

Which is the Right Session for Me and My Family?

Session Name	Age of Child	Information about the Sessions.	How do I attend?
Mini Explorers	Confidently walking – 3 years	This session offers a welcoming and supportive environment for parents/carers to engage with their child's learning and development through play, which will also prepare your child for nursery. A snack is provided so children can sit and enjoy a healthy snack and drink together.	Go to the group.
Sing & Shake	0 – 5 years	For parents/carers to support their child through music, movement and a range of activities which can be recreated in the family home. This will encourage early language and communication development and contribute to school readiness.	Go to the group.
Book Chatter, Book Play	0 – 5 years	A fun, interactive session for parents and children. Each session is based on a story with songs, rhymes and activities to bring the story to life. Come along and have fun with us.	Go to the group.
Messy Play for Movers	8m – 15m	We use a range of messy play activities to encourage children to use all of their senses to support their development. Come along with your child to explore and have fun together.	Go to the group.
Stay & Play	0 – 5 years	This session offers a welcoming and supportive environment for parents/carers to engage with their child's learning and development through play. It includes sensory, outdoor, messy play, music and instruments, stories, singing and snack time.	Go to the group.
Parenting Groups	Parents and carers	Trained staff will support parents/carers to help them understand their children's behaviour and offer new ways to respond.	Invitation to your home from the Family Hub.
Volunteering Opportunities	Parents and carers.	Volunteering opportunities to enable you to gain qualifications and transferable skills enhance your CV and give you valuable work experience.	Put your name down at the Family Hub.
Growing Friends	0 - 5 years	Come and play together within a safe, informative, and stimulating environment which is welcoming and supportive to all. Health and development advice from a Community Nursery Nurse with a focus on school readiness.	Go to the group.
First Friends	Ante-natal to mobile baby	Come and play together within a safe, informative, and stimulating environment which is welcoming and supportive to all. Health and development advice from a Community Nursery Nurse.	Go to the group.
Breast Start	Ante-natal and breast fed babies.	A friendly and relaxed environment that gives an opportunity to meet other mums, share experiences and build your confidence to breast feed with support from peer supporters and a trained nursery nurse.	Go to the group.

Baby Massage	From 6 weeks.	Learn gentle massage techniques with your baby which will support bonding and attachment, improve baby's skin and sleep, aid digestion and help reduce colic.	Invitation to home by nursery nurse.
Antenatal Group	Antenatal, including partners.	Solihull Antenatal group is a five week course, these sessions' help with understanding pregnancy, labour, birth and your baby.	Invitation to attend from Health Team.
Midwifery Service	Ante-natal and post-natal parents	Appointments for one to one ante-natal and post-natal care with your midwife. Also an opportunity to look round the Family Hub, meet the staff and decide what groups you want to attend.	Appointment with midwife.
Adult and Family Learning (Term time)	Parents and carers	A variety of courses to develop you and your child. Groups are run both with children and without and meet all abilities. Ask at the Family Hub for courses running. Story Sacks – Creative course to support your child with the early skills required to develop your child in reading.	Put your name down at the Family Hub.
Childminder Drop In	0 – 5 years	Pre and registered childminders and the children that they care for learning and playing in a stimulating, safe and fun environment.	
Parents Voice	Parents and carers	An informative session for Parents and Carers to attend during which they can learn more about our aim as Family Hubs, express their views on the services we offer and also give ideas on what new/other services/groups we should offer.	Put your name down at the Family Hub.

Key	Delivered by Family Hub Staff.
	Delivered by Family Hub Staff and Health.
	Delivered by Health.
	Delivered by Partner Agencies