

Kent
Children's
Centres

West Kent
Virtual Offer



Information on our virtual offer.

West Kent Family Advice Line

Monday - Friday
9.30AM - 2.30PM
☎ 03000 414415

Parents and carers from West Kent can phone the advice line to receive FREE advice, guidance and information around a wide range of topics including:

Free for 2 -free childcare for 2 & 3-year olds

Parenting advice and support
i.e. managing children's behaviour, child development.

Emotional health and wellbeing
For your child and yourself.

Children's activities
Ideas to do at home with your child/children.

Signpost to other services that can support you
i.e. Housing, Domestic Abuse.

Other topics.



- All groups will be run through Microsoft Teams.
- You will need to be registered with the Children Centre.
- You will need to book at least 1 week in advance.
- You will need to agree to our code of practice prior to being sent the link to join.
- All our sessions are free of charge.
- You must live in either Tonbridge and Malling, Maidstone, Tunbridge Wells or Sevenoaks to participate.

To book please see the information on the back page of this leaflet.



Monday

Bumps to Babes – 9:30am – 10:30am

This runs every week for parents under 25 years or with SEN on a Monday. The group offers advice and guidance, learning opportunities for the parents, activities with the children to support their learning and development and a safe platform for parents to meet each other, build relationships and support networks.

Baby Time – 10am – 11am

A drop-in group for parents with a child ages under 1.

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Tuesday

Let's shake it up – 9:30am – 10am

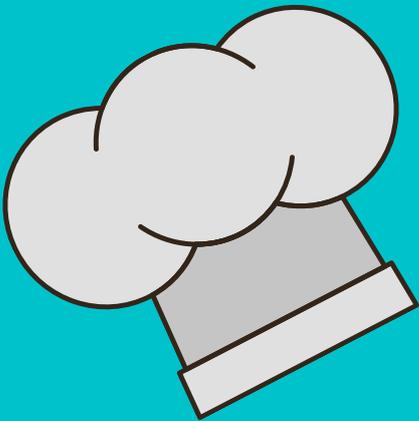
*A virtual session for children to encourage movement and activity within the home.
Age requirements – From walking upwards.*

Mini Chefs – 11am–12pm

A 4 week virtual course where children can cook something together. Age requirements – from 2 years.

Schools Out – 3:30pm – 4:15pm

A social group for children in reception to year 2 after school hours to support children's emotional wellbeing and build their resilience. With chat, fun and games together.



Wednesday

Wisdom Workshop – 9:30am – 10am

A monthly session for families to join informative sessions about a range of key topics including public health agendas.

Wednesday 5th May – Wellbeing and Mental Health.

Wednesday 2nd June – Dental health – tips and tricks for maintaining children's teeth and how to help child to understand the importance of looking after their teeth without having that twice daily battle.

Play Today – 10am–11am

Fun Toddlers–5 Play activities to be shared with families to demonstrate fun things they can do at home together.

Sing and Story – 1pm – 2pm

Read a story for parents and children to enjoy and sing well known nursery rhymes together. Age requirements – 0–5 years.

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Thursday

Sing and Story – 10am – 11am

Read a story for parents and children to enjoy and sing well known nursery rhymes together. Age requirements – 0–5 years.

The baby journey – 1pm – 2pm

A 6 week course of new babies with their parents to support interaction, bonding, development and more. Age requirements – 0–6 months.



Although 1 hour is allotted for each session this may vary and some may be shorter. This will be discussed when booking.



Virtual Courses

Baby Massage

Learn some basic baby massage stroke and techniques, supports building a bond with your baby whilst being good for your baby's physical development. Suitable from 6 weeks to pre-crawling. Referral via health visitor or other professional service only.



Chatter Time

A bookable 4 week group to support families knowledge of early years speech development and give simple tips and tricks you can do at home to help your child. Age requirements – from 18 months upwards.

Stepping Stones Course

The Stepping Stones course is a 4 week course that looks at what autism and ADHD are, how to support challenging behaviours, social communication and sensory issues you may see encounter and mindfulness for both parent and child and how to provide a calm environment. You will also meet other parents facing similar challenges and be able to support each other through this.



**To book onto any session please use
the contact details below:**



Phone Number - 03000 418 008



**Email -
virtualgroups@kent.gov.uk**



Tonbridge and Malling Children Centres.

Maidstone Children Centres.

Sevenoaks Children Centres.

Tunbridge Wells Children Centres.

