

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

Free events throughout the week!



Tuesday 14/11/23 **B** = Booking REQUIRED

Morning

Stay and Play Children's Crafts Laburnum Road 9am-12pm

Get crafty in your library! Come and join our popular Stay & Play Craft Sessions. Colour, stick, make and create with fun themes.

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

Close Knit Skelton Family Hub – 10am 11am **B**

Our baby friendly and interactive workshop will help you - Understand and help your baby's brain development, build a closer bond with your baby and look after your well-being as you look after your little one.

There will be snacks and drinks, goodie bags and a chance to win £10.00 Amazon voucher. **To book please contact Fiza.waheed@Redcar-cleveland.gov.uk**

Young Parents Group Redcar Coast Family Hub 10:30-12pm

Our group offers an opportunity for young parents to socialise with other young parents, as well as fun activities for your little one.

Rhymetime 9:15 – 10am Redcar Library | 10 - 11am Dormanstown Library | Skelton Library 10:15-11:15 am

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

Baby Buddies Grangetown Family Hub 10-11:30 am | Loftus Family Hub 10-11:30am

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.

Little Explorers Taster Ormesby Family Hub 10-11am | Loftus Family Hub 1:30-3:30pm

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.

Families Together 11:30-1pm

Sam from families together, will be on hand to offer support and advice to couples and their families to maintain positive relationships, talk about the pressures a new baby or changes to your family can have on your relationship and to parent effectively together. On-line programs will also be available to discuss at the session.

Starting Solids Taster Grangetown Family Hub 11:30-12pm **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 or your local Family Hub

Afternoon

Infant Massage Taster Session Loftus Family Hub – 1 - 1:30 pm | 2 - 2:30pm **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 or your local Family Hub

Rhythm Time Taster Redcar Coast Family Hub 3:10-3:40 pm **B**

Music plays a vital role in your child's early development. It stimulates every part of a child's brain and enhances their progress in three ways: emotionally, intellectually and physically.

Your child's first five years are the most formative. It's the perfect time to enjoy multi-sensory activities with your little one and take advantage of the invaluable benefits music can provide.

To book please go to: <https://forms.gle/WvektmetMvq8d5bv7>

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.