

Our sessions run term time only

**Monday**

**1.30pm—2.30pm**

**Baby Yoga**

Age: 6 Weeks to pre-crawling

Drop in session

**Tuesday**

**10.00am—11.30am**

**Stay and Play**

Age: 0-5 years

Drop in session

**Wednesday**

**10.00am—11.30am**

**Music & Movement**

Age: 0-5 years

Drop in session

**Thursday**

**10.00am—11.30am**

**Stay & Play**

Age: 0-5 years

Drop in session

**Friday**

**10.00am—11.30am**

**Music & Movement**

Age: 0-5 years

Drop in session

On 20th November we will have Mini Movers instead of Baby Yoga 1.30—2.30 pm

**1.15—3 pm**

**Use the Room**

Relax with your child in our lovely room

Age: 0-5 years

**1.30pm-2.30pm**

**Baby Sign**

Best for 3 months to 12 months

Drop in.

No session 20th December

All sessions are free of charge

On 4th December we will have a Starting Solids workshop 1.00pm—3pm instead of Baby Yoga  
Please book in advance

To book for Starting Solids

Please e-mail  
ccinfo@millfields.hackney.sch.uk

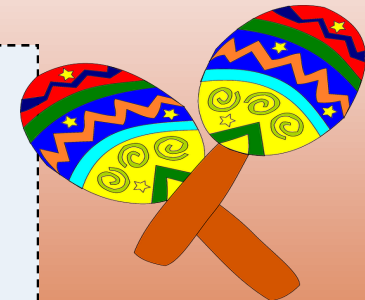
Please give us your name, child's name and DOB, your postcode.

How to CONTACT US:

020 8525 6410

Elmcroft Street, E5 0SQ

ccinfo@millfields.hackney.sch.uk



## Monday

**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**

### Mini Movers

**On 20th November the baby physiotherapist will join us in the Baby Yoga session to talk about Tummy Time and give tips on helping your baby with their physical development.**

### Starting Solids

On 4th December 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 Yoga

## Tuesday 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

**All Stay and Play sessions are drop in**

There will be a limit of 18 children per session.

## Tuesday Afternoon

**1.15—3 pm**

### Use the Room

Looking for somewhere nice to relax in and play with your child? We are making the room available for families to use independently on Tuesday afternoons. Ring the bell and we'll let you in!



## 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



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## Wednesday and 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 18 children per session

**The best way to contact us is via e-mail.**