

# Health and Wellbeing Board Early Years and Health Report

9<sup>th</sup> February 2022

My Child  
Can...

# Wirral's Parenting Journey



# What's the offer across the Journey



Mon	Foster Carers Drop-in 9.30am - 11.30am. <a href="#">Seacombe Children's Centre</a>	Baby Massage 10am - 11am. 0 - 12 months. <a href="#">Seacombe Children's Centre</a>	Toddler Play 10am - 11am. 12 months plus. <a href="#">Seacombe Children's Centre</a>	Homestart Breastfeeding Group 10am - 12pm. <a href="#">Seacombe Children's Centre</a>	Baby Play 1.30pm - 2.30pm. 0 - 12 months. <a href="#">Seacombe Children's Centre</a>	Ready Steady Go 1.30pm - 2.30pm. 2 years plus. <a href="#">Seacombe Children's Centre</a>
Tue	Baby Sense 10am - 11am. 0 - 1 year. <a href="#">Seacombe Children's Centre</a>	Toddler Bop 10am - 11am. 12 months plus. <a href="#">Seacombe Children's Centre</a>	Baby Messy Play 1.30pm - 2.30pm. 0 - 1 year. <a href="#">Seacombe Children's Centre</a>	Baby Massage 1.30pm - 2.30pm. 0 - 12 months. <a href="#">Seacombe Children's Centre</a>		
Wed	Nurturing Programme 9.30am - 11.30am. <a href="#">Seacombe Children's Centre</a>	Incredible Years 9.30am - 12pm. <a href="#">Seacombe Children's Centre</a>	Baby Messy Play 10am - 11am. 0 - 1 year. <a href="#">Seacombe Children's Centre</a>	Ready Steady Play 10am - 11am. 2 years plus. <a href="#">St Lukes Church, Poulton</a>	Child Health Clinic 11am - 1pm. <a href="#">Seacombe Children's Centre</a>	
Thu	Baby Babble 9.30am - 10.30am. 0 - 12 months. <a href="#">New Brighton Children's Centre</a>	Early Bird Parenting Course 9.30am - 11.30am. 0 - 12 months. <a href="#">Seacombe Children's Centre</a>	Childminder Drop-in 9.30am - 11.30am. <a href="#">Seacombe Children's Centre</a>	Baby Yoga 10am - 11am. 12 weeks - pre-moving. <a href="#">Seacombe Children's Centre</a>	Baby Bop 1pm - 1.45pm. 0 - 12 months. <a href="#">Seacombe Children's Centre</a>	Stay & Play 1.30pm - 2.15pm. 0 - 5 years. <a href="#">Seacombe Children's Centre</a>
Fri	Fun With Food 9.30am - 10.15am. 0 - 18 months. <a href="#">Seacombe Children's Centre</a>	Toddler Play 10am - 11am. 12 months plus. <a href="#">Seacombe Children's Centre</a>	Sensory Time 9.30am - 10.30am. 0 - 17 months. <a href="#">Seacombe Children's Centre</a>	Makaton Signing for Babies 10am - 12pm. <a href="#">Seacombe Children's Centre</a>	Big Dish Little Dish 10.45am - 11.45am. 18 months plus. <a href="#">Seacombe Children's Centre</a>	Story Time 1pm - 2pm. 18 months plus. <a href="#">Seacombe Children's Centre</a>



## Session Information

<p><b>Baby Babble</b> 0 - 12 months. Encourage your baby to learn and love language through songs, stories, rhymes and sign. Booking is essential.</p> <p><b>Baby Bop</b> 0 - 12 months. Welcome to the dance class where nobody will put your baby in the corner. Let your little ones unleash their inner Fred or Ginger and join in the fun of Baby Bop.</p> <p><b>Baby Massage</b> 0 - 12 months. Massage can help babies with sleeping patterns, eating habits and all round wellbeing. 6-week course. Booking essential.</p> <p><b>Baby Messy Play</b> 0 - 1 year. A wide range of stimulating and sensory play activities for both children and adults using messy play in a safe and welcoming environment. Please wear appropriate clothing.</p> <p><b>Baby Play</b> 0 - 12 months. Sensory group where babies can explore all their senses.</p>	<p><b>Baby Sense</b> 0 - 1 year. A group for babies to enjoy exploring with their senses.</p> <p><b>Baby Yoga</b> 12 weeks - pre-moving. Yoga for babies, encouraging movement and relaxation for parents and babies. Promoting early bonding and physical development. 5-week course. Booking essential.</p> <p><b>Big Dish Little Dish</b> 18 months plus. Providing parents with up to date information regarding nutrition, health and oral health. For parents and children to actively take part in making cheap and healthy meals.</p> <p><b>Child Health Clinic</b> Baby weighing and advice available. If you need to contact the Health Visitors please phone 0151 604 7320.</p> <p><b>Childminder Drop-in</b> 0 - 4 years. Play sessions give childminders the opportunity to introduce children to many different types of play including creative, imaginative and messy play.</p>	<p><b>Early Bird Parenting Course</b> 0 - 12 months. 10-week parenting course for parents of children with social and communication difficulties. Booking is essential.</p> <p><b>Foster Carers Drop-in</b> Open access to all mainstream foster carers in Wirral and their foster children.</p> <p><b>Fun With Food</b> 0 - 18 months. An opportunity for parents and children to play and make friends together. Enjoy fun activities including arts and crafts, games, songs and stories.</p> <p><b>Homestart Breastfeeding Group</b> Support from trained healthcare professionals.</p> <p><b>Incredible Years</b> A 14-week parenting course. Please contact your Health Visitor for further details.</p> <p><b>Makaton Signing for Babies</b> A group for babies and pre-school children with Down Syndrome. For more information 07702 023 731.</p>	<p><b>Messy Play</b> 0 - 5 years. A wide range of stimulating and sensory play activities for both children and adults using messy play in a safe and welcoming environment. Please wear appropriate clothing.</p> <p><b>Nurturing Programme</b> 10-week parenting course - How to get the best out of family life. Creche available. Please book.</p> <p><b>Ready Steady Go</b> 2 years plus. A fun, energetic and structured play programme designed to enhance your child's social and physical skills.</p> <p><b>Sensory Time</b> 0 - 17 months. Coming soon (Please ring for start date). A specialist sensory session using our sensory suite.</p> <p><b>Stay &amp; Play</b> 0 - 5 years. An opportunity for parents and children to play and make friends together. Enjoy fun activities including arts and crafts, games, songs and stories.</p>	<p><b>Story Time</b> 18 months plus. Do your children like listening to bedtime stories? Story Time has lots of great play activities based around story sacks.</p> <p><b>Toddler Bop</b> 12 months plus. A session to enhance children's endless enthusiasm through funky, full of fun sessions that build confidence, co-ordination and creativity.</p> <p><b>Toddler Play</b> 12 months plus. Enjoy fun activities including arts and crafts, games, songs and stories.</p>
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Are you concerned about your child's speech and language?

Enquire about our WellComm screenings for more information, and to arrange your child's screening.

My Child Can...



# New Initiative – The First 1001 Days Pathway

2021-2023 Health and Wellbeing Programme - Starting Well being led by Koala NW in partnership with Foundation Years Trust, LA, Public Health.

The HW Fund aims to support the following outcomes:

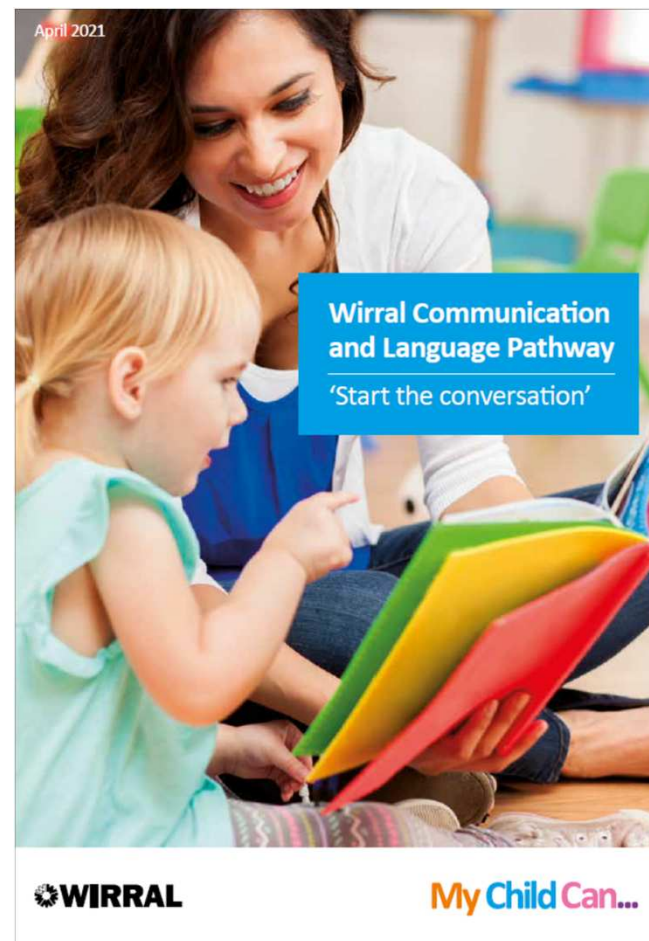
- Improvement in perinatal mental health
- Reduction in the percentage of babies born with low birthweight
- An increase in babies being breastfed
- Obesity prevention and support



# Wirral Communication and Language Pathway

‘Start the Conversation’

Launched Spring 2021



# Next steps – Wirral's Early Years Strategy 2022-2025



be “Ready to learn, Ready for  
school, Ready for life...”

