



A better start for a better future

Supporting children and families in Sunderland

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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

Watch them grow...

Sunderland Children's Centres are springing up all over Sunderland

Their purpose is to help give the children of Sunderland the best possible start in life, offering activities for children and parents; help and support with the practical issues in bringing up a family; a place where you can find out all you need to know about young children.

Here are some of the ways that Sunderland Children's Centres can help you:

Fun things to do

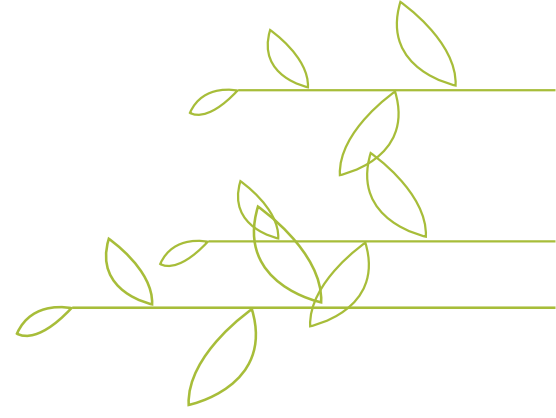
Sunderland Children's Centres are places where you can take part in activities or use facilities that you and your child will enjoy, including:

- Toy and book library
- Messy play sessions
- Soft play facilities
- Toddler groups
- Baby massage
- Arts and crafts
- Singing and dancing
- Holiday activities and special events

Practical help

Sunderland Children's Centres offer help and support in the practical side of bringing up a family, including:

- Affordable childcare available from 8.00am to 6.00pm
- Baby Days – Informal drop in sessions for parents with children under the age of two years
- Advice on healthy eating for all the family
- Safety equipment
- Work and training advice
- Giving up smoking
- First Aid and other courses
- Advice on what to do if your child has problems with eating, sleeping, behaviour or talking
- Support if you are feeling low or depressed



Companionship and advice

Sunderland Children's Centres give you the chance to meet other parents and learn from each other, including:

- Time to relax, unwind and chat to other parents
- Crèche places available for the children
- Sharing your experiences with other parents
- A chance for you and your child to make new friends
- Activities for dads and granddads

Take a look at the map overleaf to find the location of your nearest Sunderland Children's Centre. All 17 centres are now open and the plan is to make sure that everyone in the city has easy access to a Sunderland Children's Centre by 2010.



