



HILLINGDON  
LONDON

## A-to-Z Guide of Hillingdon Children's Centre Services

To access these services, you need to live in Hillingdon Borough and have a child aged 0-5 years.

Please note, not all sessions run all the time at every Children's Centre and some services are accessed by referral or invitation only. If you have any questions, please speak to your local Children's Centre.

### Child Development:

<b>Attention Hillingdon</b>	An 8-week programme to help develop children's attention, speech and listening skills.
<b>Baby Group</b>	A Baby stay and play session for parents/carers with babies to crawlers. Babies will explore various activities and engage in rhythm and rhyme, baby development and information on Five to Thrive.
<b>Baby Massage</b>	A 4-week course for babies aged 6 weeks to 6 months and their parent/carer, to learn a soothing massage routine and the benefits which can be used in the home environment. Terms: <i>Babies need to have had their 6-week check and first vaccination in order to attend.</i>
<b>Forest School</b>	A specialised approach to outdoor learning that aims to develop confidence and self-esteem through exploring the natural environment promoting the holistic development of all those involved, fostering resilient, confident, independent, and creative learners.
<b>Language for Life</b>	A 6-week programme providing tips and hints in supporting child's language development, using child led play, singing, books and stories, imaginative play, turn taking and conversation.
<b>Look What I can Do/Ready to Go</b>	Sessions to support children aged 2 years+ to gain independence skills to support transition into nursery, childcare, or school.
<b>Musical Babies</b>	A fun musical session for pregnant Mums and parents/carers with babies to crawlers. Babies will experience and explore music, movement, rhythm and rhyme through different activities and resources.
<b>Messy Play</b>	A session for children/child to be creative, explore sensory play and use their imagination.
<b>Play to Learn</b>	A 6-week programme for parents/carers to develop understanding of how children learn through play, with practitioner modelled activities and resources and home learning ideas.
<b>Signalong</b>	A session for parents/carers of children with additional needs to learn to communicate with their child. Signalong is a sign supported method of communication - you will learn signs for key words and how to use body language and facial expression to support communication.
<b>Stay and Play</b>	A session for families to attend with children aged 0-5 years of age to play indoors and outdoors exploring different activities, singing and story time, using the Early Years Foundation Stage areas of learning to support children's development.

<b>Stay and Play Plus</b>	A session for children who may need additional support with their learning and development. This includes children who have attended Attention Hillingdon and/or Language for Life, children with additional needs and disabilities and those waiting for a diagnosis. It provides a variety of resources and play activities to meet the needs of the group.
<b>Story and Rhyme</b>	A story session that will develop a child's imagination skills, their love for books, attention and listening skills.
<b>Time for Twos</b>	A group for families of 2-year-olds who are eligible for early education funding to explore options for funding and to enjoy age-appropriate fun activities.
<b>Toddler Time</b>	A session for families with children aged 1-3 years to explore age-appropriate activities promoting gross and fine motor skills, indoor and outdoor play, singing, sensory play and story time.

## Health and Wellbeing

<b>Baby Gym</b>	An active session for parents/carers to bring babies to explore physical activities to encourage physical movement and activities to help develop strength, muscle control and co-ordination, and promote brain development.
<b>Be Inspired</b>	A programme for parents/carers to develop their self-confidence. This course is a feel-good course which provides parents with the materials to help manage everyday situations.
<b>Breastfeeding</b>	Advice, information, and support to assist and encourage mums in the early weeks to initiate/continue breastfeeding
<b>Brush for Life</b>	Workshops and 1-2-1 advice to promote good oral health.
<b>Bottle to Cup</b>	Workshops and 1-2-1 advice to support children aged 6 months+ to begin to use open cups and to stop using a bottle from 1 year.
<b>Garden Play</b>	A session in the Children's Centre Garden to explore and enjoy outside play, promoting physical activity, creativity, and enjoyment of nature whatever the weather.
<b>Little Cooks</b>	A fun cooking session to help children learn basic cooking skills with their parents/carers, give advice on healthy food choices, fussy eating, portion sizes, and positive mealtimes.
<b>Little Tasters</b>	A fun session to help children explore different foods in a play environment with their parents/carers. Helping children develop their senses as they experience different tastes and textures of foods. The children will have the opportunity to learn to sit at the table and try new foods.
<b>Let's Get Active</b>	Music, movement, dancing, and physical activities to help children and their parents/carers stay active, improve physical development, co-ordination and help children enjoy movement and exercise.
<b>Music and Movement</b>	A lively, active musical session for children and their parents/carers. Children will engage in singing, dancing, exploring musical instruments, and rhythm and rhyme.
<b>Play in the Park</b>	A session in the park to enjoy games and activities and explore nature in the local park together.
<b>Walk in the Park</b>	A walk in the park to promote wellbeing.
<b>Weaning</b>	Workshop led by the Health Visiting team on introducing your baby to solid foods at 6 months. Sessions aimed at parents/carers with babies aged 5 months old.

## Family Development & Support

<b>Dad's Group</b>	A group for Dads, Grandads, and other male carers with children 0-5 years on a Saturday morning to enjoy fun activities, games and enjoy garden play with their children.
<b>Ducklings</b>	An online course to support parents/carers with a child, newly diagnosed with Autistic Spectrum Disorder (ASD) or awaiting an assessment with the Child Development Centre. This session supports parents/carers to understand and increase their awareness of ASD, supporting child's development, exploring strategies to support family life, providing information, advice, and signposting.
<b>Early Bird</b>	A programme to give advice and guidance on strategies and approaches for supporting young autistic children. The course aims to support families to: Understand autism and how children experience the world around them, develop interactions and communication with their child, understand their child's behaviour. There are 8 taught sessions and 4 home visits.
<b>I CAN Workshops</b>	A workshop for parents/carers waiting to start a Language for Life Course to give them a greater understanding of language development
<b>Nurturing Beginnings (new baby group)</b>	A 6-week baby group to support parents/carers with new-born babies up to 6 months with baby play, advice and learning based on Five to Thrive. These warm and nurturing sessions focus on supporting your new baby's development and promoting parent/carers own wellbeing after the birth of a new baby.
<b>P3</b>	Offering advice and support to parents/carers around benefits, money and finances, housing, mental health issues and more.
<b>Parent Space &amp; Parent Space Drop-in's</b>	This session is delivered by Family Development Workers to provide activities and resources for children and to support parents with behaviour, boundaries, routines, and other challenges. We also deliver Parent Space drop-ins for parents who would like further information, support and advice on any issues affecting the family.
<b>Say and Play</b>	A session for parents and carers to attend with their children and provide us feedback/suggestions/comments to help shape our future services, in a play-based session. We welcome feedback outside of these sessions too.
<b>Step by Step - Children's Centre Parenting Course (non- accredited)</b>	A 6-week practical parenting (and main carers) programme, providing information, support, and advice on being a parent/carer to young children. Areas covered include health & wellbeing, understanding your children's behaviour, routines & boundaries, and lots more.
<b>The Nurturing Programme- Family Links Parenting course (Accredited)</b>	A 10-week parenting course to help understand why children behave as they do; recognise the feelings behind behaviour (ours and theirs); explore different approaches to discipline; find ways to develop co-operation and self-discipline in your children and the importance of looking after ourselves.
<b>Your Bump and Beyond (Antenatal Course)</b>	A 5-week fun, practical and interactive antenatal programme delivered with support from the Midwifery and the Health Visiting Teams. The programme covers birth, real life topics, nappy changing, bathing, feeding and family

	life. This has been adapted as a three-week virtual programme for those parents who are unable to attend face to face groups.
<b>1:1 Support and Advice Sessions</b>	Support and advice for parents/carers with children under 5 years for any concerns related to their child's development, behaviour strategies, parenting etc