

Sheffield Family Centres

Virtual What's On!

Winter 2020/21



@SheffieldFamilyCentres



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Sheffield Family Centres



0114 273 5665



sheffieldfamilycentres@sheffield.gov.uk

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Breastfeeding Group

A friendly and informal online group for you to get advice, information and support from one of our trained Infant Feeding Support Workers who can help you on your breastfeeding journey. It is also a great chance for you to meet other breastfeeding mums to share experiences and socialise together.



Infant Feeding Support

Our Infant Feeding Workers are still supporting women across the city around feeding and caring for your baby. Whether you are breastfeeding or bottle feeding or both our workers are here to support! Should you require any support contact us on 0114 2735665 and someone will get back to you when possible. You can also email Sheffieldfamilycentres@sheffield.gov.uk



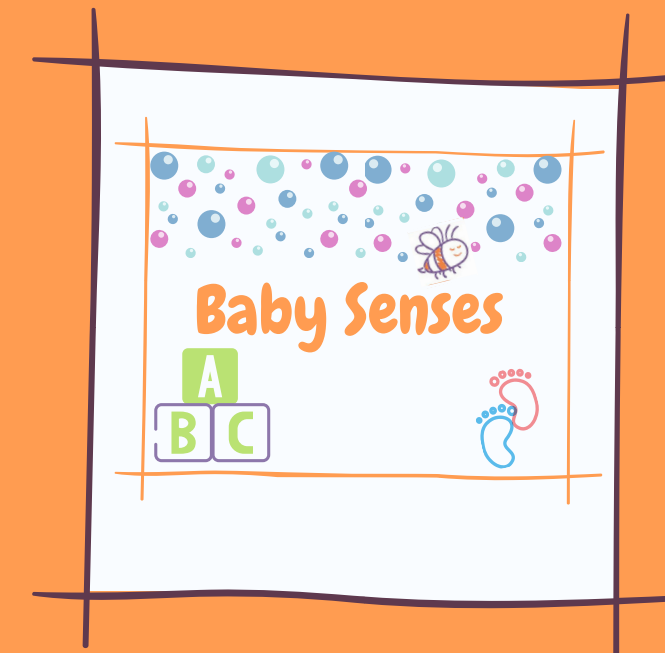
Baby Group

A fun and relaxing virtual group for you and your baby.

A great way to meet other new parent/carers online and share tips and ideas!

My Baby Senses

A fun session for babies from 6-18 months which focuses on supporting development through stimulating the different senses through a range of simple play activities which are suitable for the home environment. Each week will have a different theme.



Bookstart Corner

An informal and relaxing session for parents and carers of children aged 1– 2.5 years old to find out more about the Bookstart Corner programme and how the FREE Bookstart Corner resources can be used as part of play and routines at home to support your child's learning and development.

Everyone that signs up will receive a free pack full of wonderful resources including:

- Go, go Pirate Boat book
- Colours with a Ladybird book
- Finger Puppets
- Song sheets
- Drawing pad
- Colouring crayons and much more!

Packs will be delivered to your home and our staff will follow social distancing guidelines at all times during the delivery



Bookstart
BookTrust

Toddler Activities

Take part in our monthly themed activity challenge for toddlers on our Social Media pages



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Baby Massage

A free 3 week course. Sessions for ages 6 weeks up to 3 months & 3 months up to 6 months

Massage helps to support the development of a strong attachment, reduce crying and emotional stress, helps babies to relax, develops body awareness and coordination, supports relief from wind, colic, constipation and teething discomfort. Parents can learn the massage techniques in order to practice massage at home.

Please visit our Eventbrite page to see groups running. All groups require booking in advance:

<http://sheffield-family-centres.eventbrite.com>

Sheffield Family Centres -Online Group Calendar

Monday

**Baby Group
1:30pm-2:30pm**



Tuesday

**Baby Group
10am-11am**

**Bookstart Corner
10am-11am**

**Breastfeeding Group
1pm - 2pm**

Wednesday

**My Baby Senses
10am-11am**

**Breastfeeding Group
10:30am-11:30am**

**Baby Group
1:30pm-2:30pm**

Thursday

**Baby Group
10am-11am**

**Breastfeeding Group
10:30am-11:30am**

**Bookstart Corner
1pm-2pm**

Friday

**Baby Group
9:30am-10:30am**



Please note the theme of the sessions will only change weekly therefore booking onto sessions in the same week will mean content will be duplicated.
Calendar may be subject to change.

**All groups require booking in advance via Eventbrite:
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