

Celebrating 10 years of Saturdads - everyone welcome!



Family Fun Day

Saturday 17th August 2019 · 11am-2pm

Honeyhill Children's Centre

150 Chadburn, Paston, Peterborough, PE4 7DH

Bouncy Castle • Soft play • Birds of prey demo at 1pm •
Raffle • Slime workshop • Hot food • Bingo
Stalls • Face painting • Beach games

Are you a stall holder and interested in having a stall? £10 per table.
Contact Angie Lovell on 07790 604305 for details.



Prize for every dad
in a Hawaiian shirt!



29th July-31st August 2019

Honeyhill Children's Centre Summer Holiday Activities

A guide to activities for families with children
0-5 years living in the North of Peterborough.



You'll discover more than you think at your local children's centre!

If you are expecting a baby or have a child
0-5 years, the centre is helping to make sure
that:

- Your child is ready for school at age 5
- You are equipped to give your child the best start in life
- Your family experiences good health and well-being
- You are supported to achieve economic well-being

Our main base is at
Honeyhill Children's Centre,
150 Chadburn, Paston,
Peterborough, PE4 7DH

Tel: 01933 417040.



Find us on:
facebook®



Date & time	Activity	Age	Venue	To book?
Tuesday 30th July, 9.30-11am	Baby Play Fun ways to learn about your baby's development. Meet other families with babies.	Pre-walkers only	Honeyhill Children's Centre	No need to book, just come along!
Tuesday 30th July, 1-2pm	Move & Groove Time to get moving! Join us for dancing, action songs, parachute play and take part in our weekly family challenge. No need to book, just come along and move and groove! Although this is a drop in session the group is first come, first served and due to health and safety reasons we may have to limit the number of families in the session.	2-7 years (older siblings welcome)	Honeyhill Children's Centre	No need to book, just come along!
Friday 2nd August, 10.30-11.45am	Messy Play: Join us for a sensory, creative learning through play session. Children will learn through their senses at this messy session. Wear old clothes!	0-5 years (older siblings welcome) £1 donation	Honeyhill Children's Centre	Book at the centre or call 01933 417040 from 15/7
Saturday 3rd August, 10am-12pm	Saturdads: Play session for dads/male carers and their children. Come along and explore indoor and outdoor play activities together.	0-5 years (older siblings welcome)	Honeyhill Children's Centre	No need to book, just come along. Breakfast on sale.



Baby Café Picnic: Friday 2nd August, 10.30am-1pm, Peterborough Cathedral Come along and celebrate World Breastfeeding Week.

- Registered 'Global Big Latch On event'
- Peer supporters on hand to listen, offer support and information
- Bring a picnic
- Free goody bags and children's entertainment

Baby Café is a free drop in offering information and support for pregnant and breastfeeding mums and their families.



There are lots of things you can do to get your child ready for school. When your child starts school it will help to be able to do the following:

S ...shoes, socks and put on clothes

- Show your child, then encourage them to keep practising
- Allow extra time in the mornings or when going out
- Let your child practise putting on their school uniform
- Give positive praise for trying

T ...talk, listen, share and follow instructions

- Talk to your child about what you are doing around the house
- Switch off technology for a while
- Sing songs, read stories or share a book and talk about the pictures daily
- Praise your child for following clear instructions

A ...ask for help

- Encourage your child to have a go at things and to ask for help when you need it
- Model how to ask for help using a full sentence: 'Please can you help me?'
- Tell your child that it is ok to ask for help

R ...ready to try different foods and tools

- Find fun activities to get hands and fingers moving (e.g. playdough and Lego)
- Use pencils, crayons and paintbrushes to practice drawing and painting
- Show your child how to hold and use a knife, fork, spoon and scissors

T ...toilet on their own

- Talk to your child about using the toilet and washing their hands
- Show your child how to wash their hands and dry their hands
- Give positive praise for trying to do this independently
- Try using a reward chart to encourage your child

Visit www.peterborough.gov.uk/START for more information



Week 5

Date & time	Activity	Age	Venue	To book?
Tuesday 27th August, 9.30-11am	Baby Play Fun ways to learn about your baby's development. Meet other families with babies.	Pre-walkers only	Honeyhill Children's Centre	No need to book, just come along!
Tuesday 27th August, 1-2pm	Move & Groove Time to get moving! Join us for dancing, action songs, parachute play and take part in our weekly family challenge. No need to book, just come along and move and groove! Although this is a drop in session the group is first come, first served and due to health and safety reasons we may have to limit the number of families in the session.	2-7 years (older siblings welcome)	Honeyhill Children's Centre	No need to book, just come along!
Friday 30th August, 12-1.30pm	Hawaiian Family Party Join us for an end of summer topical party. There will be music, dancing, party games and food. Why not dress up for the occasion! £2 per child (includes party food bag for each child).	18m+	Honeyhill Children's Centre	Book at the centre or call 01933 417040 from 15/7
Saturday 31st August, 10am-12pm	Saturdads: Play session for dads/male carers and their children. Come along and explore indoor and outdoor play activities together.	0-11 years (older siblings welcome)	Honeyhill Children's Centre	No need to book, just come along. Breakfast on sale.

Baby Café (Tuesdays, 10-11.30am at Honeyhill Children's Centre)

A weekly drop-in for pregnant mums-to-be, or breastfeeding/expressing mums. Free qualified support and social time. No need to book, just come along!



Week 2

Date & time	Activity	Age	Venue	To book?
Tuesday 6th August, 9.30-11am	Baby Play Fun ways to learn about your baby's development. Meet other families with babies.	Pre-walkers only	Honeyhill Children's Centre	No need to book, just come along!
Tuesday 6th August, 1-2pm	Move & Groove Time to get moving! Join us for dancing, action songs, parachute play and take part in our weekly family challenge. No need to book, just come along and move and groove! Although this is a drop in session the group is first come, first served and due to health and safety reasons we may have to limit the number of families in the session.	2-7 years (older siblings welcome)	Honeyhill Children's Centre	No need to book, just come along!
Friday 9th August, 10-11.30am	Family Drop In Drop in and have fun at the children's centre! We'll have lots of fun activities to share together. No need to book—just come along! Although this is a drop in session the group is first come, first served and due to health and safety reasons we may have to limit the number of families in the session.	0-5 years (older siblings welcome) £1 donation	Honeyhill Children's Centre	No need to book, just come along!

Volunteer with us at the children's centre

We're always looking for volunteers to join our children's centre teams. Volunteering gives you the chance to gain new skills, knowledge, experience, build your confidence and meet new people.

We are looking for volunteers to prepare and serve food in our community café on Tuesday mornings and Friday lunchtimes from September 2019 onwards. Ask at reception for further details.

Week 3

Date & time	Activity	Age	Venue	To book?
Tuesday 13th August, 9.30-11am	Baby Play Fun ways to learn about your baby's development. Meet other families with babies.	Pre-walkers only	Honeyhill Children's Centre	No need to book, just come along!
Tuesday 13th August, 1-2pm	Move & Groove Time to get moving! Join us for dancing, action songs, parachute play and take part in our weekly family challenge. No need to book, just come along and move and groove! Although this is a drop in session the group is first come, first served and due to health and safety reasons we may have to limit the number of families in the session	2-7 years (older siblings welcome)	Honeyhill Children's Centre	No need to book, just come along!
Saturday 17th August, 11am-2pm	Family Fun Day Fun activities for the whole family including bouncy castle, hot food, games and stalls. See back page for details.	Whole family welcome	Honeyhill Children's Centre	No need to book, just come along.

Baby Play at Manor Farm Community Centre in Eye

Come along to meet other parents & carers with babies from birth to pre walkers. A great opportunity to find out about your baby's development through play including treasure baskets, singing, sensory play and much more! **Make a treasure basket for your baby to take home.**

Please contact Jo for more information 07814 697606

Tuesdays: 16th July, 30th July, 13th August, 27th August, 3rd September, 10:00am to 11:30am, Manor Farm Community Centre, 70 High Street, Eye PE6 7UY. The sessions are free so why not come along?



Week 4

Date & time	Activity	Age	Venue	To book?
Tuesday 20th August, 9.30-11am	Baby Play Fun ways to learn about your baby's development. Meet other families with babies.	Pre-walkers only	Honeyhill Children's Centre	No need to book, just come along!
Tuesday 20th August, 1-2pm	Move & Groove Time to get moving! Join us for dancing, action songs, parachute play and take part in our weekly family challenge. No need to book, just come along and move and groove! Although this is a drop in session the group is first come, first served and due to health and safety reasons we may have to limit the number of families in the session	2-7 years (older siblings welcome)	Honeyhill Children's Centre	No need to book, just come along!
Friday 23rd August, 10-11.30am	Family Drop In Drop in and have fun at the children's centre! We'll have lots of fun activities to share together. No need to book—just come along! Although this is a drop in session the group is first come, first served and due to health and safety reasons we may have to limit the number of families in the session.	0-5 years (older siblings welcome) £1 donation	Honeyhill Children's Centre	No need to book, just come along!

Speech and Language Therapy Drop In Service

If your child not yet at school you can come to one of our drop in sessions to talk about your child's speech, language and communication or any other concerns you have with a speech and language therapist.

Friday 26th July - 9:30am - 11:30am - Gladstone Children's Centre
 Friday 13th August - 9am - 12:30pm - Gladstone Children Centre
 Thursday 5th September - 9am - 12pm - Caverstede Early Years Centre (Walton)
 Monday 9th September - 9am -12:30pm - First Steps Children's Centre
 Friday 13th September - 9am -12:30pm - 9.30-11.30 - Gladstone Children Centre