


Market Rasen and Caistor Children's Centre

From 22nd July – 3rd September 2024

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<div style="border: 3px double red; border-radius: 15px; padding: 10px; text-align: center;"> <p>No Session on 26th August due to Bank Holiday</p> </div>	<p>Moving On Up ! @ CAISTOR TOWN HALL (0 – 5yrs) 10:00 – 11:00</p> <p>Holiday Fun 23rd July (0 – 8yrs) 10:00 – 11:00</p>	<p>Early Talkers @ CAISTOR TOWN HALL (0 – 5yrs) 10:00 – 10.45 No session on 28th August</p> <p>Animal UK 28th August (0 – 8yrs) 10:00 – 11:30</p>	<p>Stay and Play U1's @ Market Rasen (0 – 1yrs) 10:00 – 11:00</p>	<p>Little Explorers @ Market Rasen (0 – 5yrs) 9:45 – 10:45</p> <p>Holiday Fun 23rd August (0 – 8yrs) 10:00 – 12:00</p>
<p>Moving on Up ! @ Market Rasen (0 – 5yrs) 1.30 – 2.30</p>	<p>Early Talkers @ Market Rasen Library (0 – 5yrs) 1:00 – 1:45</p>			
<p>All our activities are FREE and no booking is required unless stated otherwise.</p> <p>For more information or to make a booking please contact the Children's Centre</p> <p>Email: marketrasenCC@lincolnshire.gov.uk Telephone: 01673 844703</p>		<p>Market Rasen Children's Centre Kilnwell Road Market Rasen Lincoln LN8 3BJ</p>		<p>Scan here for West Lindsey Children's Centres - Rural Facebook Page</p> <p>See updated timetables, news and more!</p> 

Our session descriptors

Family Pop in and Play: Pop along and explore the toys in our playroom with your children under 5. You can come along by yourselves or with friends to follow your child's lead and play with the things of interest to them. We just ask that you tidy away before you go home.

Breast Start Group (all breastfed babies): Come and join us in a relaxed, friendly environment, chat and meet other breastfeeding mums and get some support and advice. A member of the health visiting team supports the group. Pregnant ladies also welcome.

Moving On Up: This session focuses on building children's confidence, self-esteem, and resilience to prepare for the many transitions they will go through as they grow and change. 'Home Learning' ideas will be given so you can support your child's development through play.

Early Talkers: This session will support children's developing communication through songs and rhymes while sharing activities that can be used at home to promote communication and language. (Younger Siblings are welcome)

Mini Children's Library: Borrow a book to take home. All books come with a puppet, story prop or musical instrument.

Learning Together Babies: This session features a 'Talk Time' to show how the little things parents do make a big difference to their babies learning. A variety of activities, songs and stories support babies' early development and build their confidence as they learn to explore. 'Home Learning' ideas will be given so you can support your child's development through play at home.

Learning Together Toddlers: This session features a 'Talk Time' to show how the little things parents do make a big difference to their children's learning. A variety of activities, songs and stories support children's early development and build their confidence as they learn to explore. 'Home Learning' ideas will be given so you can support your child's development through play at home.

Little Explorers: A sensory play session encouraging children's inquisitive nature through awe and wonder. Each session will provide different sensory activities for children to explore, while sharing simple activities that can be replicated at home.

Stay and Play U1's: This session will support developing babies to grow and learn, with activities to support babies reaching their developmental milestones following their interests and curiosities.

Sensory Tent experience: Come and explore our dark den sensory tent with a range of lights and other sensory experiences. This is the perfect opportunity to relax and unwind in a calming space.

Baby Massage: This 5-week course offers a chance for you and your baby to spend precious time bonding through baby massage while meeting other parents with babies to form friendships with.

Top Tips: A relaxed and informal session delivered by Early Years Professionals sharing our Top Tips for babies approaching the start of their weaning adventure. We will cover topics such as introducing solids, oral health, accident prevention, age-appropriate development, learning and your local offer for your baby.