|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **10- 11:30****Early Days**Are you pregnant? Have you just had a new baby? Why not come and join us for a cup of tea and get to know what the centre has to offer. This session is for expectant parents and babies from birth to three months.**Baby Massage**0-4months5-week courses for parents with young babies to strengthen bonding and promote relaxation.**Booking required** | **9:00am – 10:00****Fun Fitness 4 Women** Come and get fit with us in this fun active session.*This session is run by All People Active* **Term time only** **10.00am -11.30am****Stay and Play**Fun activities for both you and your child to help support their learning and development.**1.00pm – 2.30pm****Baby Explorers**Enjoy a calm and relaxing session with your baby exploring songs, rhymes, and sensory experiences together.Non-movers  | **9:30- 11:30****Wake up and Walk**Come and join us as we explore local park.**Term Time Only** **Parenting Programmes**A range of programmes are available to support parenting skills, child development and healthy lifestyles.**Please contact Pebbles for more details.****ESOL**English for speakers of other languagesThis course is suitable for parents and carers where English is not their first language.**Please contact Pebbles for more details.*****In The Cabin @ Pebbles*** **9:15- 11:30****Health Visitor Development Checks** Bookings are made through the 0-19s health service. | 9**:00- 10:00am****Story and Song Time @ Oldbrook School**Come and join the Pebbles Childrens Centre team as we explore stories, songs, and rhymes.**Term Time Only****10.00- 11.15am****Sensory Extra** Come and join us at sensory extra we will be exploring different activities that will help develop our senses. This session is for children that may find our Stay and Play sessions a little overwhelming**.**and wellbeing.**1.00pm – 2.30pm****Stay and Play**Fun activities for both you and your child to help support their learning and development. Messy play, last Thursday of the month.  | **10.00am – 11.30am****Story and Song Time.**Come and join us as we explore stories, songs, and rhymes.**MKC Foster Carers group** A chance to network with other MKC foster carers.**Please contact centre for more information** **1:00 – 3:00pm****Meet the Midwife**Last Friday of the monthTo book on contact your midwife to book***In The Cabin @ Pebbles*** **Midwife appointments** bookings are made through your midwife. |