

Market Rasen and Caistor Children's Centre

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Pop in and Play @Market Rasen (0 – 5yrs) 9:30 – 11:30	Moving On Up ! @ CAISTOR TOWN HALL (0 – 5yrs) 10:00 – 11:00 <i>Session will be held at Market Rasen Children's Centre on 13th October</i>	Early Talkers @ CAISTOR TOWN HALL (0 – 5yrs) 10:00 – 10.45 No Sessions on 9th September <i>Session will be held at Market Rasen Children's Centre on 14th October</i>	Learning Together Babies @ Market Rasen <i>Starts 10th September</i> (Under 1's) 10:00 – 11:00 <i>For more details or to book a place please email marketrasencc@lincolnshire.gov.uk</i>	Moving On Up ! @ Market Rasen (0 – 5yrs) 9:45 – 10:45
	Early Talkers @ Market Rasen (0 – 5yrs) 13:30 – 14:15	Outdoor Explorers @Market Rasen (0 – 5yrs) 13:30 – 14:30 No Session on 9th September Pop in and Play @Market Rasen (0 – 5yrs) 13:00 – 15:00 9th September ONLY		Saturday, 5th September and 3rd October Early Talkers 0 – 5years @ Welton Library 10:30 – 11:15 Saturday, 19th September and 16th October Early Talkers 0 – 5 years @ Market Rasen Library 10:30 – 11:15
All our activities are FREE and no booking is required unless stated otherwise. For more information or to make a booking please contact the Children's Centre Email: marketrasenCC@lincolnshire.gov.uk Telephone: 01673 844703 or 01673 849557		Market Rasen Children's Centre Kilnwell Road Market Rasen Lincoln LN8 3BJ		Scan here for West Lindsey Children's Centres - Rural Facebook Page See updated timetables, news and more! 

Our session descriptors

Pop in and Play: Pop along and explore the toys in our playroom with your children under 5. You can come along by yourselves or with friends to follow your child's lead and play with the things of interest to them. We just ask that you tidy away before you go home.

Breast Start Group (all breastfed babies): Come and join us in a relaxed, friendly environment, chat and meet other breastfeeding mums and get some support and advice. A member of the health visiting team supports the group. Pregnant ladies also welcome.

Moving On Up: This session offers a range of fun activities to support children developing their independence and social skills through play.

Early Talkers: This session will support Children to become confident communicators through songs, rhymes, exploring and sharing books.

Mini Children's Library: Borrow a book to take home. All books come with a puppet, story prop or musical instrument.

Learning Together Babies: The session features a 'Talk Time' to show how the little things parents do make a big difference to their babies' learning, together with a range of activities such as treasure baskets, messy play, singing songs and sharing books.

Learning Together Toddlers: The session features a 'Talk Time' to show how the little things parents do make a big difference to their children's learning, together with a range of fun play activities, songs, and stories.

Early Explorers: A sensory and messy play session providing lots of fun-filled opportunities for babies to explore using their senses, giving them opportunities to learn, supporting their early development.

Little Explorers: A sensory and messy play session providing lots of fun-filled opportunities for Children to explore using their senses, giving them opportunity to learn and develop.

Stay and Play U1's: Sessions will offer activities to encourage babies to grow and learn through treasure baskets, messy play, singing and sharing stories.

Owl Babies U1's: Babies explore their environment through their senses which are vital for early brain development. These sessions will include discussions around baby's brain development, the benefits of being outside, sensory play activities, singing and sharing books.

Sensory Tent experience: Come and explore our dark den sensory tent with a range of lights and other sensory experiences. This is the perfect opportunity to relax and unwind in a calming space.

Baby Massage: This 5-week course offers a chance for you and your baby to spend precious time bonding through massage whilst meeting other parents with babies to form friendships.

First Bites & Baby Life: A relaxed and informal session delivered by Early Years Professionals sharing our Top Tips for babies approaching the start of their weaning adventure. We will cover topics such as introducing solids, oral health, accident prevention, age-appropriate development, learning and your local offer for your baby.