

Monthly virtual sessions

On the first full week of every month 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>Getting to know your baby before birth with Stockport Community Midwives</p> <p>9am – 10.30am</p> <p>Did you know that your pregnancy & birth are crucial for setting the scene for the future of your baby? Please come and join us to find out how to get to know your baby better while in the womb</p> <p>For parents to be and those supporting parents to be</p> <p>You, Your Baby & Birth with Stockport Community Midwives and Dad Matters</p> <p>11.00am – 12.30pm</p> <p>Come and join us as you learn about how you and your baby work together during the different stages of labour. The session will also include a discussion for dad, co-parent and intended parents on what to expect and how they can provide support during birth and the early days!</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>Being a Parent Bitesize</p> <p>10am – 11.30am</p> <p>Taster session for our 'Being A Parent' course delivered by parents from your own community. Session offers practical communication for everyday life and bringing up confident, happy and co-operative children</p> <p>For parents and carers with children age 2 - 11 years</p>

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 the **Our Place website**
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

“These will be about how YOU can make the difference to your child's learning in their early years and give them the best start in life.”

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<p>Understanding your child 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>	<p>Breastfeeding Workshop 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>Top Tips to supporting your child's physical and sensory development 1pm – 2.30pm</p> <p>Join our Physiotherapists and Occupational Therapists to discover how physical and sensory development are inter linked and how to support your child in these areas</p> <p>For parents/carers with children 9 months - 5 years</p>	<p>Safer Sleep 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 12 months</p> <p>Little Sleepers 1.30pm – 2.45pm</p> <p>Supporting your child's sleep routine</p> <p>For parents/carers with children over 12 months</p>		

Makaton

Makaton is a visual way to develop communication skills, which helps stimulate sounds and words

Monthly sessions, dates and times vary so please keep checking our website or Facebook for dates and how to book on



PLEASE NOTE

Different sessions added regularly so please keep an eye on our social media and website

Some sessions content may vary each month so please check our website and social media for more info

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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STOCKPORT
METROPOLITAN BOROUGH COUNCIL

