

Hillingdon Children's Centres

Virtual Timetable

Ducklings

An online course to support parents/carers with a child, newly diagnosed with Autistic Spectrum Disorder or awaiting an assessment with the Child Development Centre.
30 April –9 May 1-2:30pm **16 April –7 May 7-8:30pm**

Be Inspired

A programme for parents/carers to develop their self-confidence and communication.
10 April-22 May 1:30-3pm

Bottle To Cup & Brush for Life

Workshops to support children to use open cups and to stop using a bottle from 1 year
4 June 10-11am **6 July 6-7pm**

Toilet Training

25 April 1:30-2:30pm **22 May 7:30-8:30pm** 4 July 11-12pm

Fussy Eating

9 May 1:30-2:30pm **10 June 6:30-7:30pm**

Transition For Toddlers

Sessions to support parents with information around children starting Nursery 2 years
16 May 10-11am 8 July 1:30-2:30pm

Five To Thrive

Five simple things you can do with your baby or child to nourish their growing brain.
29 May 6-7pm
5 July 10-11am

Behaviour Strategies

Tips to assist with managing family life and challenging behaviours.
23 April 7pm. 26 June 6:30-7:30pm

Sleep Matters

27 June 1:30-2:30pm

**These sessions are available virtually through Microsoft Teams.
Contact your local Children's Centre for more information and to book sessions**



**Five to thrive
champions**

