


Web link www.bucksfamilyinfo.org/beaconsfieldfc **Email** beaconsfieldfc@buckscc.gov.uk **Phone** 01494 678244 **Address** Beacon Close, Beaconsfield, HP9 1RJ

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Play and Explore 3:30pm to 4:30pm (Universal Drop-In) Parents/Carers with children 0 to 5 years</p>	<p>Breastfeeding Clinic 9:30am to 12:30pm Appointments only via your Midwife or Health Visitor</p>	<p>Development Reviews 9:15am to 1pm Appointment only via your Health Visitor. Please call your Health Visitor for more details</p>	<p>HENRY 10am to 12pm 27 February to 2 April Booking is essential Under 5 year olds</p>	<p>Breastfeeding Clinic 9:30am to 12:30pm Appointments only via your Midwife or Health Visitor</p>
		<p>Child Health Drop-In 9:15am to 10:30am (Universal Drop-In) Parents/Carers with children 0 to 5 years</p>	<p>Strengthening Families Parenting course 6:30pm to 8:30pm For families with children aged 10 to 14 years</p>	<p>Art and Crafts Drop-In 2pm to 3pm (Universal Drop-In) Parents/Carers with children aged 0 to 5 years</p>
		<p>Getting to Know Your Baby 11am to 12:30 pm Appointments only via your midwife or Health Visitor</p>		

*For more detailed information please see session information on following pages



 [@beaconsfieldfamilycentre](https://www.facebook.com/beaconsfieldfamilycentre)
Find out more about what's on offer for families at www.bucksfamilyinfo.org

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Session/activity overview and further details

<p>Play and Explore</p> <p>A session for families and Carers with children aged 0 to 5 years. Children can explore and learn whilst playing with a range of activities</p> <p>0 to 5 years. Older children are welcome</p>	<p>Breastfeeding Clinics</p> <p>Ran by a dedicated core team of Midwives, Health Visitors, and Community Staff nurses providing practical help and support with breastfeeding for babies under 28 days</p>	<p>Getting To Know your Baby</p> <p>4 weekly sessions covering topics such as sleep, feeding, weaning, minor ailments safety and development. The group is a great opportunity to share experiences, ask questions and make new friends</p>
<p>Development Reviews</p> <p>Appointment only with your Health Visitor</p> <p>1 and 2 years development reviews carried out by your health team. This will look at your child's development and health and ensure any issues are noticed early</p>	<p>The Strengthening Families 6:30pm to 8:30pm</p> <p>This programme is available for all families with young people aged between 10 and 14 years of age to help prepare them for their teenage years. It is aimed at reducing alcohol and drug use, behavioural problems in adolescence and strengthening the parent/carer child relationship.</p> <p>For parents and children, bringing them together To book a place please email parentinggroups@buckscc.gov.uk or call 01296 382412</p>	<p>Art and Crafts</p> <p>Come and get creative and have fun using various materials and equipment to promote children's creativity and development.</p> <p>0 to 5 years. Older children are welcome</p>
<p>Child Health Drop-Ins</p> <p>Run by the health visiting service in a variety of venues. They provide an opportunity for you to turn up and talk to staff and other parents. You can discuss and review your child's growth and development as well as gathering information on health promotion topics to support you in your parenting journey</p>		<p>HENRY</p> <p>Health, Exercise, Nutrition for the really young (under 5 years) 8 week programme covering various topics including how to reduce mealtime stress and ideas how to give your child healthy start Booking is essential on 01296 382412 or parentinggroups@buckscc.gov.uk</p>

