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| --- | --- | --- | --- | --- | --- |
|  | **Activity** | **Time** | **Additional Information** |  |  |
| **Monday** | **Story and Rhymes** **( 0 – 8years)** **Family Support**  | dear zoo10-10.30am  | **Fun with stories and songs****Advice and support**  | Every MondayYou will be booked for a 30min appointment with a Family Support Worker. | **Forest Gate Children’s Centre has put together a timetable of live online sessions, where you can join us and other families, learning and playing together.** **We also require that all participants have their video switched on at all times;** this is a further protection, allowing staff to ensure only invited participants attend.**We will not use your email address for any other purpose and we adhere with all relevant legislation.****Please note: These sessions will be for Forest Gate children’s centre residents only. If spaces are available we will then open this up to other community neighbourhoods within Newham**. If you have any questions please give us a call Kay Rowe:0208 534 4403 option 3 Maryland:0208 534 8351 |
| **Tuesday** | **I am 2! (18 – 30months)**   | images10-10.30am   | **Advice and support about your 2 year old’s learning** | Every Tuesday |
| **Wednesday** | **Signalong Story and Rhymes****( 0 – 8years)****SEND Stay and Play in the park****( 0 – 8years)** | images (1) 10-10.30am 1-3pm  | **Sing and Sign with Josie****For children with special educational needs and disability.** | 5 and 19 Aug 29 Jul and 5,12 and 19 Aug |
| **Thursday** | **Coffee Morning** **Baby Massage****Baby Yoga****(3-6months)** | images (2)10-10.45am 1-2pm1-2pm  | **Advice and support for parents/careers** **13,20,27 Aug and 3 Sept****10,17 and 24 Sept** | **Coffee Morning**30 Jul - Family routines 6 Aug - Managing behaviour13 Aug –Taking care yourself20 Aug -Talking and listening27 Aug- Learning through play |
| **Friday** | **Baby Story and Rhymes** **(0-12months)****SEND Family Support**  | 5 little ducks10-10.30am  | **Interactive story and songs with your baby****For families with children with special educational needs and disability.**  | 14, 21 and 28 AugYou will be booked on for a 30min appointment with the Family Support Worker.  |



**Forest Gate Children’s Centre—Kay Rowe and Maryland**

**Virtual Summer Activities Jul-Aug 2020**

**Tel. No. 0208 534 4403**

**Summer 2020**



**To book your preferred sessions; click on the link below and you will receive your Zoom ID number**

[**https://docs.google.com/forms/d/18yKfvXvPSgc51jkT2R3cpgqPxCv7vT9nOMNK6PwAVOA/viewform?edit\_requested=true**](https://docs.google.com/forms/d/18yKfvXvPSgc51jkT2R3cpgqPxCv7vT9nOMNK6PwAVOA/viewform?edit_requested=true)

**If you are not registered with FGCC please register first before booking on to sessions by following the link below**

<https://newham-self.achieveservice.com/service/Best_Start_in_Life_Registration>

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Parent Nutrition Webinars

**Weaning your Baby- Webinar for Parents**

This 30 minute webinar will support parents on their weaning journey. Our registered nutritionists will cover the following topics to build your confidence when feeding your baby:

-       What foods to offer?

-       Demonstrations on preparing food textures – from purees to lumpy/mashed foods and finger foods

-       How to support your baby at mealtimes

-       Drinks for your baby with advice on introducing a cup

There will also be an opportunity to answer any questions you may have

**Dates/Times:**

**July August**

Wednesday 1st July 10.30am Monday 10th August 10.30am

Thursday 16th July 8pm Tuesday 18th August 8pm

Friday 31st July 1.30pm Thursday 27th August 1.30pm

**To book:**

<https://www.earlystartgroup.com/nutrition/parents-page/weaning-your-baby-webinar-for-parents/>

**Toddler Meals and Snacks- Webinar for Parents**

This 30 minute webinar will support parents when planning meals and snacks for their little ones. Our registered nutritionists will cover the following topics to build your confidence at mealtimes:

-       Meal planning advice – what foods to offer

-       Creating a positive mealtime environment

-       Snack and drink ideas

-       Step- by- step recipes to make meal preparation easier

There will also be an opportunity to answer any questions you may have

**Dates/Times:**

**July August**

Tuesday 7th July 10.30am Wednesday 5th August 10.30am

Thursday 23rd July 1.30am Friday 21st August 1.30pm

Monday 27th July 8pm Tuesday 25th August 8pm

**To book:**

<https://www.earlystartgroup.com/nutrition/parents-page/toddlers-meals-and-snacks-webinar-for-parents/>

**For more information about things to do over the summer break, check our website**

[www.kayrowe.newham.sch.uk](http://www.kayrowe.newham.sch.uk) [www.maryland.newham.sch.uk](http://www.maryland.newham.sch.uk)

**Or call us on:**

 **Kay Rowe 020 8534 4403 Maryland 020 8534 8351**

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