

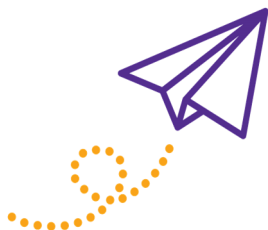


Our aim is to increase the confidence and independence of families. Home-Start believes that children need a happy and secure childhood and that parents play the key role in giving their children the best start in life, helping them to achieve their full potential.

Home-Start aims to support this through home visiting, family groups within the community and projects.

If you are interested in attending any of these workshops please call, text or WhatsApp your local project Lead- see contact details overleaf.

We look forward to meeting you for lots of fun and learning.



Staff

Project Leads:

Kerry-Family Support Coordinator

West Suffolk: 07415 690130

Wendy-Family Support Coordinator

Mid Suffolk: 07395 796279

Scheme Manager:

Amanda Jacques 01379 678552

Information sharing policy statement

Any personal information gathered is stored safely and securely and is not accessible to anyone outside of Home-Start without consent except where there is a safeguarding concern for a child. You will be asked to sign a permission statement for Home-Start to hold information to enable us to provide and monitor services.



Find us on
Facebook

Contact Us

Home-Start Mid & West Suffolk

20 Broad Street, Eye, IP23 7AF

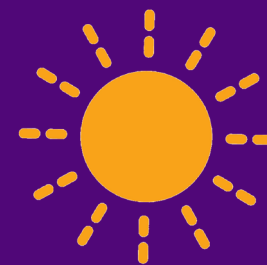
Telephone: 01379 678 552

Email: office@homestartmidsuffolk.org.uk

Leaflet updated January 2021

HOME START

Mid & West Suffolk



Welcome to Home-Start Healthy Parent Healthy Child Project



**Supporting Perinatal
Mental Health**
Fun and learning for
babies and parents



Registered
Charity No. 1127760

Treasure Baskets & Sensory Play

A programme of 3 weekly sensory play sessions for parents and babies under one year.

Treasure Basket Play: discover how treasure basket play helps to support babies natural urge to explore using all their senses, making independent choices, building confidence and self-esteem.



Sensory/Messy Play: introducing babies to exploring and learning using a range of sensory/messy activities and experiences such as sensory tubs, tuff spot play, discovery bottles and food!



Sensory Art & Crafts: get creative and explore art and craft ideas with baby encouraging sensory exploration and expression by using different media and materials, such as natural materials, edible paints, bubbles and ice.



Baby Story Sacks



An exciting 3-week programme of fun and interactive story telling. Bringing stories & rhymes alive using puppets, props and play to engage babies and support their early language development and a life-long love of stories.

Musical Babies

3 fun sessions exploring music, songs and rhymes. Have fun together, supporting and encouraging your baby's early learning and development through exploring musical themes, songs, rhymes, music making and crafty ideas.



Baby Massage



A 5-week course to learn the techniques and benefits of baby massage helping to:

- Encourage a deeper sleep for baby
 - Relieve wind, constipation, colic and teething pain
 - Strengthen communication and bonding and boost self esteem
- Organic massage oil and parent's booklet provided.

Baby Yoga



Fun and healthy sessions to benefit you and your baby.

* Promotes relaxation and improving sleep patterns

* Enhances all areas of your baby's development

* Increases strength, movement and flexibility

Session includes songs, stretches, making friends and having fun!

Mindfulness

Join us for a taster session to find out more about mindfulness and how to:

- Stay present, learn to live in the moment
- Remain calm – and learn to model this to your baby
- Retain focus – and achieve your goals

