











# Ihsan Children's Centre Live Sessions via Zoom

## January & February 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mornings</b>	<b>Story and Rhyme Time</b>  <b>10:00am</b> All ages	<b>Happy Tummy Time</b>  <b>10:00am</b> Up to 12 months	<b>Sing along songs</b>  <b>10:30am</b> 6 months +	<b>Little Chefs Food Play</b>  <b>10:30am</b> All ages	<b>10 minute shake up</b>  <b>10:30am</b> 12 months +
<b>Afternoons</b>	<b>Mirrors and treasure baskets</b>  <b>2:00pm</b> 12 - 24 months	<b>Clapping Songs</b>  <b>2:00pm</b> All ages	<b>Story and Rhyme Time</b>  <b>2:00pm</b> All ages	<b>Happy Teeth Time</b>  <b>2:00pm</b> All ages	<b>Foam and Messy Play</b>  <b>2:00pm</b> 12 months +
<b>Parental Support</b>	<b>Coffee and Chat</b>  Feeling like you need some adult company? Join us for a 30 min chat on Zoom. Email us for an invite	<b>One to One Chat</b>  One-to-One Chat. You can email us any day for a call back.	<b>Coffee and Chat</b>  Feeling like you need some adult company? Join us for a 30 min chat on Zoom. Email us for an invite	<b>One to One Chat</b>  One-to-One Chat. You can email us any day for a call back.	<b>ALSO AVAILABLE:</b> Breastfeeding Support Healthy Start Vitamins Toothbrush Packs Home Learning Packs Toy Library Wellbeing Packs Food Parcels Please contact us for more information.

You might also be interested in...

### ZOOM BABY SUPPORT GROUP

For parents with babies under 8 months

Monday 18th January 2021  
10:00am - 11:30am

### VIRTUAL FUSSY EATING WORKSHOP HENRY

As a parent, it's natural to worry if your child isn't eating well. But if this is something you are struggling with, you are not alone.

Urdu and Gujarati language support is available.

Tuesday 26th January 2021  
10:00am - 11:30am

### WELL BEING FOR PARENTS FIRST STEPS

Monday 18th January  
10:30am - 11:30am

A space to think of ourselves, discuss issues in the early years such as fussy eating, sleeping, behaviour etc.

By telephone consultation with our first steps team coordinator Beth.

Choose your session and email this to us at [admin@ihsancc.org.uk](mailto:admin@ihsancc.org.uk) and we will send you a link, password and joining instructions.

If you feel you need to talk to someone about a concern you have or for advice, please contact us on 020 8806 1147 ext 3

