a love of musical movement.

Rhyme Time

4 Sessions

.We all remember the simple songs we sang as we children, and getting back to basics is a great way of connecting with our children and filling their developing brain with new information. Our rhyme time sessions use music and rhymes to allow parents and children alike to learn new songs - and re-learn some of the old classics too!

Tiny Tacklers Football Fun

4 Sessions

This 4 week programme allows parents and children to work together to develop and enhance their coordination and motor skills. Suitable for children aged 18 months - 3 years, learn how to kick a ball, score a goal and enjoy some fun games together as part of team - great for your child's social development!

Little Learners

(Programmes for children aged 2-3 years)

Sure Start Developmental Programme for 2-3 year olds

3 days per week, September - June, Term Time

Our Sure Start Developmental Programme is for children aged two to three years in their pre-preschool year. The programme is government funded through the Department of Education & co-ordinated by The Health & Social Care Board. Play is an important vehicle for developing self-regulation as well as for promoting language, cognition, and social competence. Children are provided with many opportunities to develop physical competence and enjoyment of the outdoors, to understand and make sense of their world, interact with others, express and control emotions, develop their symbolic and problem-solving abilities, and practice emergent skills. Our monthly Stay and Play sessions allow parents and children to learn together.

Ready, Steady, Preschool Programme for 2-3 year olds

2 days per week, September - June, Term Time

Our Ready Steady Preschool Programme is for children aged two to three years in their pre-preschool year. Play is an important vehicle for developing self-regulation as well as for promoting language, cognition, and social competence. Children are provided with many opportunities to develop physical competence and enjoyment of the outdoors, to understand and make sense of their world, interact with others, express and control emotions, develop their symbolic and problem-solving abilities, and practice emergent skills.

Speech & Language Programmes

(Delivered by our in house Speech & Language Therapist - children aged 1 - 4 years)

Any Time is Chatting Time **4 Sessions**

This programme explores how a toddler's brain develops; and simple messages are promoted i.e. when you smile, talk, laugh, sing and share stories with your child, you are helping to build their brain. The information is based on the latest research about the importance of serve and return interactions for the developing brain. This programme is packaged in a simple, accessible way to support behaviour change.

Tiny Talkers **4 sessions**

Tiny Talkers promotes early communication skills in children. Parents/carers will learn practical strategies to help support their children's development. The aim of the programme is to make language FUN, to promote PLAY, attention and listening and social skills. The parent-child programme is interactive, this provides lots of opportunities to develop children's expressive skills and vocabulary.

Early Language Talks **1 session**

Early Language Talks help to increase parents/carers knowledge of the approaches and strategies that can be used, to support their child's communication development.

For more information, contact our Speech & Language Therapist, Linda Kapur on 028 7774 2904

Parenting Support Programmes

(Parents / Carers of children aged 0 - 4 years)

The Parenting Puzzle

4 Sessions

The Parenting Puzzle Programme explores various themes including; linking young children's stage of brain and emotional development to appropriate expectations of behaviour. Listening to how babies and children communicate; providing descriptive guidance and praise, setting and holding healthy boundaries, naming and empathising children's feelings and providing guided choices.

Solihull Parenting Group

8 sessions

This programme is intended for parents and carers who want to know more about sensitive and effective parenting. The Solihull Parenting group aims to promote understanding of children's behaviour; explore the development of parent/child relationships; Increase confidence and self-esteem in both parents and children and give parents a strategy for repair when things go wrong..

Sweet Pea, Sweet Dreams

4 Sessions

Toilet training and nurturing sleep are 2 concerns raised by parents on a regular basis. This programme looks at signs of readiness for toilet training, how to boost your child's confidence and how to encourage progress. Learn how to provide a nurturing sleep environment and positive night time routine to promote a night of deep sleep for your child.

Parenting Support Programmes

(Parents / Carers of children aged 0 - 4 years)

HENRY

8 Sessions

The HENRY Programme aims to explicitly build family resilience through a strengths-based, solution-focused partnership approach that supports families to take control of their own lives, identify their own lifestyle goals and plan to achieve them in a way that will work for their family. Families are then able to make and sustain lifestyle changes, contributing to a healthier community culture.

Cook It

6 Sessions

Each week parents/carers will learn how to make authentic meals to spice up their dinner plans, ingredients are provided and a facilitator is on-hand to guide everyone through the recipes step by step. And because it's interactive everyone can chat and cook together. Each block of 6 sessions has a different theme (family meals, fakeaways, tastes of the world etc).

Family Events &

Workshops

One off events / workshops

These one off events and workshops focus on specific areas relevant to your parenting journey and family life, for example, family play, community fun days and events, male caregiver support. See our social media for more details!

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'it takes a whole village to raise a child'

SureStart