

## ABOUT US

In Redcar & Cleveland our local Family Hubs are launching a new Best Start In Life offer for our expectant parents, parents and carers, professionals, and the public to raise awareness of services, advocate for early intervention, promote strategies that improve outcomes during pregnancy and in early years. As part of our new Best Start In Life offer, we are facilitating our first Baby Week Redcar & Cleveland.

JOIN  
US

This week is giving us the opportunity to celebrate and bring together the work of maternity and early years services, helping to raise awareness of the critical developmental growth stages and a real focus on the first 1001 days (2 years) to give every baby the Best Start In Life. The week will provide a variety of free or low-cost events throughout the borough during the week of Tuesday 14th November 2023.

# BABY Week

## REDCAR AND CLEVELAND

## FAMILY HUBS FREE EVENTS

Go along to your local Family Hub and enjoy messy and sensory play, singing and story time sessions. Come and find out about the benefits of baby massage and bonding with your little one and many more fun activities throughout the week.

## REDCAR LIBRARIES EVENTS

Join Redcar's libraries for some exciting child friendly sessions for Baby Week 2023. From Baby Week Storytime and Multi-Sensory Social to Creative Play and much more.

[www.babyweek.co.uk](http://www.babyweek.co.uk)

Free events throughout the week!



**FRIDAY 17/11/23**

**B** = Booking REQUIRED

### Morning

**Rhymetime South Bank Library – 9:30-10:30 am | Dormanstown Library 10-11am | Skelton Library 10:15-11:15**

Enjoy songs, rhymes and rhythm! Bring your pre-schooler along to our free Rhymetime sessions and enjoy singing and moving along.

**As these sessions can be very popular, to avoid disappointment, we advise that you to contact the library to confirm your place**

**Self-led Playgroup Saltburn Library – 10:30-12 pm**

Playtime in the library! An opportunity for children to explore and interact with our fun play equipment in our children's area. This session is not led by a library member of staff, therefore, children must be supervised at all times. **As these sessions can be very popular, to avoid disappointment, we advise that you to contact the library to confirm your place**

**Breast Friends Dormanstown Family Hub - 9:30-11 am**

A social group for breast feeding families with planned fun activities. Come along for a chat and get to know other breastfeeding families in the area. Support is also available from our trained staff. We welcome pregnant parents to be.

**Little Explorers Taster South Bank Family Hub 11-11:30 am**

This session is aimed at children under 5 years to provide active play opportunities for families using our hub space to play explore and learn. Meet other families from your local area.

**Baby Buddies Taster South Bank Family Hub - 11-11:30 am**

An open access group for new parents who have recently had a baby, with opportunities to play, explore and learn. Support and discussion around a baby's brain development, sensory play, sleep, routines and general advice and guidance is available.

**Forest School Southbank Family Hub 10-11 am**

This session is aimed at children under 5 years to provide active play opportunities for families using our hub space to play explore and learn. Meet other families from your local area.

### Afternoon

**Everyone Active Dormanstown Family Hub 12:30-2pm**

Representative from Everyone Active will be available at the hub for info on Post Natal exercise groups, parent and child swim lessons, day passes etc.

**Baby Buddies Taster South Bank Family Hub - 1-2pm**

An open access group for new parents who have recently had a baby, with opportunities to play, explore and learn. Support and discussion around a baby's brain development, sensory play, sleep, routines and general advice and guidance is available.

**Infant massage South Bank Family Hub - 2:30-3pm **B****

Infant massage has physical and emotional benefits for your baby. This is aimed at babies from 6 weeks – 9 months. It supports bonding and attachment, reduces low mood and social isolation in parents, helps sleep routines and reducing gas, colic and intestinal difficulties. **This session requires booking. Please contact: [Contactusfamilyhub@redcar-cleveland.gov.uk](mailto:Contactusfamilyhub@redcar-cleveland.gov.uk) or your local Family Hub**

**HENRY starting solids Taster Greengates Family Hub – 3-3:30pm **B****

Introducing solids at six months. Come to a starting solids taster to help you get your baby off to a great start. The workshop will help you decide when your baby is ready to try solid food, what foods to start with, when your baby is hungry and when they've had enough, and how to make mealtimes an enjoyable experience for the both of you.

**This session requires booking. Please contact: [Contactusfamilyhub@redcar-cleveland.gov.uk](mailto:Contactusfamilyhub@redcar-cleveland.gov.uk) or your local Family Hub**