Autumn activities with Better Start Bradford for families with children under four

Family News
FREE family events and activities in BD3, BD4 and BD5

Whether it’s snuggling down with a good book or getting out for a walk with others, there’s plenty happening this autumn!

Our second Baby Week Bradford is also coming up – check out the full programme of FREE events at www.babyweekbradford.org

Image: Unsplash Jonas Kakaroto

4 Nov 9.00am-2.30pm
Official Launch Event: The Baby’s Voice
Mercure Bradford, Bankfield Hotel BD16 1TU

5 Nov 9.30-10.30am
Sign, Rhyme and Bonding Time BHT Early Education & Training, BD4 7QJ

5 Nov 10.00-11.30am
Baby Dots (Little Dots) SHINE, St Stephen’s Church, BD5 7BH

5 Nov 10.00am-1.00pm
Getting Babies Outside More The Lodge Cafe, Bowling Park, BD4 7TL

5 Nov 12.30-2.30pm
Wonderlab Baby Rave Science & Media Museum, BD1 1NQ

5 Nov 10.00-1.15pm
Rhyme Time for Babies Laisterdyke Library, BD3 8RP

5 Nov 10.00-2.00pm
First Friends Messy Play Extravaganza! St John’s Church, BD4 8TU

5 Nov 6.00-8.00pm
My partner is pregnant – what do I do now?!!!
For dads and dads-to-be
Mayfield Centre, BD5 9NP

6 Nov 10.00-11.30am
My Baby and Me Light of the World, BD5 7ES

6 Nov 10.00-2.00pm
Sign, Rhyme and Bonding Time BHT Early Education & Training, BD4 7QJ

6 Nov 1.00-2.45pm
Starting Solids Workshop Karmand Community Centre, BD3 9EP

6 Nov 5.00-7.00pm
Resilient Communities SHINE, St Stephen’s Church, BD5 7BH

7 Nov 9.30-10.30am
Story and Rhyme Time BHT Early Education & Training, BD4 7QJ

7 Nov 6.00-8.00pm
Fathers in Focus Bowling Old Lane Cricket Club, BD5 8BH

9 Nov 12.00-3.00pm
Wonderlab Baby Rave Science & Media Museum, BD1 1NQ

4-10 Nov 2019
Family events in Bowling and Barkerend, Bradford Moor and Little Horton
For more details – and lots more events – please visit www.babyweekbradford.org
Better Start Brushing
For healthy teeth and happy smiles

Did you know?
• Sugary foods should be kept to mealtimes if possible
• Toothbrushing should start as soon as a baby’s first tooth comes through
• Babies should be seen by a dentist before their first birthday
• Dental treatment is free for all children under 18 and pregnant mums up to their child’s first birthday
• Toothpaste should always contain fluoride, even for babies. There’s no need to buy special toothpaste for children.
• Use a smear of toothpaste for 0-3 year olds and a pea-sized amount for children over 3

Weekly Story and Rhyme Times
Come along to one of these fun and interactive storytelling sessions for children under four. Listen to a story, sing and take part in a craft activity.

Tuesdays (term time) 9.30 – 10.30am
Laisterdyke Library, BD3 8PR

Thursdays (term time)
1.00 – 2.00pm
St Stephen’s Church,
BD5 7BH

Weekly Women-Only Walking Group
Join Sally for this free walking group for women. Get fit, explore the local area and make new friends. Children welcome, especially under fours.

Wednesdays (term time)
12.45 – 2.00pm
Woodroyd Centre,
BD5 8EL

Check out our events and activities calendar for lots more to do this autumn, including:
• Fussy eating workshops
• Antenatal courses
• Starting solids workshops
• Baby raves
• Hypnobirthing taster sessions
• An audience with a midwife – for dads

Better Start Bradford helps children in Bowling and Barkerend, Bradford Moor and Little Horton get the best start in life. We run over 20 projects for pregnant women and families with children under four, including reading, play, healthy cooking and eating, support in the home, English language skills and much more.

01274 723146
bsb@bradfordtrident.co.uk
Better Start Bradford, Mayfield Centre,
Broadway Avenue, Bradford BD5 9NP

Sharing a Story
Young brains need building, just like houses. Sharing stories is really important for helping young brains grow and learn.

Not all stories have to come from books. Telling your child a story from your memory counts too. Which stories will you share?

Watch the videos at: www.betterstartbradford.org.uk/biglittlemoments