

APPENDIX 2 – List of typical Children’s Centres services - Report of the Director of Children’s Services to Children’s Services Scrutiny Committee – 23rd September 2013

Family Support (one to one help at home or at the centre)
Parenting group sessions
Family Links Nurturing Programme
Family Learning
Parents Early Education Partnership (PEEP)
Stay and Play sessions
Antenatal Sessions
Teenage pregnancy support
Midwife sessions including checks & clinics
Breastfeeding support
Health Visitor sessions including checks & clinics
Stopping smoking sessions
Nutrition & Cooking
Sessions for Teenage mothers
Fitness and Exercise sessions
Healthy lifestyles
Baby activity sessions – aged 0 – 18 months
Baby massage
Sleep problems and routines
Feeding and weaning
Baby exercises
Toddler activity sessions – aged 18 months to 3 years
Play and stimulation
Time for Twos
Dance and movement sessions
Activities for children aged 3 to 4 years
Every Child a Talker (ECAT) and Speech and Language sessions for children
Behaviour Management
Fathers’ Activities
Trips and Events
Saturday Club
Toy Library
Holiday play schemes
Home safety
Sensory rooms (where available)
Childminder sessions
Volunteer co-ordination and support
Help with managing a Budget
Help from Citizens Advice Bureau (CAB)
Help from Jobcentre Plus
Training courses and workshops for Parents
English for Speakers of Other Languages (ESOL)