

# Little Explorers Children's Centre

Day	Name of Group	Date	Time	Information
Tuesday	Child Health Clinic <i>Drop in</i>	Sep 6th, 13th, 20th, 27th Oct 4th, 11th, 18th, 25th Nov 1st, 8th, 15th, 22nd, 29th Dec 6th, 13th, 20th	10.00am - 12.00pm	Come along to this health clinic and access information, advice and support from our partners, the health professionals. Baby weighing is available during this session.
	Bumps and Beyond	Dates to be confirmed, please call the centre to register your interest. This short course will run over 3 consecutive weeks.	1.00pm - 3.00pm	This course is aimed at antenatal parents and those with babies up to 6 weeks old. Discuss the experience of becoming parents and receive information and guidance on looking after yourselves and your new baby.
Wednesday	Parent & Toddler Under 5's <i>Drop in</i> <i>Term time only</i>	Sep 7th, 14th, 21st, 28th Oct 5th, 12th, 19th Nov 2nd, 9th, 16th, 23rd, 30th Dec 7th	10.00am - 11.00am	Drop in with your under 5's and enjoy the activities together on at our parent & toddler group. Join in with our music and singing time.
	Appledore (2nd Wednesday of the month)	Sep 14th Oct 12th Nov 9th Dec 7th	1.30pm - 2.30pm	Drop in with your under 5's and enjoy the activities on offer at our parent & toddler group. Please note this group takes place at: Appledore Pavillion, The Street, Appledore, TN26 2AJ.
	Breastfeeding Support Group <i>Drop in</i>	Sep 7th, 14th, 21st, 28th Oct 5th, 12th, 19th, 26th Nov 2nd, 9th, 16th, 23rd, 30th Dec 7th	1.00pm - 2.30pm	Local volunteer peer supporters who have breastfed and gone on to train will support you on your breastfeeding journey. Everyone is welcome to meet and chat with others who are breastfeeding or want to find out more.
Thursday	Parent & Toddler Under 1's <i>Drop in</i> <i>Term time only</i>	Sep 8th, 15th, 22nd, 29th Oct 6th, 13th, 20th, Nov 3rd, 10th, 17th, 24th Dec 1st, 8th	10.30am - 12.00pm	An informal group for parents with babies under 1. Enjoy the age appropriate activities on offer to encourage your under 1's development including tummy time and messy play. An opportunity to discuss stages of your child's development.
Friday	Parent & Toddler 1 - 2 years <i>Drop in</i> <i>Term time only</i>	Sep 9th, 16th, 23rd, 30th Oct 7th, 14th, 21st Nov 4th, 11th, 18th, 25th Dec 2nd, 9th	10.00am - 11.30am	An opportunity for children from 1 to 2 years old to develop their skills and learn through play in their early stages of independent movement including music and singing.
	Number Sacks Course** for children aged 3-5 <i>Term time only</i>	Sep 16th, 23rd, 30th Oct 7th, 14th	12.30pm - 2.30pm	This 6 week course delivered with our partners from Community Learning and Skills, will give you the knowledge and skills to support your children's developmental needs in Maths and engage with your children using games and activities that you can create on the course. Limited crèche spaces are available.

\* PLACES ARE LIMITED, PLEASE CONTACT THE CENTRE TO REGISTER INTEREST  
\* LIMITED FREE CRECHE PLACES AVAILABLE

## DO WE HAVE YOUR CORRECT DETAILS?

Are your details up to date?  
Do you receive our information by email?  
Are all of your children aged up to 25 years registered with us as we are now a 0-25 service?

If not, come into your nearest Children's Centre or The North youth hub or apply online at <http://www.kent.gov.uk/education-and-children/childcare-and-pre-school/childrens-centres>.