

Half termly virtual sessions

Come and join our Start Well team for a variety of live virtual workshops and information sessions.

These are a great opportunity for you to meet our team, support and enhance your child's development.



Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
<p>You, Your Baby & Birth with Stockport Community Midwives</p> <p>9am – 10.30am</p> <p>Come and join us as you learn about how you and your baby work together during the different stages of labour.</p> <p>For parents to be and those supporting parents to be</p>	<p>Amazing Babies</p> <p>10am – 11am</p> <p>Join our Infant Parent Service to learn more about how a baby's brain develops and how we can help to build it, content of session may vary</p> <p>For parents and carers conception to 2 years</p>	<p>Join our Early Years Workers for... Little Eaters</p> <p>9.30am – 10.45am</p> <p>Advice and tips around introducing solid foods</p> <p>No More Nappies</p> <p>11.30am – 12.45pm</p> <p>Advice and tips for toilet training</p>	<p>Top Tips to Talking</p> <p>9.30am – 11am</p> <p>Support your child's speech and language development with our Speech and Language Therapists</p> <p>Emotional Regulation</p> <p>9.30am – 11am</p> <p>Do you struggle when your child has a meltdown?</p> <p>Join our Parenting Team for advice on how to help your child stay calm and understand why this happens</p> <p>For parents / carers of children up to 10 years</p> <p>Sleep seminar</p> <p>15th September 8th December 9.30am - 12 noon</p> <p>Do you struggle with your child's disrupted sleep? Do you feel exhausted?</p> <p>Join our parenting team for useful information and advice</p> <p>For parents and carers of children aged 2 - 10 years</p>	<p>PLEASE NOTE</p> <p>Our sessions are running Monday - Friday</p> <p>Week beginning - 5th September 22</p> <p>Week beginning - 7th November 22</p> <p>Week beginning - 9th January 23</p> <p>Week beginning 6th March 23</p>

How do I book on?

Visit our Facebook page: **Start Well Stockport** or our website: **www.startwellstockport.co.uk** or email our admin team **admin.startwell@stockport.gov.uk**

If you are unable to attend our sessions but need support please contact your Health Visitor or our Health Visiting and School Nursing Advice Line on - **0161 835 6789**

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<p>Are you looking for support with employment or looking for a career change?</p> <p>1pm - 2pm</p> <p>Join continuing education for guidance on how to map your skills to a range of careers and how to research to find, and succeed, in these roles. You can also arrange to access one to one support to develop your confidence and CV.</p> <p>Dad Matters - Labour, birth and beyond</p> <p>7.30pm - 8.30pm</p> <p>Join Dad Matters for a session on how you can provide support during labour, birth and beyond. An opportunity to chat about aiding your baby's development, consoling your baby, how to cope with a crying baby and how to look after yourself in this major life transition and much more!</p> <p>Dads-to-be and new dads with babies under 12 weeks old.</p>	<p>Breastfeeding Workshop</p> <p>1pm - 2pm</p> <p>Join our Infant Feeding Team for lots of advice and tips around breastfeeding</p> <p>For families antenatal and postnatal</p> <p>Physical life skills for little ones!</p> <p>1pm - 2.30pm</p> <p>Physical activity is vital in children's all round development, enabling them to pursue happy, healthy and active lives. This session, run by our Physio and Occupational Therapist, will help you support your child in positive and nurturing ways to help them develop physical skills for life.</p> <p>For parents/carers with children 9 months - 5 years</p>	<p>Safer Sleep</p> <p>1pm - 2.15pm</p> <p>Advice and support around safe sleep with our Start Well Health Visitors</p> <p>For parents and carers pre birth to 1 year.</p> <div data-bbox="978 799 1389 1301" data-label="Complex-Block"> <p>PLEASE NOTE</p> <p>Sessions may vary and new sessions may be added. Please keep your eye on our facebook page and website for updates</p> </div>	<p>Interested in volunteering?</p> <p>1pm - 2pm</p> <p>Would you like to make a difference in your community?</p> <p>Please join our virtual session to find out about different volunteering opportunities in Stockport and how you can apply.</p>	<p>Understanding your child</p> <p>1pm - 2.30pm</p> <p>An understanding of how your child's brain develops and how to give your child the very best start in life by using positive communication</p> <p>For parents/carers with children under 5 years</p> <div data-bbox="1454 915 2199 1301" data-label="Complex-Block"> <p>Makaton</p> <p>Makaton is a visual way to develop communication skills, which helps stimulate sounds and words</p> <p>Wednesday 7th Sept 9.30 - 10.30 Transport Tuesday 4th Oct 13.30 - 14.30 Autumn Tuesday 8th November 11.30 - 12.30 Colours Tuesday 6th December 16.00 - 17.00 Christmas</p> </div>

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Did you know...?

Stockport has a range of online courses that are free for Stockport residents.

These courses are for anyone playing an active role in a child's life, from antenatal to 19 years – this could be mothers, fathers, partners, carers, professionals of all kinds, grandparents, other family and involved friends.

Created by experts, the courses are proven to improve emotional wellbeing and the relationships between parents and children.

Anyone in Stockport can join the **courses for free**

1. Visit <https://inourplace.co.uk>
2. Use the access code: **REDROCK**
3. You will be asked to create an account so that you can resume the course where you last left off
4. You will also be asked to verify your postcode to make sure that you're a Stockport resident

Empowering Parents Empowering Communities

Parenting courses delivered by Parent Group Leader Volunteers living in your own community. Each course offers practical tips to support you and your children

Being A Parent - For children ages 2-11

Being A Parent Together - For co-parenting couples of children aged 2-11

Living with teenagers - For children aged 12-16

Please contact 0161 406 9558 or email admin.epec@stockport.gov.uk

Sensory processing

For information and strategies to support your child's sensory processing needs please visit <https://bit.ly/Understandingsensoryprocessing>

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10 Top Tips for Talking

Here are some really simple things that we all can do to support the development of children's speech, language and communication skills and give our children the best start in life.



1. When I am in mum's tummy I can hear. I love to listen to your voice when you talk or sing to me. I even like to listen to your favourite music.

- Hearing you helps me to recognise you and builds a bond between us. Voices and music that I know will comfort me when I am born.

2. Cuddle me close so I can see your face and talk to me as soon as I am born.

- I love it when you talk in a high pitched, singsong voice. People all over the world talk this way to babies because it helps us to learn.
- I might not be able to talk yet, but I will respond in my own way. I might look hard at your face, move my mouth when you talk or even wave my arms and legs. These all mean I am bonding with you.

3. Talk about things that interest me or tell me how you think I am feeling.

- If I look or point at something talk about that. This shows me that you understand me.

4. Don't ignore me.

- Grown-ups are experts in talking and I learn everything from you.
- Put your phone down, turn off the telly and let's have a chat.
- I can hear you really well when it is quiet. I like to listen carefully to your talking. This will help me to become a good listener and a good talker.

5. I love it when we play, sing and look at books together

- We can play with anything it doesn't have to be toys. We can make funny faces together or play with a cardboard box.
- Follow my lead when I am playing. This lets me use my imagination.
- Talk to me about what I am doing rather than asking questions. I will talk more when you do this.
- Sharing stories together helps me to learn new words and ideas. I love it when we talk about the story as we turn the pages. Let me see the pictures too.

6. Talk to me all the time

- Talk to me when we are playing or doing everyday things like shopping, having a bath, nappy changing or eating tea.
- It doesn't matter if you say the same things over and over again, this is how I learn.

7. Play talking tennis with me

- Say something to me and then give me lots of time to respond.
- It helps to count to 10 in your head before speaking again. This how I learn to take turns.
- When I'm a baby I still like to play talking tennis. Watch out for my smiles, sounds and looks. This is my way of talking to you. As I get older, I will start to use words.

8. Teach me new words

- You can help me to grow my talking by repeating what I say and adding a new word or two.
- This is how I learn to put words together. If I say "car" you could say "you're pushing the car" or "the car is driving".

9. Take my dummy out when I am talking

- Dummies get in the way and stop me talking clearly.

10. Use the language you know best when you talk to me at home

- This will help my brain to grow and I will learn English quickly if I already know the words in our home language.

For more information on supporting your child's development please visit:

www.bbc.co.uk/tiny-happy-people

 [bbctinyhappypeople](https://www.facebook.com/bbctinyhappypeople)

 [bbctinyhappypeople](https://www.instagram.com/bbctinyhappypeople)

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