

Baby Days Plus

(1 - 2 years old)



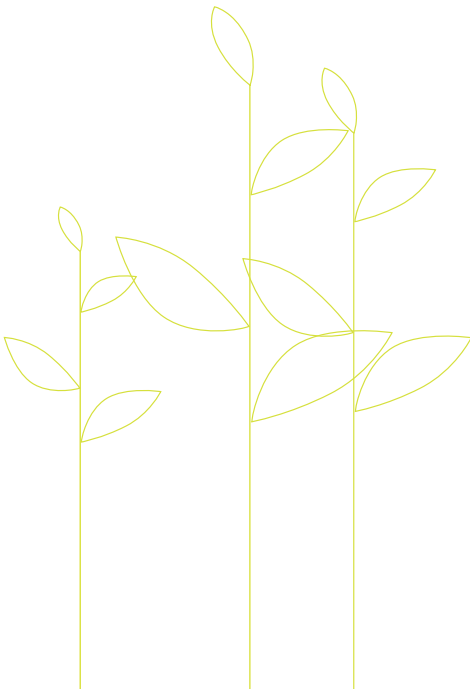
Baby Days Plus

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

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 for help.

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