

# 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 and 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.</p> <p>Sessions cover how you and your baby work together during the different stages of labour.</p> <p><b>For parents to be and those supporting parents to be.</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>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><b>For parents and carers conception to 2 years</b></p> <p><b>Top Tips to Talking</b></p> <p>9.30-11.00am</p> <p>Support your child's speech and language development with our Speech and Language Therapists.</p> <p><b>Tuesday 3rd December 2024</b></p>	<p><b>Little Eaters</b></p> <p>9:30-11:45</p> <p>Do you want to know more about introducing solid foods? Do you have any questions about introducing solid foods? Join our Start Well Early Years Workers 'live' for tips and advice.</p> <p><b>Top Tips for Talking</b></p> <p>9:30-11am</p> <p>Support your child's speech and language development with our Speech and Language Therapists.</p> <p><b>No more nappies</b></p> <p>11:30 - 12:45</p> <p>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.</p>	<p><b>Emotional Regulation</b></p> <p>Thursday 7th November 2024 9:30-11:30</p> <p>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.</p> <p><b>For parents / carers of children up to 10 years.</b></p> <p><b>Sleep seminar</b></p> <p>10th October 2024 and 12th December 2024.</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><b>For parents and carers of children aged 2 - 10 years</b></p>	<p> <b>PLEASE NOTE</b></p> <p>Our sessions are running Monday - Friday Week beginning 7th October Week beginning 2nd December</p> <p>Sessions may vary and new sessions may be added. Please keep your eye on our facebook page and website for updates</p>

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<p><b>Dad Matters Workshops</b></p> <p>New Dad Matters Workshops held twice a month. During these sessions we will talk about three key topics; Attachment and Bonding, Mum's and Dad's Mental Health and Wellbeing and Access to Appropriate Services. We will also cover Labour, Birth and Beyond from a Dad's perspective.</p> <p><b>Dates are:</b> 15th October 19th October 16th November 19th November 17th December</p> <p><b>To book a place -</b> <a href="http://Dadmatters.org.uk/workshop">Dadmatters.org.uk/workshop</a></p> <p><b>For more information email</b> <a href="mailto:DadMatters@homestart.org.uk">DadMatters@homestart.org.uk</a></p> <p><b>For Dads to be and new dads with babies under 12 weeks old</b></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><b>For parents/carers with children 9 months - 5 years.</b></p>	<p><b>Safer sleep</b></p> <p><b>1pm-2:15pm</b></p> <p>Come to our our live interactive online session with our Start Well Health Visitors.</p> <p>Bring your questions and our team will be able to offer advice and support about safer sleep at home, away from home or when out and about.</p> <p><b>For parents and carers pre-birth to 12 months.</b></p>	<p><b>How do I book on?</b></p> <p>Visit our Facebook page: <b>Start Well Stockport</b> or our website: <a href="http://www.startwellstockport.co.uk">www.startwellstockport.co.uk</a> or email our admin team <a href="mailto:admin.startwell@stockport.gov.uk">admin.startwell@stockport.gov.uk</a></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> If you are unable to access a live session you can watch pre recorded videos in your own time: <a href="http://www.startwellstockport.co.uk/videos/">www.startwellstockport.co.uk/videos/</a></p> <p><b>Have you heard about Stockport's Health Visiting and School Nursing Advice Line?</b></p> <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>	

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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 Toileting

Learning how to use the toilet independently and stopping wearing nappies is a big milestone for your child. There are lots of new and exciting skills for them to learn with your help.



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## When should you start toilet training?

Most children are ready around 18 months. Research shows it is better for your child to stop using nappies between 18 months and 30 months.

The longer you leave it, the harder it can be for your child to learn this new skill and accept not having a nappy on anymore. When your child wakes with a dry nappy in the morning, they may be ready for night time training.

## Should we wait for 'signs of readiness'?

No! Many children and particularly those with additional needs, will never give any signs that they are ready to potty or toilet train. Prepare your child by teaching them the skills they need. When your child shows awareness that they've done a wee or poo, it means they are beginning to recognise the signals their body is giving them.

## Prepare your child

Help your child feel comfortable with the idea of their bodily functions. Read picture books about potty/toilet training together and have a potty in the house you can use for role play with teddies. Remember that young children learn by watching and copying which means you may have to leave any inhibitions at the toilet door. Show them you do wees and poos too.

## Make sure you're ready too

When is a good time? Make sure it's a good time for you as well as your child. It's best to avoid doing it at a time when there are any big changes or disruptions to your child's or family's routine.

## Every child is different!

Children with a disability or additional needs can't always communicate their thoughts and feelings so you might not be able to rely on their signals to tell you when they are ready. Most children can be toilet trained; It just might take a bit longer sometimes. The important thing is to support with toileting signs, sounds or words that your child can use and understand and let their bladder and bowel readiness lead the way.

## Ignore the myths...and pressures

There are lots of myths around toilet training that are best ignored. A common one is that boys are harder to toilet train than girls. It comes up a lot but there is no evidence to show it is true. Try not to feel pressured by other parents, focus on your child and remember that you know them better than anyone else.

Making the transition from nappy to toilet can be a challenge. It can feel like a battle – but remember it is a developmental skill not a war!

## What equipment is needed for potty/toilet training?

A potty (more than one ideally). Choose one that is low to the ground so your child can use it independently. You don't need to spend a lot of money on anything fancy, it must do one job well: catch wee and poo!

Some children may prefer to go straight to using the toilet. If this is your child, get a children's toilet seat and a step stool to help them to feel secure and relaxed. Having feet firmly on the floor or a stool is the ideal position for fully emptying the bladder and bowel.

A travel potty can be helpful when you and your child go out.

## Goodbye nappies, hello underwear!

Whatever stage your child is on their journey, stopping using nappies is a big change for them. Make sure your child is drinking enough during the day. Aim for 6-8 drinks a day. Water is the best drink but milk in moderation and well-diluted squash is OK too.

Dress your child in clothes that are easy for them to get on and off, so they can take the lead. If you have a boy, encourage him to sit down on the potty for both wees and poos especially in the beginning. We empty our bladder better sitting down and it helps to prevent constipation.

## Using praise and rewards to motivate your child

For most children, encouraging and supporting them to be as independent as possible is the best way to motivate them. Tell them how pleased you are when they see the potty/toilet and use favourite toys such as books or songs to help them feel comfortable using the potty/toilet.

**For more information on supporting your child with toilet training, please visit:**

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

[www.eric.org.uk](http://www.eric.org.uk)

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