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.

The Early Help Assessment (EHA)

A new way of working with Children and young people. It involves listening to you and your child to find out your families needs and what is working well in your child’s life. See staff for details.

Family Support

We can provide a range of support on a wide range of issues:

- Housing
- Back to work and training
- Domestic violence
- Toilet training
- Behaviour management
- Helping your child to give up their dummy and much more

Join us online:

rochdale.gov.uk/childrenscenres

facebook.com/rochdalecouncil

Twitter: rochdalecouncil

Meaneood Children’s Centre

Churchill Street
Rochdale
OL12 7DJ

Tel: 01706 753240
Monday - Friday
8.45am - 12.45pm

Norden Children’s Centre

Shawfield Lane
Rochdale
OL12 7RQ

Tel: 01706 926740
Monday - Friday
12.30pm - 4.30pm

Howard Street Children’s Centre

Tel: 01706 926700
howardstcc@rochdale.gov.uk
Monday - Friday
8.30am - 5.00pm

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Howard Street Hub

Including Howard Street, Meanwood and Norden

Virtual Timetable

Sure Start Children’s Centre

July 2020
Activities to support Childrens's Learning and Development

BBC Tiny Happy People
Check out ‘Tiny Happy people’ Website by the BBC, with loads of top tips and short clips to watch, to help your child’s development. www.bbc.co.uk/tiny-happy-people

There are also tips and advice from experts, as well as other parents, from ideas for talking to your child, to tips for pregnancy and parent wellbeing.

Virtual Family Journey Sessions coming soon.

We will be offering virtual information sessions such as our:

- Complimentary feeding (weaning) session.
- Potties and sleep information session.
- School readiness information sessions
- Bump to baby antenatal information session

If you are interested in booking onto any of these sessions please telephone reception on 01706 926700 or 01706 753240

Activities to support Childrens’s Learning and Development

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.
**Howard Street Hub**

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<th><strong>TUESDAY</strong></th>
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<td>2 sessions</td>
<td>Story Time</td>
<td>Complimentary feeding (Weaning)</td>
<td>Bump to baby</td>
<td>Potties and Sleep</td>
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| Baby Massage AM | A virtual story telling session delivered by our centre worker to support your child’s imagination and communication skills.  
| Baby Massage PM | delivered via Zoom  
| 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.  
| 0-6months | Starts 16th June  
| Must Book | 9th and 16th  
| 10.00am | Reminder for those booked on  
| Baby song and Rhyme Time | If you are interested in joining this session please contact 01706 753240 or 01706 926700  
| Join us for a virtual singing session aimed at younger children to support your child’s communication skills.  
| 0-18months | Would you like support with potty training or sleep patterns for your little one  
| 18months plus | 18months—5 years |
| Virtual Breastfeeding Support | Complimentary feeding (Weaning)  
| Delivered in a relaxed informal style via Zoom  
| Must Book | Join us for a virtual singing session to support your child’s communication skills.  
| All children centres are closed, unless you are attending an appointment |
| | Online information session providing you with information on how to introduce your baby to solid food  
| 3—6months | Please do not attend our children’s centre for any of these sessions. |
| Mini Movers | Join us for a virtual physical dance session in your home  
| Supporting your child’s physical | If you are interested in joining this session please contact 01706 753240 or 01706 926700  
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