Join us on line: rochdale.gov.uk/childdrenscenres

Find us on: rochdalecouncil

Rochdale’s Sure Start Children’s Centres offer access to a range of support and services for families with children aged under 5 to give children the best start in life and help them to reach their potential. Services include early learning and childcare, parenting advice and health services and help for parents to find work or training.

**Belfield Hub**
Including Heybrook and Littleborough, Virtual Timetable

**Sure Start Children’s Centre**

**Belfield Children’s Centre**
Samson Street
Rochdale
OL16 2XW
Tel: 01706 356634

**Heybrook Children’s Centre**
Park Road
Rochdale
OL12 9BJ
Tel: 01706 630712

**Littleborough Children’s Centre**
Denhurst Road
Littleborough
OL15 9LD
Tel: 01706 378166

Please note

Until further notice Belfield and Heybrook are closed.

All calls and questions should be directed to Littleborough which is open Tues, Thur and Fri.

Family Support

We can offer advice and support on a wide range of issues:

- Housing
- Back to work and training
- Dome violence
- Toilet training
- Behaviour management
- Support your child to give up their Dummy and much more

**Family Support Services**

**Belfield Children’s Centre**
Samson Street
Rochdale
OL16 2XW
Tel: 01706 356634

**Heybrook Children’s Centre**
Park Road
Rochdale
OL12 9BJ
Tel: 01706 630712

**Littleborough Children’s Centre**
Denhurst Road
Littleborough
OL15 9LD
Tel: 01706 378166

June 2020
Schedule for the week
Morning, afternoon, evening
6-12 months

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nappy change chat</td>
<td>Toy hide and seek</td>
<td>Games with a box</td>
<td>Listening for sounds</td>
<td>Boogie time</td>
</tr>
<tr>
<td>Snack time chat</td>
<td>Play with puppets</td>
<td>What's in the bag?</td>
<td>Washing up helper</td>
<td>Talking bananas</td>
</tr>
<tr>
<td>Songs with actions</td>
<td>Copycat game</td>
<td>Bath time chat</td>
<td>Who's holding teddy?</td>
<td>Looking at a scrap book</td>
</tr>
</tbody>
</table>

Five essential things you do every day that helps your child’s growing brain.

Respond • Cuddle
Relax • Play • Talk

Do these five things each time you interact with your child from the time they are born and you will help to grow a healthy, strong and confident child.

My brain grows better when you respond to me – I feel safe when I hear your voice, you look at me and you are close to me.
I learn from watching and interacting with you, other children and adults.

My brain grows better when you cuddle me – I feel most safe when I get the contact I need with an adult who loves me.
I learn when you spend time singing songs and rhymes with me.

My brain grows better when you relax with me – When you are calm, I am calm.
I learn from you sharing stories and books with me.

My brain grows better when you play with me – Toys are great but the best toy in the world for me is you.
I learn when you give me opportunities to play and become independent, so let me have a go.

My brain grows better when you talk to me – I learn from the sound of your voice.
The more you talk the more I copy you.
I need you to listen to me and take notice of what I am trying to say.

https://www.bbc.co.uk/tiny-happy-people

Although the Children centre’s are closed, we are still able to offer a range of support, such as weaning advice, parenting support, home learning support.
If you do want any advice or support please telephone 01706 378166 or email Littleboroughcc@rochdale.gov.uk
<table>
<thead>
<tr>
<th>Day</th>
<th>Session</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Baby Massage</td>
<td>1.30pm</td>
<td>A relaxed session you can do at home virtually with your baby, led by our centre workers. The session will support bonding and attachment, baby's brain development, colic issues and communication skills. 0-6 months</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Storytime</td>
<td>1.00pm</td>
<td>Join us for an interactive story time session. This session will support your child’s attention and listening skills.</td>
</tr>
<tr>
<td></td>
<td>Bump to Baby</td>
<td>2.00pm</td>
<td>Antenatal session for parents to be from 28 weeks pregnant.</td>
</tr>
<tr>
<td></td>
<td>Baby Massage</td>
<td>6.00pm</td>
<td>A relaxed session you can do at home virtually with your baby, led by our centre workers. The session will support bonding and attachment, baby’s brain development, colic issues and communication skills. 0-6 months</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Rhyme Time</td>
<td>11.00am</td>
<td>Join us for a virtual singing session aimed at younger Children to support communication skills. 2-3 years</td>
</tr>
<tr>
<td></td>
<td>Weaning</td>
<td>10.30am</td>
<td>Join us for an weaning session. This session will support your child moving on to solid food.</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Messy Play</td>
<td>10.30am</td>
<td>Join us for an interactive Messy play session.</td>
</tr>
<tr>
<td></td>
<td>Bonding with Baby</td>
<td>11.00am</td>
<td>Antenatal session for parents to be from 16 weeks pregnant</td>
</tr>
<tr>
<td></td>
<td>Sing a long with us</td>
<td>11.00am</td>
<td>Join us for an interactive Singing session. This session will support your child’s attention and listening skills.</td>
</tr>
</tbody>
</table>

ALL OUR SESSIONS ARE VIRTUAL.
DELIVERED BY OUR STAFF USING ZOOM.

If you are interested in joining a session please contact 01706 378166 Tuesday, Thursday or Friday Or email Littleboroughcc@rochdale.gov.uk with your details

Please do not attend our children’s centre for any of these sessions. All children centres are closed, unless you are attending an appointment.