



Fledglings

Starting pre-school or nursery is a huge milestone in a child's life.

Like with any big change the transition can be full of new opportunities, excitement and challenges. Along side this comes uncertainty, new surroundings and unfamiliar routines and faces. Making the transition to nursery is so important so our exciting new group is designed especially for families with children who are starting nursery or preschool.

We will focus on routine, promote independence and offer helpful tips on how to make the journey a positive one.

Please sign up for one of our four week courses
Friday 15th June 2018 - 6th July 2018
Friday 2nd November 2018 - 23rd November 2018
Friday 1st March 2019 - 22nd March 2019



A new Mulberry Bush
Toddler group @

The Guide Hut, Tudor Parade,
Old Coulsdon

Every Wednesday & Thursday
9.30-11.30 during term time
£4 per child

Positive Birth Movement

www.positivebirthmovement.org

No booking required.

We believe women can birth with positivity in hospital or at home, with or without medical intervention. She can have a positive caesarean, or a positive home water birth. Positive Birth is about approaching birth realistically, having genuine choice and having your choices respected, feeling in control and enriched by the experience. Our groups are discussion groups where we value all choices, and where all views are of equal value and equally heard.

The Positive Birth Movement Croydon is on the third Thursday of the month from 9 am until 11 am. We alternate between The Byron Children's Centre in Coulsdon and Croydon University Hospital in Croydon.

Leah 07786 556665

Baby Massage

Massage can soothe your baby and help them to sleep. Massage has many added benefits for your baby, including improving weight gain, aiding digestion, improving circulation, and easing teething pain. Massage is a great way for you and your partner to bond with

your

baby, and you may find it relaxing, too!

5 weeks course

£10 donation for 5



5

Sharing books with your child early can help create a lifelong reader.

Celebrating its 25th anniversary this year, Book start is here to guide you on your child's reading journey from 2-5 years

Join us for a free three week course

Booking required



bookstart
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Helplines

NHS Direct A nurse-led telephone information service, which provides basic healthcare advice. It is accessible 24 hours a day, seven days a week.

Call 111

Purley Health Visitors
020 8401 3000 extension 2374
Social Care 020 8726 6400