

Health Clinic at Goodwyns Road
Every Thursday 9.30am and 10.40am 2 year checks
Healthy Weight Clinic 1pm-2.30pm
Appointments booked via health visitors
Early weeks (under 16w) Drop-in clinic
2.30pm-3.30pm

BABY MASSAGE COURSES

We run 4 -week baby massage courses regularly throughout the year. These popular sessions can be booked by ringing Sarah on 01306 740095. The charge is £15 per course
Ideal for babies under 6 months of age.

Childminders Group

Tuesday mornings at West Street site 9.30am-11.30am

TOILET TRAINING DROP IN

We run a one hour toilet training advice session each month. It is informal and relaxed and provides an opportunity to ask questions. To book yourself in for one of these sessions, ring 01306 740095.

PARENTING PUZZLE 10 week course

Wednesday evenings at Goodwyns Road 7-9pm starting on April 26th and finishing on July 12th. (no session on May 17th and May 31st)
This is a fun and friendly group where you can learn and share ideas about how to develop your parenting skills.

Family Outreach Support

One of our family support practitioners can offer help with children's sleep difficulties, behavior and routines as well as helping you to access other services. We can also support your child's early development through our Home Visiting Scheme.
For more information contact Helen or Sophie on 01306 740095



Dorking Nursery School and Children's Centre

Summer Term 2017



West Street Children's Centre Site (Term time only)

West Street
Dorking RH4 1BY
01306 882397 or email:
reception@dorking.surrey.sch.uk
Closed for Easter Holidays. Term starts on Tuesday 18th April. Closed for half term 29th May—2nd June

Goodwyns Road Children's Centre Site (All year round)

Goodwyns Road
Dorking RH4 2LR
01306 740095 or email:
adminrural@dorking.surrey.sch.uk
Groups run all through the Easter Holidays. Closed for Bank Holidays.
Open at half term

A Sure Start Children's Centre

Monday

9.45am-11.45am
Understanding Children's Behaviour
5 week course
12th June-10th July
Crèche available



10am-11.45am
Under 5s Stay and Play Drop-in



Vitamins
Healthy start vitamins available every day at both sites

West Street site

Goodwyns Road site

Tuesday

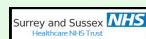
9.30am-11am **Getting to know your baby**
Informal drop in for babies. Advice on massage, feeding, and helping baby feel secure



10am-11.45am
Under 5s Stay and Play Drop-in
11.15am Toy Library

10am-11.15am
Baby Massage
4 week course starts 25th April. £15 per family

1pm-4pm
Midwife Discharge Clinic



1.30pm-2.45pm
Dental Health in Children
Tuesday 13th June



2pm-2.45pm **Crawling to Cruising**
Soft play session for under 2s
£2 per session to be booked in advance

Wednesday

£1.50 donation for Stay and Play

1.30pm-2.45pm
Baby Massage
4 week course starts on 28th June. £15 per family

1-3pm
Post Natal Course
3 week introductory course for Parents of babies under 6 months.
Starts Wednesday 19th April

1-3pm
First Aid for Babies
May 10th
£15



7-9pm
Parenting Puzzle
10 week course starts on Wednesday 26th April.
No session on May 17th and May 31st
Cost £25 per family



Thursday

9.30am-11.15am
Under 3s Stay and Play Drop-in

10am-11.45am
Under 5s Stay and Play Drop-in

12-12.30pm
Swimming
Book a 4 week block for £12

1pm-2.45pm
Kickers and Crawlers
Drop in session for pregnant Mums and babies under 1y
Feeding advice on hand

Healthy Weight Clinic
1pm-2.30pm
Appointments booked via health visitors

Feeding Support
1.30pm-3.30pm
A member of the 0-19 team can offer advice on breast and bottle feeding
Early weeks (under 16w)
Drop-in clinic
2.30pm-3.30pm



Friday

9.30am-11.15am
Under 3s Stay and Play Drop-in

10am-11.15am
Tadpoles
A small group for 2 year olds
To find out more ring the centre. Starts 12th May

10am-11am monthly
Introducing solid foods
2nd Friday of the month
Please let us know if you are going to attend



10.30am-11.30am monthly
Toilet Training Advice
Last Friday of the Month
Booking required

Saturday

10-2pm
Parent Craft
Booking through your Midwife
May 6th, July 1st, Sept 2nd

