

## 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 HUBSFREE 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!



**Monday 13/11/23** **B** = Booking REQUIRED

### Morning

#### Little Explorers 9:30 - 11am Dormanstown Family Hub | 10-11:30 Skelton Family Hub

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

#### Rhymetime 9:15 - 10am Ormesby Library

Enjoy songs, rhymes and rhythm! Bring your pre-schooler along to our free Rhymetime sessions and enjoy singing and moving along with us to our favourite nursery rhymes and songs. This group runs weekly.

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

#### Infant Massage Taster 11-11:30 Ormesby Family Hub **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*

### Afternoon

#### Infant Massage Taster 2-2:30 Dormanstown Family Hub **B**

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#### HENRY Starting Solids Taster 2:45-3:15 Ormesby Family Hub **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*

#### Breast Friends 12:30-1:30 Ormesby Family Hub

A social group for breast feeding families with planned fun activities. Come along for a chat and get to know other breast-feeding families in the area. Support is also available from our trained staff. We also welcome pregnant parents to be. The Breastfeeding Helpline is available 365 days a year from 9:30am until 9:30pm and can be contacted by calling 0300 100 0212.

#### Baby Buddies 1:30-2:30 Ormesby Family Hub

Stay and play session for parents of new babies. Support and discussions around baby's brain development, sensory play, sleep routines and general advice and guidance.

We love babies!  
And we want the best for them. So we work with parents, professionals and the public to raise awareness of services, advocate for early intervention, promote strategies that improve outcomes during pregnancy and in early years, and celebrate success.