

Surrey Children's Centre vision:

"Children's Centres in Surrey are where services work together in partnership with children, families and communities to make a positive difference to all."

Our Children's Centre is friendly and welcoming where families can come to access advice and support, interact with their children using our wonderful resources and learn about child development. We provide information to enable parents/carers to access a range of local services and find local childcare.

Information and Advice sessions:

Monday to Friday 9.00am – 3.00pm
Please phone or drop in.
For other times please contact the centre.

Our outreach/Family support

Family life can be stressful and we are here to help. Our outreach workers are available to listen and offer support on a variety of parenting issues. This can be on a 1-to-1 basis, on a home visit or through our 10 week Parenting Course. We can offer information on introducing solids and family foods, behaviour concerns, breastfeeding and lots more.

We also run courses and information sessions to assist parents/carers in looking after their children.

Introducing Solids and Family Foods, First Aid School Readiness and other courses available according to local need.

Other Children's Centre partners:



EARLSWOOD

babycafé

First Community Health & Care



For further information please phone
01737 780255

All activities are free unless otherwise stated.
We welcome donations.



Ifold Road, Redhill
Surrey RH1 6EG

T: 01737 780255

E: childrenscentre@earlswood.surrey.sch.uk

www.steppingstones-earlswood.org



esteppingstones1



@ESteppingstones



SURREY

Children Centre activities are for families with children under 5 years. You are requested to stay with your child and you are responsible for them at all times. Please see separate timetable for school holiday activities.



A Children's Centre the whole family can count on



Please see separate timetable
for school holiday activities

*Serving the Earlswood
and Reigate areas*

Timetable
6 September
19 December 2018

MONDAY

Just for Babies

(Pre-walkers only. No older siblings)

9.30am - 11.00am

Soft play activities and an opportunity to meet other new families in a friendly environment followed by an interactive singing and rhyme time with lots of props and actions. **Please note:** You must arrive by 10.15am.



TUESDAY

Child Health Drop In

9.30am - 11.30am

Fortnightly from 18th September. Information, advice and baby weighing from the Health Team. **Please note:** Last entry 11.15am.

Music Bees

2.00pm - 2.40pm

Crawling to under 4. A parent and child interactive session including signing and live music.

£2 per session for child 1.

£1 per session for each additional participating sibling.

Places are limited.

BOOKING IS ESSENTIAL.

Please note: Payment (cash only) is required at time of booking.

WEDNESDAY

Stay and Play (0-5yrs)

10.00am - 11.30am

A stay and play session using great resources enabling you and your children to learn through play and have fun.

Includes snack, singing and rhyme time.

Introducing Family Foods

(when your baby is 4-6 months)

1.00pm - 3.00pm

A monthly workshop run by the health team to help you introduce solids to your baby's diet.

Please contact the Centre for dates.

BOOKING ESSENTIAL.

THURSDAY

One Step at a Time

10.00am - 11.30am

Weekly play and communication group for under 5's with additional needs and/or disabilities.

Support for families and an opportunity to network.

Baby Massage (2-6mths)

1.45pm - 2.30pm

A 4-week course teaching basic baby massage strokes. Supports bonding and communication.

Please note: Due to limited numbers, this session is restricted to families who live in the Centre's reach area. **Cost:** £10 for the course to be paid at the time of booking (cash only).

FRIDAY

Messy Play

10.00am - 11.30pm

Tactile and sensory experiences with lots of mess. Suitable from when your baby can sit unsupported - 5 years

Please note: Tidy up at 11.00am followed by singing and rhyme time.

**November 9th
we are
CLOSED**

OTHER VENUES

COURSES THIS TERM

Paediatric First Aid Courses

Please contact the Centre for course dates and times.

This 2-hour course, delivered by Daisy First Aid, covers what to do in emergency situations including:

- Unconscious casualty
- CPR and Recovery Positions
- Choking
- Febrile Seizures
- Meningitis + more!!

BOOKING ESSENTIAL.

Cost: £5.00 per person, to be paid at the time of booking. (cash only)

COURSES THIS TERM

Music @ Reigate Library

(0-5yrs) (Term time only)

10.00am - 10.30am

Join Amber from Music Bees for a fun and interactive music and rhyme time session.

Note: Due to limited numbers, this session is restricted to families who live in the Centre's reach area.

BOOKING ESSENTIAL

Bookings are only taken 1 week in advance and please book by 2.00pm on Mondays.

Reigate Library
Bancroft House
Bancroft Road
Reigate
Surrey RH2 7RP

Baby Café @ Dovers Green Breastfeeding Support

10.00am - 12.00pm

Meet other breastfeeding mums/ mums-to-be with specialist breastfeeding counsellor available.

Breastfeeding supporters, such as Dads/family welcome.

Dovers Green Children's Centre
Rushetts Road
Reigate
RH2 7RF

Please note:

To see the counsellor please arrive by 11.30am.



COURSES THIS TERM

Parenting Puzzle

A 10 week course offering practical strategies to use at home.

Course content includes:

- Communication
- Giving praise
- Handling anger
- Behaviours to ignore

BOOKING ESSENTIAL.

Please contact the Centre to book and for dates of next course.

Cost: £15 which covers the cost of The Parenting Puzzle book, which is yours to take home and keep.

COURSES THIS TERM

SATURDAY

Dads' Group (0-5yrs)

9.30am - 11.30am

Saturday play sessions for Dads or male carers and their children in the Earlswood and Reigate area. Breakfast provided.

Earlswood Nursery, Ifold Road, Redhill RH1 6EG (next door to the Children's Centre).

2nd Saturday of the month

