



TADPOLES

A new 10 week group for two year olds and their parents. Ideal for those who have been home visited or any who have just turned 2 years old.

Friday mornings 10-11.15am

Language, Emotions and Socialising are some of the themes covered in this course. If your child has turned 2 and you think they would benefit from this small group please speak to Carrie or Dana 01306 740095

BABY MASSAGE

We run 4 -week baby massage courses regularly throughout the year.

These popular sessions can be booked by ringing Sarah on 01306 740095.

Ideal for babies under 6 months of age.



HEALTHY EATING WORKSHOPS

Practical hands-on experience of preparing family meals.

Come and join our small groups learning about portion sizes, cooking tips and ideas for healthy low cost meals for young families.

To find out more, speak to Jackie or Natalie on 01306 740095



DENTAL HEALTH IN CHILDREN

Tuesday March 14th 1.30-2.45pm

In the play room at Goodwyns Road

Home Visiting Scheme

We provide a Home Visiting service to families in our local area, working alongside parents within the home to support their child's development and learning through play.

Family Outreach Support

One of our family support practitioners can offer support with children's sleep difficulties, behaviour management, routines and parenting as well as helping you to access other services.

Please note - We prioritise attendance at busy sessions to those families living within our reach area.



Dorking Nursery School and Children's Centre

Spring Term 2017



West Street Children's Centre Site (Term time only)

West Street

Dorking RH4 1BY

01306 882397 or email:

reception@dorking.surrey.sch.uk

Groups start on Thursday 5th
January 2017 until Friday 31st March

Closed at half term

Goodwyns Road Children's Centre Site (All year round)

Goodwyns Road

Dorking RH4 2LR

01306 740095 or email:

adminrural@dorking.surrey.sch.uk

Groups start on Thursday 5th
January 2017. Open at half term
and Easter holidays

A Sure Start Children's Centre

Monday

10am—11.45am
Under 5s Stay and Play Drop-in

9.30am-11am
Exploring Communication Development
3 week course
Jan 23rd-Feb 6th



9.45am-11.45am
Understanding Children's Behaviour
5 week course
27th February to 27th March
Crèche available



1pm—2pm
Toilet training workshops
Ring the centre to add your name to the waiting list for the next workshop

Crèche provided



West Street site



Goodwyns Road site



Tuesday

9.30am—11.30am
Child-minders Group

10am—11.45am
Under 5s Stay and Play Drop-in

11.15-11.45am
Toy Library
Toys, books, games and instruments to borrow.
50p to borrow for 2 weeks

1pm—4pm
Midwife Discharge Clinic
Appointments booked through midwife



1.30pm—2.45pm
Dental Health in Children
Tuesday 14th March



Vitamins
Healthy start vitamins available everyday at both sites

Wednesday

£1.50 donation for groups

1pm-2.45pm
Under 3s Stay and Play Drop-in

12.45-2.45pm
Brush up on your Maths
7 week course
For those wanting to improve their everyday Maths skills.
To book a place speak to one of us at the Centre



1-3pm
Post natal course
3 week course
Introductory course for Parents of babies under 6 months.
A chance to meet other parents and discuss issues such as dental health, safety at home, feeding, emotions and other topics

Thursday

9.30am—11.15am
Under 3s Stay and Play Drop-in

10am—11.45am
Under 5s Stay and Play Drop-in

1pm—2.45pm
Kickers and Crawlers
Drop in session for pregnant Mums and babies under 1y
Feeding advice on hand

Health Clinic
9.30am and 10.40am
27 month check appointments

Healthy Weight Clinic
1pm—2.30pm
Appointments booked via health visitors

Early weeks (under 16w)
Drop-in clinic
2.30pm—3.30pm

Feeding support available
1.30-3.30pm



Friday

9.30am—11.15am
Under 3s Stay and Play Drop-in

10am-11.15am
Tadpoles
A small group for 2s focusing on language skills, feelings and socialising. To find out more ring the centre.

10am—11am monthly
Introducing solid foods
2nd Friday of the month
Please let us know if you intend to come

