

# 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.



START WELL  
**TOP TIPS**  
SESSIONS



Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
<p><b>You, Your Baby &amp; Birth with Stockport Community Midwives</b></p> <p>Join Sam and Kim in our pre recorded video for you to view in your own time. Sessions cover 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><b>Pre-recorded video:</b> <a href="http://www.startwellstockport.co.uk/videos/">www.startwellstockport.co.uk/videos/</a></p>	<p><b>Amazing Babies</b></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>This is being delivered on Thursday 5th October at 10am but back to a Tuesday in December</p> <p><b>Top Tips to Talking</b></p> <p>5th December 9.30-11.00am</p> <p>Support your child's speech and language development with our Speech and Language Therapists.</p>	<p><b>Join our Early Years Workers for... Little Eaters</b></p> <p>9.30am – 10.45am</p> <p>Advice and tips around introducing solid foods</p> <p><b>No More Nappies</b></p> <p>11.30am – 12.45pm</p> <p>Advice and tips for toilet training</p> <p><b>Top Tips to Talking</b></p> <p>3rd October 9.30-11.00am</p> <p>Support your child's speech and language development with our Speech and Language Therapists.</p>	<p><b>Emotional Regulation</b></p> <p>7th December 9:30-11:30</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>	<div style="border: 2px solid purple; border-radius: 15px; padding: 10px; background-color: #e67e22; color: white;"> <p> <b>PLEASE NOTE</b></p> <p>Our sessions are running Monday - Friday</p> <p>Week beginning - 2nd October 2023</p> <p>Week beginning - 4th December</p> </div>
<div style="background-color: #e67e22; border-radius: 15px; padding: 10px;"> <p> <b>PLEASE NOTE</b></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><b>Sleep seminar</b></p> <p>2nd November 9.30 - 12 noon</p> <p>Do you struggle with your child's disrupted sleep? Do you feel exhausted? Join our parenting team for useful information and advice</p> <p>For parents and carers of children aged 2 - 10 years</p>	

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<p><b>Dad Matters - Labour, birth and beyond</b></p> <p><b>7.30pm – 8.30pm</b></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><b>Breastfeeding Workshop</b></p> <p><b>1pm – 2pm</b></p> <p>Join our Infant Feeding Team for lots of advice and tips around breastfeeding</p> <p>For families antenatal and postnatal</p> <p><b>Physical life skills for little ones!</b></p> <p><b>Pre-recorded video:</b> <a href="http://www.startwellstockport.co.uk/videos/">www.startwellstockport.co.uk/videos/</a></p> <p><b>Direct video link:</b> <a href="https://youtu.be/d0DkVjPA9gw">https://youtu.be/d0DkVjPA9gw</a></p> <p>Physical activity is vital in children's all round development, enabling them to pursue happy, healthy and active lives. Feel free to watch a pre recorded video from our Physio and Occupational Therapist, which 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><b>Safer Sleep</b></p> <p><b>1pm – 2.15pm</b></p> <p>Advice and support around safe sleep with our Start Well Health Visiting Team</p> <p>For parents and carers pre birth to 1 year.</p>	<div style="background-color: #e6e6fa; padding: 10px; border-radius: 10px;"> <h2 style="text-align: center;">How do I book on?</h2> <p>Visit our Facebook page: <b>Start Well Stockport</b> or our website: <b><a href="http://www.startwellstockport.co.uk">www.startwellstockport.co.uk</a></b> or email our admin team <b><a href="mailto:admin.startwell@stockport.gov.uk">admin.startwell@stockport.gov.uk</a></b></p> <p>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 - <b>0161 835 6789</b></p> <p> <b>If you are unable to access a live session you can watch pre recorded videos in your own time:</b> <a href="http://www.startwellstockport.co.uk/videos/">www.startwellstockport.co.uk/videos/</a></p> </div> <div style="background-color: #e6e6fa; padding: 10px; border-radius: 10px; margin-top: 10px;"> <h2 style="text-align: center;">Have you heard about Stockport's Health Visiting and School Nursing Advice Line?</h2> <p>This is a telephone service that can provide generic information to support parents and carers of children aged 0-19 in Stockport. Lines are open <b>Monday to Friday from 9:00-16:30 (excluding Bank Holidays)</b> and is staffed by Health Visitors and Early Years Workers. There is a voicemail facility and calls will be returned the same working day or at the earliest opportunity. If you have a query, question, or need information and/or advice – please contact them on <b>0161 835-6789</b></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](mailto: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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# Top Tips for Moving

Here are some really easy things that we can all do to support the development of children's physical skills to give them the best start in life. You can find '10 Top Tips for Moving for 0-1 year, 1-3 years and 3-5 years on our website [www.startwellstockport.co.uk](http://www.startwellstockport.co.uk). Let's get moving!



## Age 0-1 (baby)

### Put me on my tummy

I need tummy time to strengthen my muscles that I'll need to crawl. I might not like being on my tummy and I might cry but try it for short amounts of time. Or try lying me on your tummy whilst you're lying down.

**Remember, back for bed, tummy for play.**

### Make bath time fun

Water's really important to me, I spent 9 months in it! Keep smiling and looking at me when I'm in the bath and try to make it as fun as possible, with splashes and playful noises.

### Take me out of my pram, high chair and car seat for tickles and touches

Take me out of my cot, rocker or car seat for a cuddle. I love to kick my feet and wiggle about. Tickles are the best thing ever! You could even try to give me a baby massage.

## Age 1-3 (Toddler)

### Give me time to play

Show me how to play. Support me in my play. Get down on my level, this helps me to engage with you. Involve my senses in play; smell, touch, taste, sight, listening.

### Help me make my arms strong, this will help me learn to write.

Throwing different objects helps me master hand eye coordination and make my arms strong. Try balls, scarves, rolled up socks, a tea towel, scrunched up paper – anything safe and soft! Be creative, get me used to the object doing different things and moving in different ways, using different types of throwing like overarm and underarm.

### Help me to do things by myself

This could include helping with household tasks like tidying my room. How about making fun activities out of doing the washing or putting the pots away so it fits into your daily routine – if you show me what to do I will love to try and help.

## Age 3-5 (Pre-School)

### Kick, Strike and Hit

Now I am a bit older I like to kick, hit and strike things to make them move. Give me different objects to kick with my feet and strike with my hands. Rolled up socks, balloons and scrunched up tea towels. A simple keep it up game using all my different body parts will help me develop my coordination.

### Both sides of my body

Help me use both sides of my body at the same time, this will help with my reading and writing. An easy way to get me to do this is with head, shoulders, knees and toes, or Simon Says and get me to copy your movements. Play a game to get me to pass objects from one side of my body to another; I can do this sitting down or standing up.

### Let me take risks

I'm getting braver when I'm moving, I may want to climb higher or run faster, this is okay as long as you keep an eye on me. Sometimes I'll fall over or get it wrong but that's okay, it's how I'll learn. Being outside will help me be more active and learn about the natural environment. Let me walk, run and move on different textures and surfaces like grass and concrete. Any safe open space close by or a garden will do, we can have races, chase and pop bubbles, jump or step over the cracks in the pavements. If you ask me 'which way' I'll lead us on our adventure.

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

[www.bbc.co.uk/tiny-happy-people](http://www.bbc.co.uk/tiny-happy-people)

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

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

There are 10 tips available for each age range, please see our website for full details

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