

Forest Gate Children's Centre – Kay Rowe and Maryland Virtual Activities Oct 2020

	Activity	Time	Additional Information			
Monday	Story and Rhymes (0 - 4years) Baby Story and Rhymes (0-12months)	10-10.30am 1-1.30pm		Fun with stories and songs Interactive story and songs with your baby	Every Monday 12 Oct-Advice about brushing your child's teeth Every Monday	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. We also require that all participants have their video switched on at all times; this is a further protection, allowing staff to ensure only invited participants attend. We will not use your email address for any other purpose and we adhere with all relevant legislation. Please note: These sessions will be for Forest Gate children's centre residents only. If spaces are available we will then open this up to other community neighbourhoods within Newham
Tuesday	Terrific Two's! (18 - 30months)	10-10.30am		Fun with stories and songs	Every Tuesday 20 Oct-Advice about brushing your child's teeth	
Wednesday	Signalong Story and Rhymes (0 - 4years) Baby Story and Rhymes (0-12months)	10-10.30am 1-1.30pm		Sing and Sign with Josie Interactive story and songs with your baby	7 and 28 Oct Every Wednesday 28 Oct-Advice about brushing your child's teeth	
Thursday	Chit Chat Story and Rhymes	10-10.45am 1-1.30pm		Come and have a chat and meet other parents Fun with stories and songs	Every Thursday Every Thursday 15 Oct-Advice about brushing your child's teeth	
Friday	Baby Massage (3-5 months)	1-2pm		Learn massage strokes to aid baby's stimulation, bonding, sleep, colic, teething and digestion.	2,9,16 and 23 Oct You must attend all four sessions!	

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

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