Health News

National Smile Month 14 May – 14 June 2018—We are now in National Smile Month. Come along to our groups to enjoy dental role play, play with the dental activity packs and find out more about dental and oral hygiene!

MMR Vaccine—Protect yourself, your family and others from measles, mumps and rubella. It’s not just a kid’s problem and it can be serious. It’s never too late to get your vaccine so call your GP surgery and book your two doses now! The MMR Vaccine is a combined vaccine that protects you against the three separate illnesses in a single injection.

Come and play and Edenbridge Children’s Centre! We have some new toys to play with that are good for physical development such as a mini top and a floor surfer. And when the weather warms up we have some bamboo tubes for some fantastic water play! Stay and Play, Edenbridge Children Centre, Thursdays at 9.30-11.00am.

"My son enjoys the messy play. “I like the variety of activities on offer for my child.” Swanley Stay and Play March 2018

"Excellent session. First time visit for us as just moved to the area. Very nice to come along. Lots of familiar songs and we learnt some new ones too!" Hartley Rhyme Time May 2018

There will be an extra Stay and Play Session at Swanley Children’s Centre every Tuesday at 1.30pm to 3.00pm.
Also, an extra Rhyme Time session at Swanley Library every Wednesday at 10.00—10.30am and 11.00—11.30am.

Keep in Touch—GDPR Changes

New General Data Protection Regulation (GDPR) comes into effect on May 25th, 2018. To comply with GDPR, we need to confirm that you would like to continue to receive information from us by email or post. Could you confirm by email or writing to New Ash Green or Edenbridge Children’s Centre that you would like to stay on our mailing list.

You can also find us on Facebook, for more information about the Centres & groups we run. Please search “Sevenoaks District Children’s Centres” and Like’ the page.

Kent Parenting Courses

Please turn over for full details of all courses available across the District.
You and Your New Baby (0-1 year—Universal)
Cygnet Parenting Programme (5-18 years with an ASD diagnosis)
Solihull Parenting Programme (0-7 years—Universal)
Sevenoaks District runs a rolling programme of Adult Education Courses. These are free and there are limited crèche places available with each course. To book, please call the Children’s Centre hosting the course.

**Flying Start**  
- Better understand the way that your children are being/will be taught English and Maths in school during Foundation Stage and Key Stage 1  
- Feel more confident about supporting your children’s learning in these important early years  
- Improve and develop your own skills in English and Maths  
- Gain confidence and build relationships through participating in group activities

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### Kent Parenting Courses (Continued)...

**You and Your New Baby (0-1 year—Universal)**

The ‘You and Your Baby’ programme has been designed to provide early intervention to first time parents supporting the emotional transition to parenthood. It will improve parental confidence and provide the opportunity for parents to develop localised friendships which can further support parental emotional well-being, building on the opportunities to increase positive outcomes for children.

To find out more and book, please contact: SwanleyChildrensCentre@kent.gov.uk

**Cygnet Parenting Programme (5-18 years with an ASD diagnosis)**

This course is designed for parents and carers of children aged 5-18 years who have a **confirmed diagnosis** of Autistic Spectrum Condition. This course aims to increase the understanding of Autism, develop knowledge of how a child with ASD experiences the world and gives parents the opportunity to meet and discuss either concerns and experiences with other parents.

To find out more and book, please contact: SwanleyChildrensCentre@kent.gov.uk

**Solihull Parenting Programme (0-7 years—Universal)**

Health Visitors and Early Help Workers deliver this ‘first response’ to parenting for families who may benefit from early intervention in order to prevent development of future difficulties in children aged 0-7 years.

To find out more and book, please contact: SwanleyChildrensCentre@kent.gov.uk

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