


Look what's flying your way!

Stockport's Start Well Week Of Action will be taking place to support your child's social and emotional development in the early years. There will be a week of **virtual live events, top tips and short videos** on **Facebook, story and rhyme times, information sessions** and much more for you to attend free of charge. To book on visit the **Start Well website**.




Monday 14th October	Tuesday 15th October	Wednesday 16th October	Thursday 17th October	Friday 18th October
Belly Painting 9.30 - 12.00 / 12.30 - 3.30pm One Stockport Family Hub Abingdon Connect with your baby through belly mapping. The midwife will feel baby's position and then paint the position on your bump with a design of your choice. To book: 0161 474 4666 email: OSFH.abingdonroad@stockport.gov.uk	Mini Movers free taster session! 9.30 - 10.30am or 10.30 - 11.30 Life Leisure, Brinnington Physical activity is great for our little one's wellbeing and development. Come and try our a Mini Movers session for free where your child will have the chance to use specially designed equipment to develop physical skills of agility, balance and climbing More information .	Mini Movers free taster session! 9.30 - 10.30am or 10.30 - 11.30 11.30 - 12.30 (SEND friendly) Life Leisure, Brinnington Physical activity is great for our little one's wellbeing and development. Come and try our a Mini Movers session for free where your child will have the chance to use specially designed equipment to develop physical skills of agility, balance and climbing More information .	Mini Movers free taster session! 9.30 - 10.30am or 10.30 - 11.30 Life Leisure, Brinnington Physical activity is great for our little one's wellbeing and development. Come and try our a Mini Movers session for free where your child will have the chance to use specially designed equipment to develop physical skills of agility, balance and climbing More information .	StoryTime 10.30 - 11.00am Offerton Library A wonderful opportunity for children and their parents or carers to meet to share a story and rhymes in a relaxed and friendly atmosphere. More information .
'Be wise: think ears and eyes!' 10.30 - 11.30 am online Recognising the subtle signs of hearing and vision needs in your child and what to do if you have concerns. Click here .	StoryTime 11.00 - 11.30am Hazel Grove Library A wonderful opportunity for children and their parents or carers to meet to share a story and rhymes in a relaxed and friendly atmosphere. More information .	StoryTime 11.00 - 11.30am Central Library A wonderful opportunity for children and their parents or carers to meet to share a story and rhymes in a relaxed and friendly atmosphere. More information .	Stay and Play Free taster session! 1.30 - 2.30 pm Life Leisure Woodley Sports Village and Life Leisure Avondale Try out a Life Leisure Stay and Play session for free. They are a chance for you and your little one to socialise and enjoy play activities in a safe, informal, and friendly atmosphere. More information .	'No More Nappies' 2.00 - 3.15pm online When should I start thinking about toilet training? How do I know if my child is ready? We can help you with these questions and more. Join us for a live session where we will give you tips to make the process easier and respond to any questions you have. Click here .
Stay and Play Free taster session! 1.30 - 2.30 pm Life Leisure Houldsworth Village, Reddish Try a Life Leisure Stay and Play session for free. A chance for you and your little one to socialise and enjoy play activities in a safe, informal, and friendly atmosphere. More information .	For all Life Leisure and Story Time sessions - no need to book, just turn up! Our Start Well teams will also be there to chat and answer any questions you have.			To book on any session click on the links, scan below or visit: www.startwellstockport.co.uk/latest-news-and-events/ 

Look what's flying your way!

Stockport's Start Well Week Of Action will be taking place to support your child's social and emotional development in the early years. There will be a week of **virtual live events, top tips** and **short videos** on **Facebook, story and rhyme times, information sessions** and much more for you to attend free of charge. To book on visit the **Start Well website**.



Monday 14th October	Tuesday 15th October	Wednesday 16th October	Thursday 17th October	Friday 18th October
StoryTime 1.30 - 2.00 pm Edgeley Library A wonderful opportunity for children and their parents or carers to meet to share a story and rhymes in a relaxed and friendly atmosphere. More information.	StoryTime 2.00 - 2.30pm Heatons Library A wonderful opportunity for children and their parents or carers to meet to share a story and rhymes in a relaxed and friendly atmosphere. More information.	StoryTime 2.00 - 2.30pm Great Moor Library A wonderful opportunity for children and their parents or carers to meet to share a story and rhymes in a relaxed and friendly atmosphere. More information.	StoryTime 2.00 - 2.30pm Cheadle Library A wonderful opportunity for children and their parents or carers to meet to share a story and rhymes in a relaxed and friendly atmosphere. More information.	StoryTime 2.00 - 2.30pm Bredbury Library A wonderful opportunity for children and their parents or carers to meet to share a story and rhymes in a relaxed and friendly atmosphere. More information.
StoryTime 2.00 - 2.30 pm Bramhall Library A wonderful opportunity for children and their parents or carers to meet to share a story and rhymes in a relaxed and friendly atmosphere. More information.	Other sessions coming up: Dads Matters Walk and Talk Saturday 12th October, 9th November, 14th December Woodbank Park A great way to meet fellow dads in similar situations as yours, where you can get some great help and advice as well as a perspective from another dads point of view. More information Emotional Regulation - Thursday 7th November, 9.30 - 10.30am Online Do you struggle when your child has a meltdown? Join our Parenting Team for advice on how to help your child stay calm and understand why this happens For Stockport parents / carers of children up to age 10 years. Click here For online support around social and emotional development and wellbeing visit our Padlet. click here or scan the QR code		How Newborns Sleep 3.00 - 4.00pm online A live online session with a professional sleep coach, exploring what normal sleep behaviour looks like for newborns and how to set up safe sleep practices. We'll tackle common myths about baby sleep, share practical tips on creating healthy sleep habits and discuss ways to support yourself during this time. Whether you are struggling with sleepless nights or just want to learn more, this workshop will empower you with knowledge and confidence for your baby's sleep. Click here.	StoryTime 2.00 - 2.30pm Brinnington Library A wonderful opportunity for children and their parents or carers to meet to share a story and rhymes in a relaxed and friendly atmosphere. More information.
StoryTime 2.00 - 2.30 pm Adswood & Bridgehall Library A wonderful opportunity for children and their parents or carers to meet to share a story and rhymes in a relaxed and friendly atmosphere. More information.			StoryTime 2.00 - 2.30pm Cheadle Hulme Library A wonderful opportunity for children and their parents or carers to meet to share a story and rhymes in a relaxed and friendly atmosphere. More information.	