



Mondays term time | Gentle Hour |
drop-in 10.00 - 11.00am | £2 / family

Tuesdays term time | Big stay and play |
drop-in 9.15 - 11.00am | £2 / family

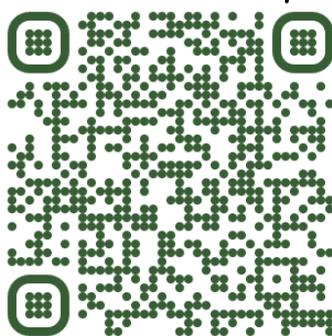
Thursdays term time | Story Café (FREE)
OR Childminder Support Group

For Mums, Dads, carers, grandparents,
childminders and their 0-4-year-olds

Facebook Group



Norfolk Community Directory



Eventbrite



Booking

Mondays ~ Gentle Hour - just drop in, no need to book.

Tuesdays ~ Big stay and play - drop in, no need to book.

Thursdays ~ Story Cafe - booking via Eventbrite - <https://tinyurl.com/3sp4m7e8>

Thursdays ~ Childminder Support Group (monthly) - see Norwich Childminders on Facebook here - <https://www.facebook.com/groups/203563243082805/>

Join our Facebook group here for regular updates, tips, and advice - <https://en-gb.facebook.com/groups/firststepsnorwich/>

Our group has been running for 20 years. We are a welcoming and inclusive group. We are working towards:

- ★ Sharing best practice for babies and toddlers
- ★ Building babies' brains through positive relationships and play
- ★ Being a sustainable group for the future
- ★ Building and strengthening our community relationships
- ★ Supporting parent and infant mental health - we listen and signpost
- ★ Improving early speech, language, and communication
- ★ A stress-free environment for you to enjoy as you chat and play
- ★ Promoting healthy smiles and healthy eating

Refreshments

Hot drink and biscuit for adults. Water and a selection of fresh fruit / veg, breadsticks, pitta bread, hummus and rice cakes for children.

Baby changing and Toilets

Nappy changing and toilets are out of the hall and round to the left. Reusable, washable wipes are supplied for you to clean the changing mat after use. Please put dirty wipes in the "dirty wipes" tub.

Healthy smiles We follow Public Health England advice around oral health and healthy eating, & have attended training from the Community Dentists. This

includes water only for babies and children. Please ask us if you have any questions about this.



Art activities We aim for sustainable art activities so reuse and recycle resources for this. We don't use glitter as this is made from plastic and breaks down into microplastics that enter our sea, rivers, and water system. We try to use natural resources and loose parts which children can explore in their own unique ways.

Childrens' art is a process - and the process is more important than the end product.

Children learn through play as they explore resources and objects, working out for themselves what they want to do with a particular thing. Having a go, persevering, and trying new foods and activities are all skills children learn by playing like this.

Signing in We'll sign you in and collect your fees when you arrive. If the fire alarm does go off, make your way out of the doors you came in by, with your child, and wait outside in the car park for further instruction.

Parental Responsibility You are responsible for your child at all times when at First Steps. The group is for both parents/carers and children to stay and play together. Please ask us if you need anything and we will do our best to help.

Singing session We finish the group with a short singing session. Young children aren't physically developed enough to sit still and listen for a long period of time, so we sing a few songs, rhymes and action games and encourage parents / carers to join in. Sometimes we have bubbles or parachute play.

Health & Wellbeing We provide hand sanitiser for you to use when you arrive and leave First Steps. We regularly clean resources and areas that are most used. Please don't attend First Steps if you or your child are unwell, or have symptoms of Covid19. Nicky is a trained Wellbeing Champion - ask us for advice, support or signposting.



Safeguarding At First Steps the welfare of the child is paramount, we take safeguarding seriously. All children have the right to be protected from abuse. More details in our safeguarding policy available at group sessions & online. We have achieved Safer Certification from Norfolk Local Safeguarding Children Board.



Safer
Norfolk Safeguarding
Children Partnership

Children's Communication and Language Nicky is a trained Communication Champion and can advise on concerns you may have regarding your children's communication and language development.

Flourish We have signed our Flourish Pledge. We pledge to "support families and children in their early years to flourish by providing welcoming and inclusive spaces for them to meet and play. We will expand our offer to local families to include sessions they have told us they need, including quiet sessions, and family support sessions. This will help more children, in more ways and help children flourish."

