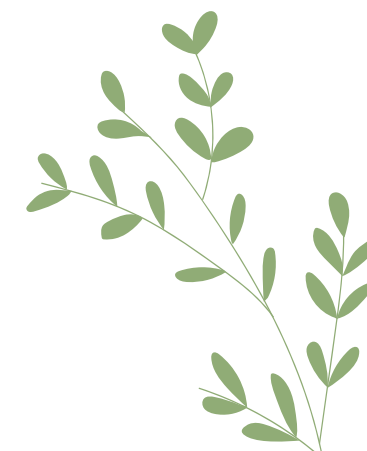
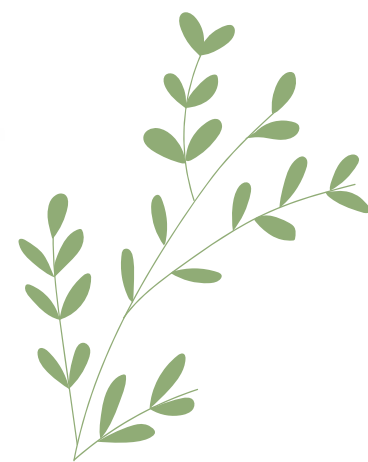


Spring Planner

April - June 2024

**For more information or to book a place, call Caroline in the Sure Start Office:
028 7744 6317.**

**Email: Caroline.OKane@dryarchcentre.co.uk
or complete the online enquiry form at www.dryarchcentre.org**



SureStart

Antenatal Programmes

(Programmes for parents expecting a baby)



Hypnobirthing

5 Sessions -

**Dungiven / Limavady TBC,
contact Caroline to express
interest**

This programme focuses on:

- Deep Breathing
- Relaxation Techniques
- Conversations you can have with your midwife
- Birth partner support

Welcome to the World Online - available at all times

Covers a number of themes:

- Parent's understanding of their baby,
- infant brain development,
- breast-feeding,
- infant care,
- parent's emotional health and well-being,
- communication between parents and their relationship as a couple.

Antenatal Reflexology

3 Sessions -

**Dungiven & Limavady Centres
by appointment only**

Reflexology is a wonderful way for expectant parents to relax and find relief during pregnancy. By applying gentle pressure to specific points on the feet, it can help reduce stress, alleviate discomfort and promote wellbeing,

Antenatal Programmes

(Programmes for parents expecting a baby)



Strength & Serenity

Dungiven Centre, Date & Time

TBC

**contact Caroline to express
interest**

Gentle stretches and breathing exercises to help keep you comfortable during pregnancy and prepare for birth.

Antenatal Connection Calls & Welcome Visits

Ongoing

Optional home visit for expectant parents to offer support on pregnancy and new parenthood, and to inform you about the services available to you

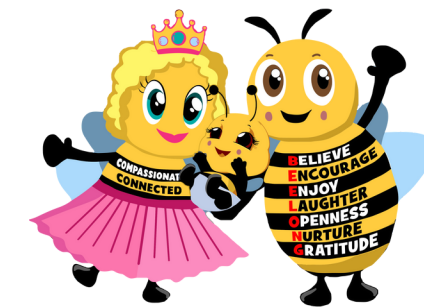
Antenatal Events & Workshops

**One off events / workshops - see
social media / app for details**

These one off events and workshops focus on specific areas relevant to your pregnancy and parenting journey, for example, infant feeding, newborn care, taking care of your physical and mental health after birth, babywearing (slings and carriers) and much more.

Postnatal Programmes

(Programmes for parents / carers with babies up to 12 months)



Baby Buddies Social Circle

Ongoing weekly: for babies from birth to pre-walking

Dungiven Centre - Tuesdays @ 10am

Limavady (Catherine Street) -

Thursdays @ 9.30am

Informal social group for parents / carers and their babies. Babies play in a soft, sensory environment while parents and carers can talk all things first year of life!

Breastfeeding Support

Ongoing weekly

Limavady (Catherine Street) -

Tuesdays @ 10am

Dungiven Centre - Fridays @ 10am

Our Breastfeeding Support Group is suitable for antenatal, new and experienced breastfeeding parents. Led by a trained facilitator, these programmes allow parents to share experience and gather information and support about feeding their baby.

Infant Massage & Yoga

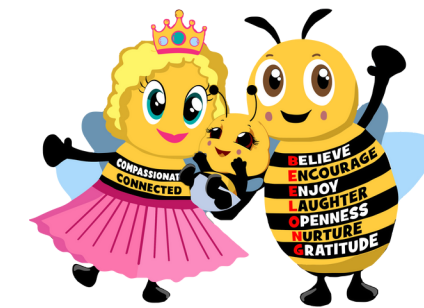
5 sessions: for babies from 6 weeks - pre crawling

Running in Dungiven and Limavady, contact Caroline to express interest

Infant Massage improves circulation, relieves teething discomfort, stimulates weight gain, strengthens muscle tone, and sparks brain development.

Postnatal Programmes

(Programmes for parents / carers with babies up to 12 months)



Solid Start Weaning

4 sessions: for parents with babies aged 17 weeks+
Date & Venues TBC, contact Caroline to express interest

Preparing parents for the weaning process:

- When and how to start
- First Foods
- Finger Foods
- Family Meals
- Baby Led Weaning

Ready Steady Sing & Play - Baby

4 sessions for parents with babies aged 6 months+

Parents / carers will obtain a range of Talking Tips and there will be lots of opportunities to try out fun and practical activities involving books and games.

Postnatal Events & Workshops

One off events / workshops - see social media / app for details

These one off events and workshops focus on specific areas relevant to your parenting journey, for example, promoting positive infant mental health, the importance of early interactions for your baby's development- bab wearing (slings & carriers), parental physical and mental health, plus much more .



'it takes a whole village to raise a child'



Community Connections

(Programmes within the local community for parents / carers with children aged 0-4 years)



Stay & Play With Me

**Ongoing weekly -
Burnfoot Community Centre -
Wednesdays @ 9.45am
Dry Arch Dungiven - Thursdays @
11.30am**

Weekly social sessions for parents
/ carers and children to learn
through play together.

Pop Up Play

**Sessions in local community venues
& schools - see social media / app
for details**

4 week blocks focusing on a
different type of play each week:

- Messy Play
- Role Play
- Physical Play
- Sensory Play

Stay & Sing with Me

**Ongoing weekly -
Dry Arch Dungiven - Tuesdays @
12pm
Gortnaghey Community Centre -
Thursdays @ 9.30**

Our weekly Stay and Sing with Me
sessions allow parents and children
to learn new songs and rhymes,
and to sing some of the old classics
too! With a wide range of props to
engage the children, you'll be
singing and dancing in no time!

Ready Steady - Learning Together

(Programmes for parents / carers with children aged 1- 3 years)



Ready Steady Shine!

**Date & Venues TBC, contact
Caroline to express interest**

We believe every child is unique and has their own pace of development. Facilitated by our neurodiversity champion, this programme is tailored to meet the individual needs of each child, allowing them to grow and thrive at their own speed.

Ready Steady Go

Children aged 2+

**Date & Venues TBC, contact
Caroline to express interest**

Through engaging activities & interactive play opportunities, this programme encourages your little ones to express themselves, make new friends, and build strong connections.

Ready Steady Sing & Play - Toddler

**Speech & Language Support -
Starting January**

**Venue TBC, contact Caroline to
express interest**

Parents / carers will obtain a range of Talking Tips and there will be lots of opportunities to try out fun and practical activities involving books and games.



Physical Fun

(Programmes for parents / carers with children aged 1 - 3 years)



Mini Movers - Physical

Mini Movers - Dance

4 Sessions, Venue TBC -

Contact Caroline to express interest

A fun filled, 4 week parent & toddler physical play programme. In the physical programme, together you and your child can explore different ways of moving your body, including jumping, crawling and balancing. In the Dance programme, music and props are used to offer opportunities to develop rhythm and a love of musical movement.

Tiny Tacklers Football Fun

4 Sessions, Venue TBC -

Contact Caroline to express interest

This 4 week programme allows parents and children to work together to develop and enhance their coordination and motor skills. Suitable for children aged 18 months - 3 years, learn how to kick a ball, score a goal and enjoy some fun games together as part of team - great for your child's social development!





Speech & Language Programmes



(Programmes delivered by our in house Speech and Language therapist for parents / carers with children aged 1- 3 years)

Any Time is Chatting Time

Dates & Venues TBC, contact Caroline to express interest

This programme explores how a toddler's brain develops; and simple messages are promoted i.e. when you smile, talk, laugh, sing and share stories with your child, you are helping to build their brain. The information is based on the latest research about the importance of serve and return interactions for the developing brain. This programme is packaged in a simple, accessible way to support behaviour change.

Tiny Talkers

4 sessions - Date & Venues TBC, contact Caroline to express interest

Tiny Talkers promotes early communication skills in children. Parents/carers will learn practical strategies to help support their children's development. The aim of the programme is to make language FUN, to promote PLAY, attention and listening and social skills. The parent-child programme is interactive, this provides lots of opportunities to develop children's expressive skills and vocabulary.

Early Language Talks

Early Language Talks help to increase parents/carers knowledge of the approaches and strategies that can be used, to support their child's communication development.

For more information, contact our Speech & Language Therapist, Linda Kapur on 028 7774 2904



Parenting Support Programmes

(Parent only programmes for parents / carers of children aged 0 - 3 years - Creche available at some programmes)



The Parenting Puzzle

4 Sessions

Dates & Venues TBC

Contact Caroline to express interest

This programme explores the following topics:

- Empathy and the 4 building blocks required for effective relationships
 - Appropriate expectations of behaviour and how to promote boundaries
 - Praise & Encouragement
 - Family Rewards
- And much more.

Growing Together - Bathroom Breakthroughs & Sleep Success

4 Sessions

Dates & Venues TBC

Contact Caroline to express interest

This programme looks at signs of readiness for toilet training, how to boost your child's confidence and how to encourage progress. Learn how to provide a nurturing sleep environment and positive night time routine to promote a night of deep sleep for your child.

Solihull Parenting Approach

6 sessions

Dates & Venues TBC

Contact Caroline to express interest

The Solihull Approach aims to

- Promote understanding of children's behaviour within the context of developmental issues
- Promote the development of parent/child relationship
- Increase confidence and self-esteem in both parents and children
- Give parents a strategy for repair when things go wrong
- Promote reflective, sensitive and effective parenting



'it takes a whole village to raise a child'



Parenting Support Programmes

(Parent only programmes for parents / carers of children aged 0 - 3 years - Creche available at some programmes)



HENRY - Nutrition Matters

Date & Venues TBC, contact Caroline to express interest

The HENRY Programme aims to explicitly build family resilience through a strengths-based, solution-focused partnership approach that supports families to take control of their own lives, identify their own lifestyle goals and plan to achieve them in a way that will work for their family. Families are then able to make and sustain lifestyle changes, contributing to a healthier community culture.

Cook It

Date & Venues TBC, contact Caroline to express interest

Each week parents/carers will learn how to make authentic meals to spice up their dinner plans, ingredients are provided and a facilitator is on-hand to guide everyone through the recipes step by step. And because it's interactive everyone can chat and cook together. Each block of sessions has a different theme (family meals, fakeaways, tastes of the world etc).

Craft Circle: Yarn A While / Knit & Natter / Macrame Marvels

Dates & Venues TBC, contact Caroline to express interest

Whether you're a seasoned pro or picking up needles for the first time, there's a place for you in the Craft Circle. Each gathering is a lively blend of laughter, camaraderie, and creativity, as members bond over their shared passion for yarn and thread. Beyond the joy of crafting together, the Craft Circle also serves as a hub for giving back to the community. Members often collaborate on charity projects such as yarnbombing for Stendhal or creating hats and blankets for newborns.



'it takes a whole village to raise a child'





Parenting Support Programmes



(Parent only programmes for parents / carers of children aged 0 - 3 years - Creche available at some programmes)

Parenting With Purpose - Nurturing your child's potential

Venue & Dates TBC

contact Caroline to express interest

- What every parent needs to know; linking children's stage of brain and emotional development to appropriate expectations of behaviour.
- Growing together: a readiness for change & creating the conditions for change to happen.
- Descriptive guidance and praise. Communicating clearly, being responsive to child's needs.
- Naming and showing empathy towards children's feelings.
- Reacting and responding appropriately to children's behaviour.
- Setting limits and Holding Boundaries.
- 7 C's of Respectful Parenting
- Wellbeing for parents / carers

Family Events & Workshops

One off events / workshops - see social media / app for details

These one off events and workshops focus on specific areas relevant to your parenting journey, for example, promoting positive parental physical health and mental and emotional wellbeing, spending time together as a family, and community fun days and events.



For more information, or to express interest in programmes, please
contact Caroline in the Sure Start office on 028 7744 6317

Caroline.OKane@dryarchcentre.co.uk

or complete the online enquiry form at www.dryarchcentre.org



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