



Information for 0-1 years

Please find enclosed some information on what we offer for babies up to the age of 1 year.



01709 336898

www.rawmarshchildrenscentre.co.uk

Rawmarsh Children's Centre
Barber's Crescent
Rawmarsh, Rotherham, S62 6AD

Breastfeeding Support in Rawmarsh

Mums know Breast!

Breast Buddies

Our Breast Buddies are group of mums who have enjoyed their own breastfeeding experiences and have trained to be able to offer other local Mums help and support.

They are available to offer support and advice every week in our Bumps and Babes group (Thursday 1:00-3:00pm), or alternatively you can contact the Children's Centre for more information.



Breast Pump Loans

Ardo Breast Pumps are available for loan from the centre. Please speak to reception staff. Family support or outreach for more information.



Rawmarsh Nursery School and Children's Centre has been awarded the certificate of accreditation for Breastfeeding friendly in Rotherham.

Baby Massage

Benefits for both baby and parent in areas around:

- Colic
- Constipation
- Relaxation
- Soothing
- Stimulation
- Bonding
- Confidence
- Interaction
- Attachment
- Communication



5 week course at a cost of only £5 to be paid on the first session.

This course is delivered by a fully qualified instructor. Dads/male carers welcome!

Bumps & Babes

Thursdays 1.00pm-3.00pm



A group for new and expectant parents to come along and make new friends, relax and get help and advice. Babies have the opportunity to play; discovering new toys and treasure baskets.

Well Baby Clinic

Your baby can also be weighed by health professionals during this time. Please note it is appointment only—to book in simply call the 0-19 Health Service on 01709 423333



Sensory Play



These are monthly sessions that are designed to promote babies learning and development from the very earliest opportunity. They are also an ideal place to meet other new mums and socialise.

For more information or to book a place please contact the children's centre.

Introducing Solid Foods

These sessions are held monthly at Rawmarsh Children's Centre and are provided by Health Professionals and Children's Centre workers. The sessions are ideal for when your baby is around 12-14 weeks, and information is provided on how and when to start introducing food, suitable first foods, when to introduce a tooth brushing routine and what products to use.



Please speak to a member of staff if you would like more information or to book your place on a session.



Family Support and Outreach Teams

Julie Ridge—Lead Family Support Worker

Julia Middleton—Family Support Worker

Karen Taylor—Family Support Worker

Toni Ashton—Outreach Worker


Samantha Helliwell—Outreach Worker

Rebecca Morris—Outreach Worker

The Family Support and Outreach Team at Rawmarsh Children's Centre offer a quality service to all families that live within the Rawmarsh/Parkgate area. They can also signpost to other agencies that can help meet your families needs.

Thrive

The centre uses the Thrive approach to support the emotional health and wellbeing of children. Thrive helps to promote healthy personal, social and emotional development in our children. It is implemented through our everyday actions and activities with the opportunity to devise individual plans for children with more complex emotional needs. (Please pick up one of our leaflets if you would like more information on Thrive).





Childcare

We can accommodate 6 children in our Under 2's room.

The Under 2's room is a bright airy room with space for children to play and explore safely. We have a wide selection of toys and equipment that will stimulate and challenge the children.

We believe in the importance of fresh air and so babies use the baby room outdoor area to explore and sleep.

A list of fees is available upon request at reception or on our website. If we are at capacity, parents can put their child's name on the waiting list and will be contacted if and when a place becomes available.