



Summer 2020

Forest Gate Children's Centre—Kay Rowe and Maryland  
Virtual Summer Activities Jul-Aug 2020



	Activity	Time	Additional Information		
Monday	Story and Rhymes (0 - 8years) Family Support	10-10.30am 	Fun with stories and songs Advice and support	Every Monday You will be booked for a 30min appointment with a Family Support Worker.	Forest Gate Children's Centre has put together a timetable of live online sessions, where you can join us and other families, learning and playing together.  <b>We also require that all participants have their video switched on at all times;</b> this is a further protection, allowing staff to ensure only invited participants attend.  <b>We will not use your email address for any other purpose and we adhere with all relevant legislation.</b>
Tuesday	I am 2! (18 - 30months)	10-10.30am 	Advice and support about your 2 year old's learning	Every Tuesday	
Wednesday	Signalong Story and Rhymes (0 - 8years)	10-10.30am 	Sing and Sign with Josie	5 and 19 Aug	
	SEND Stay and Play in the park (0 - 8years)	1-3pm	For children with special educational needs and disability.	29 Jul and 5, 12 and 19 Aug	
Thursday	Coffee Morning	10-10.45am 	Advice and support for parents/careers	<b>Coffee Morning</b> 30 Jul - Family routines 6 Aug - Managing behaviour 13 Aug - Taking care yourself 20 Aug - Talking and listening 27 Aug - Learning through play	
	Baby Massage Baby Yoga (3-6months)	1-2pm 1-2pm	13, 20, 27 Aug and 3 Sept 10, 17 and 24 Sept		
Friday	Baby Story and Rhymes (0-12months) SEND Family Support	10-10.30am 	Interactive story and songs with your baby  For families with children with special educational needs and disability.	14, 21 and 28 Aug  You will be booked on for a 30min appointment with the Family Support Worker.	

To book your preferred sessions; click on the link below and you will receive your Zoom ID number

[https://docs.google.com/forms/d/18yKfvXvPSgc51jKT2R3cpgqPxCv7vT9nOMNK6PwAVOA/viewform?edit\\_requested=true](https://docs.google.com/forms/d/18yKfvXvPSgc51jKT2R3cpgqPxCv7vT9nOMNK6PwAVOA/viewform?edit_requested=true)

If you are not registered with FGCC please register first before booking on to sessions by following the link below

[https://newham-self.achieveservice.com/service/Best\\_Start\\_in\\_Life\\_Registration](https://newham-self.achieveservice.com/service/Best_Start_in_Life_Registration)

Kay Rowe Nursery School



Together a better future



# Parent Nutrition Webinars

## Weaning your Baby- Webinar for Parents

This 30 minute webinar will support parents on their weaning journey. Our registered nutritionists will cover the following topics to build your confidence when feeding your baby:

- What foods to offer?
- Demonstrations on preparing food textures - from purees to lumpy/mashed foods and finger foods
- How to support your baby at mealtimes
- Drinks for your baby with advice on introducing a cup

There will also be an opportunity to answer any questions you may have

### Dates/Times:

July	August
Wednesday 1 <sup>st</sup> July 10.30am	Monday 10 <sup>th</sup> August 10.30am
Thursday 16 <sup>th</sup> July 8pm	Tuesday 18 <sup>th</sup> August 8pm
Friday 31 <sup>st</sup> July 1.30pm	Thursday 27 <sup>th</sup> August 1.30pm

### To book:

<https://www.earlystartgroup.com/nutrition/parents-page/weaning-your-baby-webinar-for-parents/>

## Toddler Meals and Snacks- Webinar for Parents

This 30 minute webinar will support parents when planning meals and snacks for their little ones. Our registered nutritionists will cover the following topics to build your confidence at mealtimes:

- Meal planning advice - what foods to offer
- Creating a positive mealtime environment
- Snack and drink ideas
- Step- by- step recipes to make meal preparation easier

There will also be an opportunity to answer any questions you may have

### Dates/Times:

July	August
Tuesday 7 <sup>th</sup> July 10.30am	Wednesday 5 <sup>th</sup> August 10.30am
Thursday 23 <sup>rd</sup> July 1.30am	Friday 21 <sup>st</sup> August 1.30pm
Monday 27 <sup>th</sup> July 8pm	Tuesday 25 <sup>th</sup> August 8pm

### To book:

<https://www.earlystartgroup.com/nutrition/parents-page/toddlers-meals-and-snacks-webinar-for-parents/>

For more information about things to do over the summer break, check our website

[www.kayrowe.newham.sch.uk](http://www.kayrowe.newham.sch.uk)

[www.maryland.newham.sch.uk](http://www.maryland.newham.sch.uk)

Or call us on:

Kay Rowe 020 8534 4403

Maryland 020 8534 8351

