

# Baby Days Plus

(1 - 2 years old)



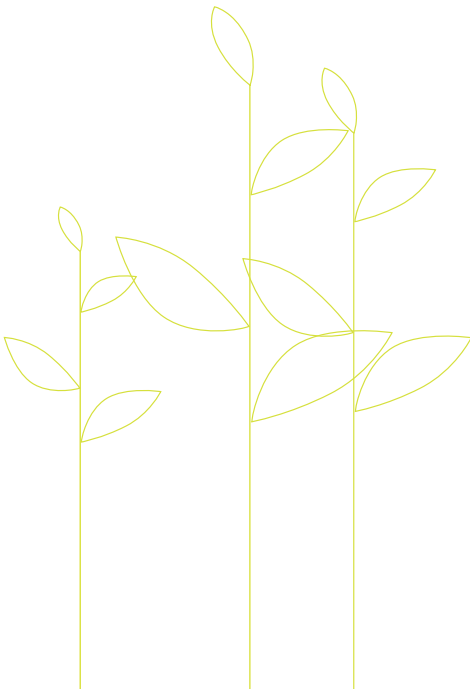
# Baby Days Plus

## What is Baby Days Plus?

It is a drop-in session for parents/carers of children aged 1 - 2 years. There are play sessions and the chance to meet a health professional for information and advice about family health and child development. Each week a different health topic will be discussed to meet the needs of your developing child.

## What can it offer you and your child?

- Easy access to any advice and support you may need as a parent/carer.
- You can gain knowledge of family health issues.
- Weighing is available for your toddler.
- Opportunities for your toddler to mix with children of a similar age.
- A fun and safe environment to play in.
- Information about other Sunderland Children's Centre activities and services.



## What are the benefits for you and your child?

- Your child and the rest of your family are likely to be healthier.
- It can make life easier by supporting you and your family.
- The chance to meet other parents/carers with toddlers, make new friends and support each other.
- Early identification of any difficulties with your toddler's behaviour or development.
- Support in establishing good routines for sleeping and toileting.

For more information about Baby Days Plus and when it is running, please contact your local Sunderland Children's Centre – details overleaf.



# Where to find your local Sunderland Children's Centre

## **Sunderland Children's Centre Thorney Close**

Thorney Close Action and Enterprise Centre  
Tel: 0191 553 4127

## **Sunderland Children's Centres Washington**

Rainbow Family Centre, Concord  
Tel: 0191 219 3995  
Wessington Primary School, Glebe Village  
Tel: 0191 219 3720  
Oxclose Primary and Nursery Schools  
Tel: 0191 219 3770

## **Sunderland Children's Centre Austin House**

Austin House Family Centre, Southwick  
Tel: 0191 566 2650

## **Sunderland Children's Centre Bunny Hill**

Sunderland Customer Service Centre  
Tel: 0191 561 8126

## **Sunderland Children's Centre Monument**

Barnwell Primary School, Penshaw  
Tel: 0191 553 6576  
Dubmire Primary School, Houghton  
Tel: 0191 382 3071

## **Sunderland Children's Centre Highfield**

Highfield Community Primary School,  
Ford Estate  
Tel: 0191 561 2050

## **Children's Services**

The Sandhill Centre  
Grindon Lane  
Sunderland  
SR3 4EN

Tel: 0191 520 5505

Fax: 0191 553 8886

Minicom: 0191 525 0075

Email: [fis@sunderland.gov.uk](mailto:fis@sunderland.gov.uk)

[www.sunderlandchildrenscentres.co.uk](http://www.sunderlandchildrenscentres.co.uk)

## **Sunderland Children's Centre Pennywell and South Hylton**

Pennywell Early Years Centre  
Tel: 0191 553 6820

## **Sunderland Children's Centre New Silksworth**

New Silksworth Infant School  
Tel: 0191 553 6190

## **Sunderland Children's Centre Hendon**

Valley Road Community Primary School  
Tel: 0191 553 7750  
Hudson Road Primary School  
Tel: 0191 553 7675

## **Sunderland Children's Centre Ryhope**

Ryhope Infant School  
Tel: 0191 553 6206

## **Sunderland Children's Centre Hetton**

Hetton Lyons Nursery School, Four Lane Ends  
Tel: 0191 553 6735

## **Sunderland Children's Centre Houghton**

Houghton Community Nursery School  
Tel: 0191 553 6557

## **Sunderland Children's Centre Millfield**

Millfield Community Nursery School  
Tel: 0191 553 2775  
Diamond Hall Infants School  
Tel: 0191 553 7620

## **Sunderland Children's Centre Grangetown**

Grangetown Primary School  
Tel: 0191 553 7650

## **Sunderland Children's Centre St Peter's**

Dame Dorothy Primary School  
Tel: 0191 553 7618

This information can be made available in large print, Braille, audio and other languages. Please contact the Families Information Service on 0191 520 5505 or email [fis@sunderland.gov.uk](mailto:fis@sunderland.gov.uk) for help.

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