

The Berries Children's Centre  
Activities Calendar  
April – June

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Little Angels</b> 9 - 11am (£1)		<b>Time 4 Tots</b> 9 - 11am (£1)	
		<b>Baby Massage</b> 9.30 - 11am		<b>A Taste of Yoga</b> 9.30 - 11am (£1.50) **
<b>Once upon a time</b> 10 - 11.30am				
		<b>Family Learn and Play</b> 12 - 2.30pm (£1)		
<b>Monday Mum's</b> 12.30- 1.30pm				
<b>Baby Massage</b> 1.30 - 3pm				<b>Baby Signing</b> 1.30 - 3pm

**Details of all activities can be found overleaf**

\*\* Crèche available at a cost of £1.50, booking essential

[Please call 01902 558558 for more details](tel:01902558558)



## Activities at The Berries Children's Centre April – June

**Once upon a time** – Communication enrichment story telling sessions and activities based around the story. For children 2 years old and up.

**Monday Mums** – Fortnightly antenatal and post-natal support group and breastfeeding support.

**Baby Massage** – Relaxing session to encourage better sleep patterns, bond and provide muscle stimulation. For children 6 weeks old and up.

**Little Angels** – A parent and toddler group with fun activities for you and your child. You can meet new friends and help promote your child's development. For children under 5 years old.

**Family Learn and Play** - A family learning session linking in with the Foundation Stage Curriculum, providing a range of activities to help your child learn more. For children under 5 years old.

**Time 4 Tots** – A group led by parents to help learn new ideas and gain the confidence to interact with your child. For children aged 6 months – 3 years old.

**A Taste of Yoga** – Yoga offers a holistic approach to mind, body and spirit, the session includes gentle stretching exercises, breathing techniques and the 'tools' to cope with challenges of every day life.

**Baby Signing** – Learn to communicate with your child with simple sign language. Explore the history and benefits of Baby Signing and learn new signs each week. For children 7 – 30 months old.

