# Activity Programme April to September 2021

#### Free online activity programme for o to 5s in Norfolk





The Early Childhood & Family Service (ECFS) is still running, offering extra help to families who need it. Right now, due to Covid-19, we're providing a programme of online activities and groups that are available to families with children aged o to 5 years.





#### **Live Online Groups**

# Children

#### **Baby Days Live Online**

Six weeks of free online sessions for babies with their parents/carers. Each session will have a new learning activity to try out with your baby, plus an opportunity to meet other parents and talk to knowledgeable staff. Best suited to babies who are not yet walking.

#### **Toddler Days Live Online**

Six weeks of free online sessions for under 5s with their parents/carers. A chance to meet other parents, talk to knowledgeable staff and take part in fun, learning activities.

#### **Baby Massage Live Online**

A free five week course introducing massage strokes that can help with colic and support you and your baby to feel more relaxed, whilst strengthening your bond.

### Register at tinyurl.com/ECFSevents

Sessions take place online via video call on Microsoft Teams. You only need an internet connection and a smartphone, tablet or computer to join.



If you would like to join but need help with technology, or you don't have a suitable device, please contact us on 0344 800 8020 to see how we can help.

### Need extra help or someone to talk to?

We are here to help with things like:

- Becoming a first time parent
- Bonding with your child
- Parenting challenges
- Mental wellbeing
- Healthy relationships
- Learning through play
- Communication & language development

Please contact us and one of our team will be in touch.



**Online form:** 

www.tinyurl.com/ ECFSHelp

**Email:** 

Monday

<u>ecfs-families@actionforchildren.org.uk</u>





New videos or themed activity posts every day at <u>facebook.com/EarlyChildhoodFamilyService</u>
Videos also on our <u>You Tube channel</u>. First view on the day/time shown or catch up later



**1.30pm** 

#### **Musical Monday with Magic Acorns**

A fun mini music session for you and your little one to join in with at home. Designed to help build little brains and bodies, while encouraging communication and confidence.

#### Let's Get Talking!

Ideas and activities to get your toddler talking, plus information on how the things you do with your baby, from birth, can help their future language and development.

#### Children's Wellbeing

Tips to help you understand and nurture your child's emotional development, including how to deal with difficult situations.

#### **Fun and Learning**

A variety of indoor and outdoor activities for you to enjoy with your baby or toddler.

#### Cookalong

Step-by-step videos for easy family recipes which are fun to make together and will save you money compared to ready prepared food. No experience necessary!

Tuesday	11.00am
Wednesday	1.30pm
Thursday	<b>11.00</b> am
Friday	1.30pm

#### Other activities for o to 5s and their families



#### Norfolk Libraries for Families

Weekly Online Bounce & Rhyme sessions, Story Week

activities and Social groups via Zoom. Find out what's

on from Facebook or www.norfolk.gov.uk/libraries





#### Norfolk Family Learning

Interactive 'Come and Try' taster sessions and online courses for families to enjoy together. For details and to book visit <a href="https://www.norfolk.gov.uk/familylearning">www.norfolk.gov.uk/familylearning</a>



#### Norfolk Community Directory



Search for activities and services run by volunteers or other organisations in your local community. Visit <a href="mailto:communitydirectory.norfolk.gov.uk">communitydirectory.norfolk.gov.uk</a>

0344 800 8020 | www.norfolk.gov.uk/earlychildhood | ecfs-families@actionforchildren.org.uk



## Courses offered by the Early Childhood and Family Service



Our courses are running online via Microsoft Teams, or in small face-to-face groups at our risk assessed bases. Extra hygiene measures are in place and we will ask you to wear a face covering, unless you are exempt.

#### **Solihull Parenting Course**

A 10 week course to help you learn more about your child's development and behaviour. What is their behaviour telling you?

#### **Baby Massage**

A 5 week course for introducing massage strokes. This can help with colic and support you and your baby to feel more relaxed, whilst strengthening your bond.

#### **Freedom Course**

A 10 week course for women who would like to look at healthy relationships and to have a safe environment to be able to discuss and understand previous and current relationships.

#### **Triple P**

An 8 week course that offers support, information and practical answers to everyday parenting concerns.

#### **Circle of Security**

An 8 week course based on supporting and strengthening the attachment between you and your child.

#### **Our partners**





Home-Start Norfolk and the <u>community offer in your local area</u> are also part of the Early Childhood and Family Service, and are available to support you and your family.

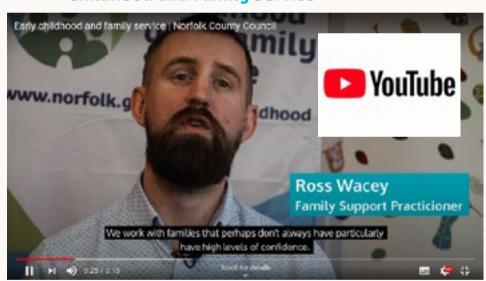
#### How to contact us

You can get more information on the service by visiting www.norfolk.gov.uk/earlychildhood

If you would like further information, help or support then please call us on 0344 800 8020 or email us at ECFS-Families@actionforchildren.org.uk



Any updates on services or groups can be found by visiting our Facebook pages. Search for Early Childhood and Family Service



See our video on You Tube to find out more

#### **Useful contacts**

Coronavirus Information	norfolk.gov.uk/coronavirus
Just One Norfolk (Health Visiting Team)	0300 300 0123
Leeway (Domestic Abuse Support)	0300 561 0077
Norfolk & Waveney Wellbeing Service (Mental health support)	0300 123 1503
Home Start Norfolk	01603 977040
Speech & Language Advice Line (ECCH)	01502 719830
Norfolk SEND Partnership	01603 704070
National Breastfeeding Helpline	0300 100 0212
Norfolk Police (non-emergency)	111
CGL (Alcohol & drug behaviour change servi	ce) <b>01603 514096</b>
Citizens Advice Bureau	03444 111 444
Shelter (Help with housing & homelessness	0808 800 4444
Job Centre go	v.uk/contact-jobcentre-plus

If you are worried a child is at risk please call Norfolk County Council Children's Services on

Mens Advice Line (for men in abusive relationships)

0344 800 8020 or 999 in an emergency

0808 801 0327