

# Cluster F- Babies – 0 to 18 Months Activities Timetable January – March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Ann Tayler CC</u></b>  <b><u>Steps into Music</u></b>                      0-18 months 10:00–10:45 am</p> <p><b><u>Play Drop-In</u></b>                      0-2 years: 10:00-11:45 am</p> <p><b><u>Antenatal &amp; Postnatal Clinic</u></b>                      (By Appointment only)                      8:30 – 5:30pm</p> 	<p><b><u>Ann Tayler CC</u></b>  <b><u>Baby Yoga (10 weeks)</u></b>                      0-1 years: 10:00-11.30am</p> <p><b><u>Tiny Toes Drop-In with breastfeeding support</u></b>                      0-6 months 1:00 -2:30pm</p> <p><b><u>Antenatal &amp; Postnatal Clinic</u></b>                      (By Appointment only)                      8:30 – 5:00pm</p>	<p><b><u>Ann Tayler CC</u></b>  <b><u>Rollers and Crawlers Drop-In</u></b>                      0-1 year: 10:00-11:30am                      0-1 year: 1:30-3:00pm</p> <p><b><u>Antenatal &amp; Postnatal Clinic</u></b>                      (By Appointment only)                      8:30 – 5:00pm</p> <p><b><u>Welcome to the Centre</u></b>                      (New birth and first timers)                      11.00 – 12.30am                      Last Wednesday of the month</p>	<p><b><u>Ann Tayler CC</u></b>  <b><u>Child Health Clinic Drop-In</u></b>                      (By Appointment only)                      9:30-11:00am                      Please call 0207 683 2634 /                      0778 572 0441</p> <p><b><u>Starting Solids</u></b>                      1:00-3:00pm                      3<sup>rd</sup> Thursdays of the month</p>	<p><b><u>Ann Tayler CC</u></b>  <b><u>Antenatal &amp; Postnatal Clinic</u></b>                      (By Appointment only)                      8:30 – 5:00pm</p> <p><b><u>8/27 months Developmental checks</u></b>                      (By Appointment only)                      2:00 – 4:30pm</p>
<p><b><u>Mapledene CC</u></b>  <b><u>Messy Play with Physical Literacy</u></b>                      0-5 years: 9.00am – 11.30am</p> 	<p><b><u>Mapledene CC</u></b>  <b><u>Music and Movement</u></b>                      0 – 24 months                      9.30am - 10.15am</p> 	<p><b><u>Mapledene CC</u></b>  <b><u>Little Cooks</u></b>                      0-5 years                      9.00am - 11.30am</p> 	<p><b><u>Mapledene CC</u></b>  <b><u>Under 18 months drop-in with Sing &amp; Sign</u></b></p>  <p>10.00am – 11.30am</p>	<p><b><u>Mapledene CC</u></b>  <b><u>Stay &amp; Play with bouncy castle</u></b>                      0-5 years 9.00am – 11.30am</p> 
<p><b><u>Morningside CC</u></b>  <b><u>Stay and Play for under 5's</u></b>                      9.00-11.30am &amp; 1.00 to 3.00p.m</p> 	<p><b><u>Morningside CC</u></b>  <b><u>Tiny Tots Stay &amp; Play including Soft Play Drop in session</u></b>                      9.00am-11.30am for Parents/Carers with children under 2</p> 	<p><b><u>Morningside CC</u></b>  <b><u>Busy Babies Stay &amp; Play Drop in with siblings under 5</u></b>                      9.00-10.00am for Parents/Carers with children under 1</p>	<p><b><u>Morningside CC</u></b>  <b><u>Music &amp; Singing Together</u></b>                      9.00am-10.00am                      10.15am-11.15am                      12.30pm-1.30pm                      1.45pm-2.45pm</p> <p><b><u>Toddler Yoga (5 weeks) for Parents/Carers with children 8 - 16 months</u></b>                      3.15pm-4.15pm</p>	<p><b><u>Morningside CC</u></b>  <b><u>Infant Feeding Support 9.00am-1.00pm Please book at reception</u></b></p> <p><b><u>New Baby Group Drop in session</u></b>                      9.30-10.30am</p> <p>For parents/carers with babies 0-6 months</p> <p><b><u>Baby Massage (5 weeks)</u></b>                      10.00am-11.30am you must call to book a place on                      020 8525 2400 for Parents/Carers with babies 6 weeks - 8 months</p>

<https://education.hackney.gov.uk/search/childrens-centres>

# Babies – 0 to 18 Months

Free activities and support for Hackney families with a child aged 0 to 18 months.

## At Hackney Children's Centres you can:

- Relax and enhance the crucial bond with your baby at a baby massage session
- Find out about giving your baby their first foods
- Receive information to keep your baby healthy
- Check that your baby has had all the immunisations they need
- Get support with breastfeeding
- Get support with sleep routines
- Make new friends for you and your baby

Check out the attached timetable. Please note that not all sessions take place in the Children's Centre.

Also speak to your local Children's Centre to claim a free First Aid course voucher (subject to availability)

