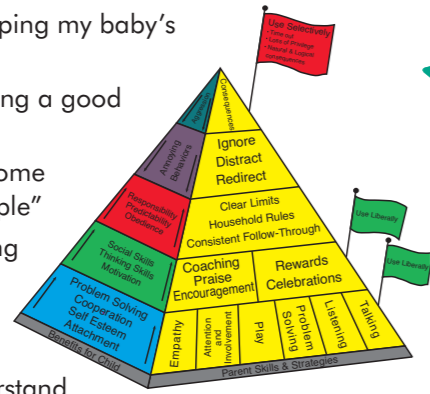


Incredible Years Baby

Some parent feedback from one of our previous Incredible Years Baby programmes:

- "learning that I am helping my baby's brain to grow"
- "realising that I am doing a good enough job"
- "remembering to get some self-care, keep life simple"
- "connecting and sharing our questions with the other parents in the group"
- "learning how to understand the world from my baby's point of view"
- "great tips about safety proofing"
- "loved learning how to read my baby's mind"
- "enjoying playing and reading with my baby and knowing that I am building their wee brain"



Our 9 week Incredible Years Baby Programme starts on 13th September. If you are interested in attending to gain support and information on your incredible journey with your baby please email tracyw@surestartsa.org to book your place. Babies attend with parents/carers.



Baby Reflexology

Simple reflexology techniques can have positive effects on many issues such as coughs, colds and constipation. It also introduces the benefits of positive touch in a non-threatening way.

Sleeping patterns, calming techniques and reduction in stress hormones can be promoted also. Reflexology may be beneficial at any age but can be very useful in babies & children who appear to have more sensitive feet and respond to treatments much quicker.

Baby Reflexology will consist of a 4 wk programme and last for 45mins. The programme is child-led and consists of simple techniques, singing, relaxation and FUN. This programme is suitable for babies from 6wks old. See timetable for dates and booking email.



Baby Massage

Baby massage is a nurturing touch, a gentle, rhythmic stroking of your baby's body with your hands.

Baby massage can benefit you, your baby and your partner in many ways. Baby massage is beneficial for all babies and may help your baby to strengthen attachments, stay relaxed, cry less and sleep better.

See timetable for dates and booking email.

HypnoBirthing

HypnoBirthing is a celebration of life - through mindfully embracing a natural delivery you can discover a closer connection with your unborn baby. Birth can be joyful if you have confidence in yourself and your instincts.

Through relaxation, positive affirmations, visualisations and many more relaxation techniques this course shows you how to take control of one of the most important events of your life. Pain does not have to be the accompaniment to birth. The fear of pain can keep the body tense and closed but HypnoBirthing will help you to let go of this fear.

Once you have learnt how your body works, you can apply relaxation techniques to work with your body rather than against it. These simple methods for relaxing the mind during birth will provide you with the skills to make birth feel safe, calm and empowering. Using the HypnoBirthing method will lead to a happy and comfortable pregnancy and provide a life-changing experience for the new family. Embracing HypnoBirthing helps to shorten birthing and recovery time. Better and earlier bonding with the baby helps babies sleep better and feed more easily in their first weeks. This course is for mums-to-be and their birthing partners. Suitable from early pregnancy. Course materials provided.

Our next HypnoBirthing course starts Wednesday 19th October for 5 consecutive weeks from 10:30am - 12:30pm at Camlough Sure Start Building. Email teresam@surestartsa.org for more information or to book your place.



Incredible Years Toddler

Are you a parent of a toddler? Would you like to discover how through playing with your toddler you can help to improve their language development, help them learn about their emotions and social skills, help them to stay on task and problem solve?

Then join us on an Incredible Journey in the Incredible Years Toddler programme. We will explore really helpful ways to praise and coach positive behaviours in your toddler, building strong foundations in your relationship with them. We will also look at some helpful tips to support your toddler when they feel like misbehaving.

Starts 14th September in Crossmaglen Community Centre for 12 weeks.



Baby Playtime

Play is your baby's window to the world and is an important part of your baby's healthy development and early learning experience.

Commencing in September we will have Baby Playtime! A 4-week programme aimed at giving your babies stimulating play experiences, offering a range of resources and materials for your baby to enjoy including stories, music, sensory play, creative play and much more. The 4-week duration will allow the babies the opportunity to become familiar with each other, give them time and space to investigate and explore the materials and activities and repeat experiences as much as they need to in order to extend their learning in a fun and engaging environment.

Suitable from babies from 0-12 months. Beginning on Tuesday 20th September in Bessbrook Community Centre, from 10.30am-11.15am. To book please email: nicolam@surestartsa.org



This year's theme is...

All to play for

- building play opportunities for all children

03 Wednesday August 2022

#Playday2022 #AllToPlayFor

Play All Day Every Day

Wednesday the 3rd of August is the National Day for Play. Sure Start South Armagh will be joining with many organisations across the UK and Ireland in celebrating this important day!

The theme for this year is **All to Play For!** And at Sure Start we recognize the importance and value of getting play right from the start. Not only is play a protected right of children, but it is essential for their physical and mental health, it also allows relationships to flourish, provides the vehicle for learning to be engaging and communities to feel connected.

Join us this National Play Day for our Play all Day Every Way! Event on the 3rd of August in **Forkhill Community Centre**. We have lots of play experiences set up for your little ones to enjoy including physical play, outdoor play, sensory play and more. This 2-hour event will allow time for lots of families to come and drop in for an hour of play between the hours of 10.30-12.30pm.

#Playday2022 and #AllToPlayFor. To book please email info@surestartsa.org

Baby Yoga

Baby Yoga classes help to get babies to stretch and move and to discover their abilities and bodies.

Baby Yoga is a fantastic way to support your baby's development by improving muscle strength and tone, co-ordination, and balance. A session of baby yoga stimulates all baby's body systems and helps to integrate all of baby's senses.

It is also a wonderful way to bond with your baby and have fun together. It promotes many well-used techniques for calming, soothing and reassuring baby. Most importantly baby yoga helps to promote development of the neurons in your baby's brain by repeating loving and fun interactions with your baby.

Parents also practice gentle yoga inspired stretches too. See timetable for dates and booking email.



AUGUST PROGRAMMES



ACTIVITY	DAY	DATE	VENUE & EMAIL	TIME
Miles With Smiles Cycling for parents and their children aged from 18 months to under 4 years. Bikes and bike buggies provided.	Monday	1 st August	WIN Business Park, Canal Quay, Newry, BT35 6PH email: hayleymck@surestartsa.org	11:00am - 1:00pm
Garden Club Children aged from 1 to under 4 years	Monday	1 st , 8 th , 15 th & 22 nd August	Forkhill Community Centre email: eleanora@surestartsa.org	2:30pm - 3:30pm
Sensory Toddler Children aged from 18 months to under 4 years	Monday	1 st & 22 nd August	Camlough Programme Room email: eleanora@surestartsa.org	10:00am - 10:45am
Physical Play Children aged from 1 to under 4 years	Monday	8 th August 15 th August	Culloville Community Centre Dorsey Community Centre email: tracyw@surestartsa.org	10:30am - 11:30am
Dad's Club - Splash With Dad Children aged from 2 to under 4	Tuesday	2 nd & 9 th August	Newry Leisure Centre email: robertg@surestartsa.org	6:30pm - 7:30pm
Outdoor Explorers Children aged from 1 to under 4 years	Tuesday	9 th August 16 th August 23 rd August	Derrymore Wood Glassdrummond Wood Ballymoyer Wood email: ashlinma@surestartsa.org	10:30am - 11:30am
Baby Café Parents of babies aged under 1 year	Tuesday	2 nd August 16 th August	Forkhill Community Centre Lislea Community Shed email: teresam@surestartsa.org	11:00am - 12:30pm
Miles With Smiles Cycling for parents and their children aged from 18 months to under 4 years. Bikes and bike buggies provided.	Tuesday	16 th August	WIN Business Park, Canal Quay, Newry, BT35 6PH email: hayleymck@surestartsa.org	11:00am - 1:00pm
Play All Day Every Way! National Day of Play event for all the family	Wednesday	3 rd August	Forkhill Community Centre email: ashlinma@surestartsa.org	10:30am - 12:30pm
Garden Club Children aged from 1 year to under 4 years	Wednesday	20 th & 27 th July 3 rd & 10 th August	Forkhill Community Centre email: tracyw@surestartsa.org	10:30am - 11:30am
Rhyme Time Children aged under 3 years	Wednesday	3 rd , 10 th , 24 th & 31 st August	Bessbrook Library email: hayleymck@surestartsa.org	10:30am - 11:30am
Summer Creativity Factory Children aged from 2 to under 4 years. 1 session per family	Wednesday	10 th , 17 th & 24 th August	Cullyhanna Sure Start Centre email: ashlinma@surestartsa.org	11:00am - 12noon 2:00pm - 3:00pm
Infant Feeding Workshop All expectant parents	Wednesday	31 st August	Forkhill Community Centre email: helenh@surestartsa.org	11:00am - 12noon
Miles With Smiles Cycling for parents and their children aged from 18 months to under 4 years. Bikes and bike buggies provided.	Thursday	4 th August	WIN Business Park, Canal Quay, Newry, BT35 6PH email: hayleymck@surestartsa.org	11:00am - 1:00pm
Family Walk All Sure Start families	Thursday	4 th August	Derrymore Wood - email: julieh@surestartsa.org	10:00am - 11:00am
Dads Club - Miles With Smiles Cycling for dads/male carers and their children aged from 18 months to under 4 years. Bikes and bike buggies provided.	Thursday	4 th & 11 th August	WIN Business Park, Canal Quay, Newry, BT35 6PH email: hayleymck@surestartsa.org	6:30pm - 8:00pm
Construction Zone Children aged from 2 to under 4 years	Thursday	18 th August 25 th August	Culloville Community Centre Forkhill Community Centre email: ursulac@surestartsa.org	10:30am - 11:30am
Sensory Toddler Children aged from 18 months to under 4 years	Thursday	18 th August	Camlough Programme Room email: eleanora@surestartsa.org	10:30am - 11:15am
Rhyme and Sign Children aged from 1 year to under 4 years	Thursday	11 th , 18 th & 25 th August	Bessbrook Community Centre email: nicolamcc@surestartsa.org	11:00am - 11:45am
Dad's Club - Balance Ability Dads/male carers and their children aged from 2 to under 4 years	Thursday	25 th August	Bessbrook Community Centre Pitch email: tracyw@surestartsa.org	6:00pm - 7:00pm
Sounds Good Children aged from 1 to under 4 years	Friday	5 th , 12 th & 19 th August	Dorsey Community Centre email: isobelf@surestartsa.org	10:15am - 11:00am
Time for Play Children aged from 2 to under 4 years	Friday	5 th , 12 th & 19 th August	Cullyhanna Sure Start email: hayleymck@surestartsa.org	12:45pm - 1:45pm
Baby Massage For expectant parents	Friday	19 th & 26 th August 2 nd & 9 th September	Camlough Programme Room email: carolinew@surestartsa.org	10:30am - 11:30am
Sensory Toddler Children aged from 18 months to under 4 years	Friday	26 th August	Camlough Programme Room email: eleanora@surestartsa.org	10:00am - 10:45am
Time for Play Children aged from 2 to under 4 years	Friday	26 th August	Cullyhanna Sure Start email: hayleymck@surestartsa.org	2:30pm - 3:30pm

SEPTEMBER PROGRAMMES



ACTIVITY	DAY	DATE	VENUE & EMAIL	TIME
Miles With Smiles Cycling for parents and their children aged from 18 months to under 4 years. Bikes and bike buggies provided.	Monday	5 th & 19 th September	WIN Business Park, Canal Quay, Newry, BT35 6PH email: hayleymck@surestartsa.org	11:00am - 1:00pm
Carer & Toddler Group Parents/carers and their children aged from birth to under 4 years	Monday	5 th , 12 th , 19 th & 26 th September	Bessbrook Community Centre email: tracyw@surestartsa.org	10:30am - 12noon
Baby Yoga Babies aged from 4 months to under 1 year	Monday	5 th , 12 th , 19 th & 26 th September	Sure Start Centre Cullyhanna email: ursulac@surestartsa.org	12:30pm - 1:30pm
Weaning Workshop Parents with babies aged 4 months to 1 year	Monday	19 th & 26 th September	Jonesborough Parish Hall email: teresam@surestartsa.org	10:30am - 12noon
Time For Parents Book Club All Sure Start parents	Monday	26 th September	Bessbrook Community Centre email: aileenmcd@surestartsa.org	7:00pm - 8:00pm
Sensory Toddler Children aged from 18 months to under 4 years	Tuesday	6 th September	Camlough Programme Room email: eleanora@surestartsa.org	10:30am - 11:15am
Baby Play Time Babies from birth to 12 months	Tuesday	20 th & 27 th September 4 th & 11 th October	Bessbrook Community Centre email: sharonk@surestartsa.org	10:30am - 11:15am
Baby Café Parents of babies aged under 1 year	Tuesday	6 th September 20 th September	Forkhill Community Centre Lislea Community Shed email: teresam@surestartsa.org	11:00am - 12:30pm
Dad's Club - Little Kickers Dads/male carers and their children aged from 2 to under 4 years	Tuesday	6 th September	Bessbrook Community Centre Pitch email: robertg@surestartsa.org	6:00pm - 7:00pm
Rhyme Time Children aged under 3 years	Tuesday	6 th , 13 th , 20 th & 27 th September	Cullyhanna Sure Start email: ursulac@surestartsa.org	12:30pm - 1:30pm
Little Builders Children aged from 2 years to under 4 years	Tuesday	13 th September	Crossmaglen Community Centre email: robertg@surestartsa.org	11:00am - 12noon
Incredible Years Baby For parents/carers and their babies up to the age of 12 months	Tuesday	13 th , 20 th & 27 th September 4 th , 11 th , 18 th & 25 th October 1 st & 8 th November	Bessbrook Parish Hall email: tracyw@surestartsa.org	10:30am - 12:30pm
Physical Play Children aged from 1 year to under 4 years	Tuesday	13 th September	Cloughreagh Community Centre email: eleanora@surestartsa.org	10:30am - 11:30am
Dad's Club - Splash With Dad Dads/male carers and their children aged from 2 to under 4 years	Tuesday	20 th September	Newry Leisure Centre email: robertg@surestartsa.org	6:30pm - 7:30pm
Family Walk All Sure Start families	Tuesday	20 th September	Bessbrook Viaduct - opposite Millvale Arms - email: julieh@surestartsa.org	10:00am - 11:00am
Physical Play Children aged from 1 year to under 4 years	Tuesday	27 th September	Crossmaglen Community Centre email: tracyw@surestartsa.org	10:30am - 11:30am
Rhyme Time Children aged under 3 years	Wednesday	7 th , 14 th , 21 st & 28 th September	Bessbrook Library email: ursulac@surestartsa.org	10:30am - 11:30am
Creativity Factory - Dance, Music & Movement Children aged from 2 to under 4 years	Wednesday	14 th , 21 st & 28 th September	Forkhill Community Centre email: sharonk@surestartsa.org	10:30am - 11:30am
Incredible Years Toddler Parents/carers of children aged 1 to 3 years Limited crèche availability	Wednesday	14 th , 21 st & 28 th September 12 th , 19 th & 26 th October 2 nd , 9 th , 16 th , 23 rd & 30 th November	Crossmaglen Community Centre email: nicolamcc@surestartsa.org	10:30am - 12:30pm
Family Breakfast All Sure Start families	Wednesday	14 th September	Millbrook Café Bessbrook email: julieh@surestartsa.org	10:00am - 11:30am
Autumn Nature Walk All Sure Start families	Wednesday	28 th September	Derrymore Woods email: nicolamcc@surestartsa.org	12:30pm - 1:30pm
Baby Reflexology Babies aged from 6 weeks to pre-mobile	Thursday	8 th , 15 th , 22 nd & 29 th September	Bessbrook Parish Hall email: sharonk@surestartsa.org	10:30am - 11:15am
Let's Play Programme aimed at those children who are in the referral process / have received a diagnosis of an additional need.	Thursday	8 th , 15 th , 22 nd & 29 th September	Bessbrook Community Centre email: arlenem@surestartsa.org	10:30am - 11:30am
Miles With Smiles Cycling for parents and their children aged from 18 months to under 4 years. Bikes and bike buggies provided.	Thursday	15 th September	WIN Business Park, Canal Quay, Newry, BT35 6PH email: hayleymck@surestartsa.org	11:00am - 1:00pm
Mellow Dads For expectant dads and dads with very young babies	Thursday	15 th , 22 nd & 29 th September 6 th , 13 th & 20 th October	Online Programme email: robertg@surestartsa.org	7:00pm - 9:00pm
Carer & Toddler Group Parents/carers and their children aged from birth to under 4 years	Friday	9 th , 16 th & 23 rd September	Forkhill Community Centre email: isobelf@surestartsa.org	10:30am - 12noon
Rhyme & Sign Children aged from 1 year to under 4 years	Friday	9 th & 23 rd September	Newtownhamilton Community Centre email: nicolamcc@surestartsa.org	11:00am - 11:45am