Market Rasen and Caistor Children's Centre

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Pop in and Play **@Market Rasen** (0 – 8yrs) 9:30 – 11:30	**Moving on Up !** **@ CAISTOR TOWN HALL** (0 – 5yrs) 10:00 – 11:00	**Early Talkers** **@ CAISTOR TOWN HALL** (0 – 5yrs) 10:00 – 10.45	**Early Explorers** **@ Market Rasen** (Under 1's) 10:00 – 11:00	**Moving On Up !** **@ Market Rasen** (0 – 5yrs) 9:45 – 10:45
	Early Talkers (0 – 5yrs) 13:30 – 14:15		**First Bites and Baby Life** (3 – 6 month) 13:30 – 15:00 *To book please e-mail* bs_childrenscentreadmin@lincolnshire.gov.uk ***29th October only***	

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.

family hubs Lincolnshire

BEST START IN LIFE

Lincolnshire COUNTY COUNCIL