

Look what's flying your way!

We are excited to invite you to join us for Start Well Week of Action 2025, a week dedicated to strengthening and celebrating children's home learning environments. Our theme for this year is "Little Moments Together", where we will explore the impact of everyday moments in fostering learning, growth, and connection at home.



Monday 23rd June	Tuesday 24th June	Wednesday 25th June	Thursday 26th June	Friday 27th June
Story Time 11.00am High Lane 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	Story Time 11.00am Hazel Grove 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	Little Moments-Speech and Language Session 9.30-10.30am OSFH Abingdon Road Join our specialist Speech and Language therapists to learn how to make the most of little moments together using simple strategies in everyday situations. Book your place here	Transition To School/Nursery Session 9:30- 11am We are pleased to be able to offer parents / carers the opportunity to access a live online session in order to support their child into nursery or reception. This session is for families where child is aged 2 – 5 years. Session will include useful information on; <ul style="list-style-type: none"> • Practical tips. • Routines. • Understanding your child's emotions and how to support these. • Brain development. • Building your relationship with your child. • Seeking further support for any special educational needs and disabilities your child may have. Join meeting now	Story Time 10.30am 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
Exploring Food Let's Get Messy 10.00-11.00am OSFH Westmorland Road Book your place now We are excited to invite you to this wonderful session for parents and little ones to discover the joy of trying new foods in a fun and interactive way all whilst creating memorable moments with your child. Don't worry about the mess- it's all part of the fun! Come ready to let your little one explore new foods and develop their sensory skills in a safe and supportive environment. Book your place here	Story Time 11.00am Reddish 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.	Amazing Babies 10.00-10.45am Virtual Join our infant parent service team for a bitesize session about your baby's amazing brain development and activities and everyday interactions you can do to support this development. Join meeting now		Stay and Play 10.00-11.30am OSFH Westmorland Come along and join us for a friendly and fun Stay and Play session – a great opportunity for you and your little one to enjoy playtime together in a safe and supportive environment! Book your place here
	Life Leisure Mini Movers Free taster session Brinnington Park Leisure complex 9.30-10.30/10.30-11.30 Physical activity is great for our little one's wellbeing and development. Come and try our Mini Movers session for free where your child will have a chance to use specially designed equipment to develop physical skills of agility, balance and climbing More Information			

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Life Leisure Stay and Play 1.30-2.30pm Free taster session Houldsworth Village A great opportunity for you and your little ones to meet new people and for the children to enjoy play activities in a safe environment. Come along and enjoy; building, reading, exploring, musical instruments and much more. More Information	Life Leisure Stay and Play Cheadle - 1.30-2.30pm Free taster session A great opportunity for you and your little ones to meet new people and for the children to enjoy play activities in a safe environment. Come along and enjoy; building, reading, exploring, musical instruments and much more. More Information	Life Leisure Mini Movers 9.30-10.30/10.30-11.30 Free taster session Brinnington Park Leisure complex Physical activity is great for our little one's wellbeing and development. Come and try our Mini Movers session for free where your child will have a chance to use specially designed equipment to develop physical skills of agility, balance and climbing. More Information	Life Leisure Mini Movers 9.30-10.30/10.30-11.30 Free taster session Brinnington Park Leisure complex Physical activity is great for our little one's wellbeing and development. Come and try our Mini Movers session for free where your child will have a chance to use specially designed equipment to develop physical skills of agility, balance and climbing. More Information	Exploring Food Let's Get Messy 10:30 - 11:30am OSFH Garners Lane We are excited to invite you to this wonderful session for parents and little ones to discover the joy of trying new foods in a fun and interactive way all whilst creating memorable moments with your child. Don't worry about the mess - it's all part of the fun! Come ready to let your little one explore new foods and develop their sensory skills in a safe and supportive environment. Book your place here
Story Time 1.30pm 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	Antenatal Breastfeeding Workshop 1.30-2.30pm OSFH Westmorland Have you ever wondered what makes breastmilk special? How breastfeeding works? What to expect in the early days, including normal newborn behaviour and soothing tips. How can you help you baby latch well onto the breast? And how to manage and overcome any challenges. Come and meet the infant feeding team and have all of your questions answered. Please bring your partner, friend or family member if you wish. Book here	Life Leisure Stay and Play 1.30-2.30pm Free taster session Brinnington Park & Houldsworth Village A great opportunity for you and your little ones to meet new people and for the children to enjoy play activities in a safe environment. Come along and enjoy; building, reading, exploring, musical instruments and much more. More Information	Weaning Session 10.00-11.00am Virtual Are you thinking about starting your baby on solid foods? Not sure when or how to begin? Join us for a relaxed and informative Virtual Weaning Session designed to support you through this exciting stage of your baby's Join meeting now	Story Time 2:00pm 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
			Story Time 11.00am Marple 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	

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Story Time 2:00pm Bramhall Library <p>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</p>	Story Time 2:00pm Heatons Library <p>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</p>	Story Time 2:00pm Great Moor Library <p>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</p>	No More Nappies 12.00-1.00pm Virtual <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. Join meeting now</p>	Story Time 2:00pm Brinnington Library <p>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</p>
Story Time 2:00pm Adswood Library <p>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</p>	Dad Matters Walk and Talk 5.00pm Woodbank Park <p>Car park off Little Moor Lane Stockport SK1 4BL (Please note it is not the car park at Vernon Park)</p> <p>This is a great way to meet other dads, stepdads and other male carers. All male role models are welcome with your little ones. Come and enjoy a walk, play and enjoying time together.</p>	Exploring Food Let's Get Messy 1.00pm-2.00pm OSFH Abingdon Road <p>We are excited to invite you to this wonderful session for parents and little ones to discover the joy of trying new foods in a fun and interactive way all whilst creating memorable moments with your child. Don't worry about the mess-it's all part of the fun! Come ready to let your little one explore new foods and develop their sensory skills in a safe and supportive environment. Book your place here</p>	Bump Painting 1:00- 5:00PM One Stockport Family Hub Abingdon <p>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. Book your place here</p>	Story Time 2:00pm Cheadle Hulme <p>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</p>
<p>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.</p>				

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<p>Learning at home: Tips for parents</p> <p>6pm-7pm Virtual</p> <p>Join our childminding team and a local childminder for a visual discussion including top tips and photos for ideas of activities and experiences that can be done at home with little or no cost involved that will support children's development.</p> <p>Join meeting now</p>	<p>Transition To School/Nursery Session</p> <p>7pm-8.30pm</p> <p>We are pleased to be able to offer parents / carers the opportunity to access a live online session in order to support their child into nursery or reception. This session is for families where child is aged 2 – 5 years. Session will include useful information on;</p> <ul style="list-style-type: none"> • Practical tips. • Routines. • Understanding your child's emotions and how to support these. • Brain development. • Building your relationship with your child. • Seeking further support for any special educational needs and disabilities your child may have <p>Join meeting now</p>	<p>Family Foundations Antenatal Course for first time parents information session</p> <p>2-2:30pm Virtual</p> <p>New to Stockport! An antenatal class with a difference. Family Foundations is antenatal group for couples expecting their first baby together. It focuses on how to work together as parents to give your baby the best start in life and help with couple communication and family relationships. Join meeting now</p> <p>Find out more about the Family Hubs app that grows with your family, offering support every step of your parenting journey - available in 75 languages. Click here or scan the QR code</p> 	<p>Life Leisure Stay and Play</p> <p>1.30-2.30pm Stockport Sports Village & Avondale</p> <p>A great opportunity for you and your little ones to meet new people and for the children to enjoy play activities in a safe environment. Come along and enjoy; building, reading, exploring, musical instruments and much more. More Information</p> <p>Story Time</p> <p>2:00pm Cheadle Library</p> <p>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</p>	<p>Physical Development in the Early Years</p> <p>Pre-recorded virtual session</p> <p>Join Jodie Wynne Children's Physiotherapist and Sally Holmes Occupational therapist on their Top Tips for supporting your child's physical development.</p> <p>Click here to watch</p> <p>Other sessions to look out for:</p> <p>Startwell Sleep session- 19/06/25 Do you have a child aged 2 - 10 years of age and struggle with their disrupted sleep? If yes, join our Parenting Team for this session. Book your place here</p> <p>Emotional Regulation Session - 03/07/25 Join us to learn more about why children sometimes have a 'meltdown' and how you can support them to stay calm. Book your place here</p>

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