

MONDAY

Toddler Rhyme Time
10.15-11.00

At the Birkdale Hub Station
Master's House next to Birkdale
Station **Booking Required**

Baby Yoga 1.30-2.30
23/9-14/10 6m-12m

4-week course. Helps with nurture
and bonding. Promotes balance, co-
ordination and motor skills.
£10 to pay - Booking Required

TUESDAY

Jo Jingles 10/9-22/10
18m -3yrs 9.30-10.15
3m-18m 10.45-11.30

amazing music and movement session
With Fran **£35 - 7 weeks**
Booking Required

BABY WEIGH IN 1.00-3.00

Contact your Health Visitor to
book on

WEDNESDAY

Dancing Songbirds 9.30-10.10

Come and join Aimie for dancing, singing
and rhymes. 18m-3yrs

Baby Rhyme Time 10.30-11.00

Birth to crawling
Enjoy rhymes and songs with your baby

FRIDAY

Baby Massage 1.30 - 2.30

4/10 - 25/10

6 weeks-6months

A 4-week course. A chance for you and
your baby to bond while encouraging
better sleep patterns.

£10 to pay - Booking Required

AT FARNBOROUGH ROAD TIMETABLE

SEPT - OCT 2024

First Steps Family Wellbeing Centre
Farnborough Road Infant School,
Farnborough Road, Birkdale, PR8 3DF.

Tel: 01704 572 579

c.horton.fs@schools.sefton.gov.uk

FACEBOOK – first steps family wellbeing centre
INSTAGRAM – first.steps.fwbc

Please ask us about...

HomeSafety

Speech &
Language

Behavioural
Support

Welfare
Advice

Healthy
Start
Vitamins

MONDAY

Little Treasures 10.00-11.00

Support your child's early learning through treasure baskets, songs and stories!

For babies birth to crawling, no need to book.

BABY WEIGH IN 1.00-2.00

Contact your Health Visitor to book on

TUESDAY

Mini Movers 10.00-11.00

suitable for babies/crawlers and cruisers. Discovery session to explore in a safe soft space. Songs and story to finish

NO BOOKING REQUIRED

TOP TOTS 1.30-2.30

A physical fun activity session to encourage large motor skills suitable for aged 18month+

NO BOOKING REQUIRED

WEDNESDAY

Tiny Club - 1.00-1.45

18/9 - 23/10

A 6 week course of discovery classes for you and your baby. Through activities and play you will learn about tummy time, reading to baby, bonding and much more. Suitable from birth-crawling **Booking Required**

FRIDAY

Little Chefs 10.30-11.30

20/9 - 25/10

Suitable for aged 2-5
A brilliant activity to do with your child. A chance for your child to experiment with food. £12 for 6 week course.

Booking Required

SATURDAY

Dad's Club is back! 10.00-12.00

Join Scott for fun and games
21/9 5/10 19/10 2/11

NO BOOKING REQUIRED

AT KINGS MEADOW TIMETABLE

SEPT - OCT 2024

First Steps Family Wellbeing Centre
Kings Meadow Primary School,
Meadow Lane, Ainsdale, PR8 3RS

Tel: 01704 571606

c.horton.fs@schools.sefton.gov.uk

FACEBOOK – first steps family wellbeing centre
INSTAGRAM – first.steps.fwbc

Please ask us about...

Employability

Parenting
Advice

Breastfeeding
support

Early
Help

Domestic
Abuse

Welfare
Advice