



# 21st April—27th May



Our sessions run term time only

21st April - 27th May 2022

No sessions on the following dates: April 19th, April 20th, May 2nd, May 3rd.

## Monday

**1.30pm—2.30pm**  
**Baby and Me with Baby Yoga**  
Age: 6 Weeks to pre-crawling. Drop in.  
Numbers limited to 12 babies.

On 16th May we will have a **Starting Solids workshop 1.30 pm—3pm** instead of the usual Baby and Me session.  
Drop in session

On 23rd May we will have a **Tummy time session 1.30 pm—2.30 pm** instead of the usual Baby and Me session.  
Drop in session

## Tuesday

**10.00am—11.30am**  
**Stay and Play**  
Age: 0-5 years  
Please book in advance



## Wednesday

**10.00am—11.30am**  
**Stay and Play**  
Age: 0-5 years  
Drop in session

**1.30pm-2.30pm**  
**Baby Sign**  
Best for 3 months to 12 months  
Drop in.  
Numbers limited to 12 babies.

## Thursday

**10.00am—11.30am**  
**Stay & Play**  
Age: 0-5 years  
Please book in advance

## Friday

**10.00am—11.30am**  
**Music & Movement**  
Age: 0-5 years  
term time only  
Drop in session

**Coronavirus**  
We will ask you to follow the centre's Coronavirus procedures. Thank you for your co-operation.

**To book**  
Please e-mail [ccinfo@millfields.hackney.sch.uk](mailto:ccinfo@millfields.hackney.sch.uk)  
Please give us your name, child's name and DOB, your postcode and which sessions you would like to attend.

**How to CONTACT US:**   
020 8525 6410  
Elmcroft Street, E5 0SQ  
[ccinfo@millfields.hackney.sch.uk](mailto:ccinfo@millfields.hackney.sch.uk)

Please see next page for more information



## Monday

### **Baby & Me with Baby**

**Yoga** Talk about reading books, creating routines and baby's language learning. Learn simple baby yoga moves. Learn new songs and make friends. For babies from 6 weeks to pre-crawling. Term-time only.

No need to book but numbers are limited to 12 babies per session. First come first served.

Pre-crawling babies only

### **Starting Solids**

On 16th May learn about introducing solid foods to your baby and creating lifelong healthy eating habits.

The session will run 1:30—3 pm instead of Baby and Me

### **Tummy Time**

On 23rd May the baby physiotherapist will join us in the Baby and Me session to talk about Tummy Time and give tips on helping your baby with their physical development.

## Tuesday, Wednesday and Thursday

### **Stay and Play**

Area for babies to roll and crawl and other activities for toddlers up to age 5.

Free play with circle time at the end

**Please book in advance for Tuesday and Thursday but Wednesday is a drop in session.**

There will be a limit of 17 children per session.

## Wednesday

**Baby Sign** Learn simple signs to communicate with your baby, develop language and reduce frustration. Have fun using signs with songs.

No need to book but numbers are limited to 12 babies per session.

## Friday

**Music and Movement** A singing and dancing Stay and Play session. We do lots of fun songs with actions and use props such as rhythm sticks and scarves. We listen and play along to a variety of music from around the world.

**Drop in session**

There will be a limit of 17 children per session

There will be no sessions on the following dates:  
April 19th, April 20th, May 2nd, May 3rd.

All our sessions  
are free!



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The best way to contact us is via e-mail. If you wish to speak with us please give us your phone number and we will call you

Working for every child

