



Newsletter

April & May 2026



Baby Bonding

We would love to welcome you along to our next Baby Bonding programme commencing in April 2026!



This programme is aimed at supporting parent – child relationships through playful and creative sessions using the very latest research and evidence around the importance of attachment and bonding for the best outcomes for children.

Each session will explore different aspects of child development including the amazing baby brain, communicating with our babies and soothing our babies. We will use some interactive and playful resources and activities which aid in supporting and developing our relationships with our babies. These sessions are delivered in a very calm and nurturing environment, with lots of time for supporting one another, with the aim of getting you and your baby off to the best possible start.



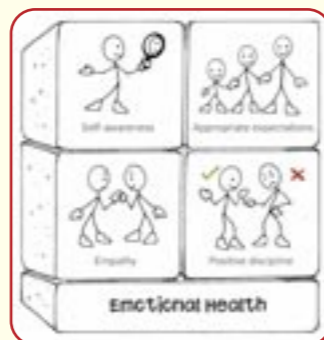
Mindfulness in Nature Walk

Enjoy the Spring outdoors with a Mindfulness in Nature Walk.

Bring your child along for a gentle nature walk where we explore and notice the magic of the outdoors. Children will:

- Use their senses to explore nature
- Discover mini beasts and woodland treasures
- Learn simple mindfulness skills
- Enjoy fresh air and fun in nature

A lovely way to enjoy Spring and help children feel calm, curious, and connected to the natural world.



The building blocks of the parenting puzzle

www.surestartsa.org



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Afternoon Story Time

Encourage the enjoyment of reading with your children.

Reading and storytelling with children promotes their brain development and imagination. You don't always need to read books, why not look at picture books, or make up stories with your children?

Afternoon Story Time is a great opportunity for you and your children to enjoy listening to and joining in with stories in a fun and relaxed environment.



Outdoor Explorers

Join us as we explore the great outdoors of Derrymore Woods, engaging in a wide range of activities such as bug hunting and fishing.

Outdoor Explorers provides opportunities for your child to develop their love for the world around them, while having fun doing so.

World Autism Day

World Autism Day serves as a heartfelt reminder of the crucial need for understanding, acceptance, and early support for children with autism and their families.



At Sure Start South Armagh, we are deeply committed to making a lifelong difference through early intervention. Our professional team provides a warm, welcoming first point of contact for parents with concerns about their child's communication and development. We provide accessible programmes, home-based support, and foster strong partnerships with health professionals to help families navigate this journey with confidence.

We are here to listen, to offer guidance, and to ensure that every child receives the attention and support they need to thrive from the very start.



New Born - Next Steps

This new programme is designed to help expectant parents feel confident and prepared as they welcome their new baby.

The programme will include information on infant feeding choices, recognising feeding cues, positioning and attachment and what to expect however you choose to feed your baby.

Practical skills for the early days: from safe sleeping and bathing to nappy changing and winding, you will gain simple skills to help you feel ready and reassured.

World Play Day

Join us for a fun filled morning for the whole family as we celebrate a day of play. Play is fundamental to healthy childhood development, and this day shines a spotlight on the importance of play.



On World Play Day, we are reminded that play is not a luxury. It is a right, a necessity and one of the most powerful tools children have for learning and growing. So, let's make space for mess, laughter and adventure — not just today, but every day.

Spring Flower Design

Grow & Eat your Own Edible Flowers and Herbs!

Grow your own delicious, edible flowers and herbs at home with our easy to care for edible pot! Perfect for kitchens or gardens, it's a simple way to add homegrown goodness to your meals.

Why Choose an Edible Pot?

- Fresh flowers and herbs at your fingertips
- Easy to grow – perfect for beginners
- Great for cooking, teas & garnishes



Baby Café

Often when parents arrive at Baby Café, they say: "I'm sorry we're late". But not to worry: the whole point of Baby Café is that it runs as a drop-in!

You don't need an appointment, don't need to arrive as soon as we open and don't need to stay until the end. It's a free drop-in, led by our Health Visitor, and any parent or expectant parent can come along for support.

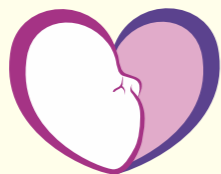
You can expect:

- to be made welcome in a relaxed, safe, child-friendly environment,
- to receive support, encouragement and reliable information on topics such as infant feeding, introducing solids and other issues as they arise,
- to meet other parents,
- to be signposted to other services including health professionals, our Midwife and other Sure Start services.

Breastfeeding Support Group

The Breastfeeding Support Group is a drop-in service for breastfeeding mothers and those who are pregnant and are interested in finding out more about breastfeeding.

The group is led by our Midwife, and any parent or expectant parent can drop in for support, encouragement, reliable information on breastfeeding and help when there are problems. Come along for a cuppa and a chat with fellow breastfeeding mums in a relaxed, safe, child-friendly environment.



Breastfeeding
Good for baby. Good for mum

It doesn't matter whether you are exclusively breastfeeding, exclusively bottle feeding, expressing or any combination of these.

If you would like any further information or some personalised support, please contact our Midwife Tracy.

Parenting Puzzle is returning

The parenting puzzle is a tried and tested programme which helps us as parents/carers to think about what we do, why we do it and how it makes us feel.

The workshops help parents/carers understand children's behaviour, how to praise and encourage, set boundaries, deal with conflict, and how to look after ourselves.



APRIL PROGRAMMES

ACTIVITY	DATE	VENUE	TIME
Musical Toddlers Children aged from 1 year to under 4 years	13 th , 20 th & 27 th April	Forkhill Community Centre	10:00am - 10:45am
Musical Babies Babies from birth to 1 year old	13 th , 20 th & 27 th April	Forkhill Community Centre	11:15am - 12noon
Playtime Inbetweeners Parents/carers and their children aged from 6 months to 2 years <i>DROP IN - BOOKING NOT REQUIRED</i>	13 th , 20 th & 27 th April	Cullyhanna Sure Start Centre	12:30pm - 1:30pm
Creative Parents All Sure Start parent/carers only	13 th April	Camlough Programme Room	6:30pm - 7:30pm
Carer and Toddler Group Parents/carers and their children aged from birth to under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	20 th & 27 th April	Cloughreagh Community Centre	10:30am - 12noon
Buggy Fitness Babies from birth to 1 year old	20 th & 27 th April 11 th & 18 th May	Derrymore Woods Bottom Car Park	3:00pm - 4:00pm
Calm and Connected with Baby Yoga Babies aged from 8 weeks to pre-mobile	21 st & 28 th April 5 th & 12 th May	WALD Centre	10:30am - 11:30am
Parenting Puzzle All Sure Start parents	21 st & 28 th April 5 th & 12 th May	Lislea Community Shed	10:30am - 12:30pm
Baby Bonding Expectant parents (from 28 weeks) & parents and their babies up to the age of 6 months	21 st & 28 th April 5 th , 12 th , 19 th & 26 th May	Bessbrook Parish Hall	11:00am - 12:30pm
Tiny Dancers Children aged from 2 years to under 4 years	21 st April	Crossmaglen Community Centre	3:00pm - 4:00pm
Build and Bond Children aged from 2 years to under 4 years	21 st April	Lislea Community Shed	6:00pm - 7:00pm
Baby Café All parents with babies aged under 1 year <i>DROP IN - BOOKING NOT REQUIRED</i>	28 th April	Camlough Programme Room	2:00pm - 3:00pm
Kickers & Balance Children aged from 2 years to under 4 years	28 th April	Forkhill Community Centre	6:00pm - 7:00pm
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	15 th April	Slieve Gullion Forest Park	10:30am - 12noon
Rhyme Time All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	15 th , 22 nd & 29 th April	Bessbrook Library	10:30am - 11:30am
Baby Reflexology Babies aged from 6 weeks to pre-mobile	15 th , 22 nd & 29 th April	Cloughreagh Community Centre	10:30am - 11:30am
Cook with Me Children aged from 1 year to under 4 years	15 th April	Cloughreagh Community Centre	1:30pm - 3:00pm
Afternoon Story Time All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	15 th , 22 nd & 29 th April	Crossmaglen Library	2:00pm - 2:45pm
The Real Birth Programme All expectant parents	15 th , 22 nd & 29 th April	Camlough Programme Room	7:00pm - 9:00pm
Elklan: Let's Talk with Baby Babies aged from 6 months to 12 months	22 nd & 29 th April 6 th & 13 th May	Crossmaglen Community Centre	11:00am - 11:45am
Mindfulness in the Garden Children aged from 18 months to under 4 years	22 nd & 29 th April	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Construction Play Children aged from 19 months to under 4 years	22 nd April	Bessbrook Parish Hall	11:00am - 12noon
Build and Bond Children aged from 2 years to under 4 years	29 th April	Bessbrook Library	1:00pm - 2:00pm
Breastfeeding Support Group All expectant parents and parents of breastfed babies and children aged under 3 years <i>DROP IN - BOOKING NOT REQUIRED</i>	2 nd , 16 th , 23 rd & 30 th April	Camlough Programme Room	10:00am - 11:30am
Baby Massage Babies aged from 6 weeks to 9 months	16 th , 23 rd , Tuesday 28 th & 30 th April	Bessbrook Parish Hall	10:30am - 11:30am
Sensory Baby Babies aged up to 18 months	16 th , 23 rd & 30 th April	Lislea Community Shed	10:30am - 11:15am
Tiny Dancers Children aged from 2 years to under 4 years	16 th April	Crossmaglen Community Centre	11:00am - 12noon
Sensory Toddler Children aged from 19 months to under 4 years	16 th , 23 rd & 30 th April	Lislea Community Shed	11:45am - 12:30pm
Baby Splash Babies aged from 4 months to 12 months - one child per adult	16 th & 23 rd April	Newry Swimming Pool	6:15pm - 7:15pm
Kickers & Balance Children aged from 2 years to under 4 years	16 th & 23 rd April	Newtownhamilton Play Park	10:30am - 11:30am
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	30 th April	Slieve Gullion Forest Park	10:30am - 12noon
Build and Bond Children aged from 2 years to under 4 years	3 rd April	Camlough Programme Room	10:30am - 11:30am
Family Walk All Sure Start families	3 rd April	Derrymore Woods Bottom Car Park	11:30am - 12:30pm
Toddler First Aid Parents/carers and their children aged from 2 years to under 4 years	17 th April	Lislea Community Shed	10:30am - 11:30am
Rhyme Time All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	17 th & 24 th April	Crossmaglen Library	11:00am - 11:45am
Tummy Time Babies aged from 6 weeks to pre-mobile	17 th April	Bessbrook Parish Hall	11:00am - 12noon
Buggy Fitness Babies from birth to 1 year old	24 th April 1 st , 8 th & 15 th May	Derrymore Woods Bottom Car Park	9:30am - 10:30am
Dad's Club - Breakfast Morning Dads/male carers and their children aged under 4 years	18 th April	Sticky Fingers, Newry	10:00am - 12noon
Messy Play All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	18 th April	Cullyhanna Sure Start Centre	10:30am - 11:30am
Rhyme Time All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	25 th April	Bessbrook Library	11:15am - 12noon

Parents Forum

The success of Sure Start projects is often tied to parental and community engagement.

In Sure Start South Armagh we value our partnership with parents, carer givers and the local community. With this in mind we would like to invite you to 'Have Your Say' on how we develop and improve our

services by becoming a member of our Parents Forum.

The Parents Forum is a partnership between parents and the project.

- Meeting once a quarter;
- Working together to improve services for all registered families;
- Sharing information, knowledge and skills;

- Further improve communications between parents, carers, staff and the local community;
- Be a voice for all parents / carers.

More information will be available at programmes. If you would like to join the Parents Forum please contact info@surestartsa.org or telephone Caroline on 028 3083 0022.



MAY PROGRAMMES

ACTIVITY	DATE	VENUE	TIME
Carer & Toddler Group Parents/carers and their children aged from birth to under 4 years	11 th & 18 th May	Cloughreagh Community Centre	10:30am - 12noon
Construction Play Children aged from 19 months to under 4 years	11 th & 18 th May	Newtownhamilton Community Centre	11:00am - 12noon
Playtime Inbetweeners Parents/carers and their children aged from 6 months to 2 years <i>DROP IN - BOOKING NOT REQUIRED</i>	11 th , 18 th & 25 th May	Cullyhanna Sure Start Centre	12:30pm - 1:30pm
Creative Parents All Sure Start parents/carers only	11 th May	Camlough Programme Room	6:30pm - 7:30pm
Essentials for Paediatric First Aid All Sure Start parents/carers (adults only)	18 th May	Camlough Programme Room	6:30pm - 8:30pm
Antenatal Pilates All expectant mums	5 th , 12 th , 19 th & 26 th May	Newtownhamilton Community Centre	11:00am - 12noon
Baby Café All parents with babies aged under 1 year <i>DROP IN - BOOKING NOT REQUIRED</i>	5 th , 19 th & 26 th May	Camlough Programme Room	2:00pm - 3:00pm
Spring Flower Design All Sure Start parents/carers (adults only)	5 th May	Forkhill Community Centre	6:30pm - 8:00pm
Cook with Me Children aged from 1 year to under 4 years	12 th May	Camlough Programme Room	6:00pm - 7:30pm
Kickers & Balance Children aged from 2 years to under 4 years	19 th & 26 th May	Forkhill Community Centre	6:00pm - 7:00pm
Creative Babies Babies aged up to 18 months	6 th , 13 th & 20 th May	Forkhill Community Centre	10:00am - 10:45am
Baby Yoga Parent/carers and their babies aged from 6 weeks to 6 months	6 th , 20 th & 27 th May 3 rd June	Cloughreagh Community Centre	10:30am - 11:30am
Rhyme Time All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	6 th , 13 th , 20 th & 27 th May	Bessbrook Library	10:30am - 11:30am
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	6 th May	Derrymore Woods Bottom Car Park	10:30am - 12noon
Creative Toddlers Children aged from 19 months to under 4 years	6 th , 13 th & 20 th May	Forkhill Community Centre	11:15am - 12:15pm
Afternoon Story Time All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	6 th , 13 th , 20 th & 27 th May	Crossmaglen Library	2:00pm - 2:45pm
Tummy Time Babies aged from 6 weeks to pre-mobile	6 th May	Newtownhamilton Community Centre	3:00pm - 4:00pm
New Born - Next Steps All expectant parents	6 th May	Camlough Programme Room	7:00pm - 9:00pm
Introduction To Solids Parents/carers and their babies aged from 4 months to 1 year	13 th & 20 th May	Bessbrook Parish Hall	11:00am - 12noon
Kickers & Balance Children aged from 2 years to under 4 years	13 th & 20 th May	Newtownhamilton Play Park	2:00pm - 3:00pm
Toddle and Talk Children aged from 2 years to under 4 years	20 th & 27 th May 3 rd , 10 th , 17 th & 24 th June	Dorsey Community Centre	11:00am - 11:45am
Breastfeeding Support Group All expectant parents and parents of breastfed babies and children aged under 3 years <i>DROP IN - BOOKING NOT REQUIRED</i>	7 th , 14 th , 21 st & 28 th May	Camlough Programme Room	10:00am - 11:30am
Baby Massage Babies aged from 6 weeks to 9 months	7 th , 14 th , 21 st & 28 th May	Lislea Community Shed	10:30am - 11:30am
Baby Yoga Parents/carers and their babies aged from 6 weeks to 6 months	7 th , 14 th , 21 st & 28 th May	Bessbrook Parish Hall	10:30am - 11:30am
Kickers & Balance Children aged from 2 years to under 4 years	7 th , 14 th & 21 st May	Forkhill Community Centre	10:30am - 11:30am
Outdoor Explorers Children aged from 2 years to under 4 years	7 th , 14 th & 21 st May	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Build and Bond Children aged from 2 to under 4 years	7 th May	Camlough Programme Room	6:00pm - 7:00pm
Mood Matters For Parent And Baby All Sure Start parent/carers (including all expectant parents)	14 th May	Camlough Programme Room	6:30pm - 8:30pm
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	21 st May	Slieve Gullion Forest Park	10:30am - 12noon
Baby Splash Babies aged from 4 months to 12 months - one child per adult	21 st & 28 th May	Newry Swimming Pool	6:15pm - 7:15pm
Rhyme Time All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	1 st , 8 th , 15 th & 22 nd May	Crossmaglen Library	11:00am - 11:45am
Family Walk All Sure Start families	1 st May	Derrymore Woods Bottom Car Park	11:30am - 12:30pm
Musical Toddlers Children aged from 1 year to under 4 years	8 th , 15 th & 22 nd May	Lislea Community Shed	10:00am - 10:45am
Mindfulness in the Garden Children aged from 18 months to under 4 years	8 th & 15 th May	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Musical Babies Babies aged up to 12 months	8 th , 15 th & 22 nd May	Lislea Community Shed	11:15am - 12noon
Baby Splash Babies aged from 4 months to 12 months - one child per adult	8 th & 15 th May	Newry Swimming Pool	11:30am - 12:30pm
Tiny Dancers Children aged from 2 years to under 4 years	22 nd May	Newtownhamilton Community Centre	10:30am - 11:30am
Messy Play All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	9 th May	Cullyhanna Sure Start Centre	10:30am - 11:30am
Dad's Club - Breakfast Morning Dads/male carers and their children aged under 4 years	16 th May	Sticky Fingers, Newry	10:00am - 12noon
World Play Day All Sure Start families	23 rd May	Culloville Community Centre	10:30am - 12noon
Rhyme Time All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	23 rd May	Bessbrook Library	11:15am - 12noon



Mood Matters

Mood Matters for Parent and Baby is a FREE mental health awareness workshop for expectant parents and parents of young babies.

This programme teaches you skills and techniques to look after your mental health, manage your feelings when you are stressed, worried or depressed and help you cope with challenges in your life.

It can also help you look after your baby's mental wellbeing and give them the best start in life.



All bookings must be made through our booking system

Scan the QR-code for the Booking System!

Please contact the office if you have any issues booking the programmes online.

Please let us know if you have booked a programme and cannot attend. This will allow us to reallocate your place to a family on the waiting list.

Sure Start South Armagh 028 3083 0022 info@surestartsa.org