

# January and February



Our sessions run term time only

9th January—10th February 2023

## Monday

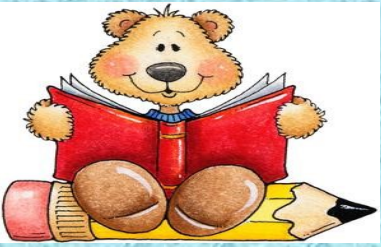
**1.30pm—2.30pm**  
**Baby and Me with Baby Yoga**  
Age: 6 Weeks to pre-crawling. Drop in.  
Numbers limited to 12 babies.

On January 16th we will have Tummy Time instead of the usual Baby and Me session.  
Drop in

On 6th February we will have a Starting Solids workshop 1.00pm—3pm instead of the usual Baby and Me session.  
Please book in advance

## Tuesday

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



## 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  
Drop in session

On January 12th an occupational therapist will join us in Stay and Play. You can talk to them about great ways to help your child's development.

## Friday

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



**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.

**How to CONTACT US:**   
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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.

**Pre-crawling babies only**

### **Tummy Time**

On 16th January 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.

### **Starting Solids**

On 6th Feb learn about introducing solid foods to your baby and creating lifelong healthy eating habits.

The session will run 1:00—3 pm instead of Baby and Me

## 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

**Drop in—no need to book**

## 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—no need to book**

**All our sessions are free!**

**Our sessions run term time only**



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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**