

DADDY & ME

What is it?

Daddy & Me is a morning (from 10 am - 12 noon) full of fun for Dad's or a significant male in the child's life to spend some quality time together

What activities are there?

Each Daddy & Me day is different. We have games, arts and crafts, trips (e.g. to the Leisure Centre) and sports activities.

When does Daddy & Me take place?

The last Saturday of every month in Cookstown Primary School - see back page for dates



Daddy & Me Cookstown 2022



POSTNATAL REUNION

A group of mums attended our postnatal reunion recently to celebrate their babies safe arrival. This event was an opportunity to meet with other mums who shared their antenatal journey, gave them the chance to meet their babies and catch up on their progress.



SMILE BABY PROGRAMME

The Smile Baby Programme is for parents/carers of young children born in the year before or during the Covid health crisis. It provides parents/carers with information and support to help them promote their child's social and emotional development and the opportunity to discuss any anxieties or concerns.



Some of the children who attended SMILE BABY in March



FUN EASTER ACTIVITIES

- Encourage physical activity with an easter egg hunt, or egg and spoon race in the garden.
- Enjoy an outdoor Tea Party exploring different tastes and smells or a Daffodil Hunt around a park.
- Art promotes creativity which is extremely important for development so why not try some egg painting or Easter Bunny mask making.
- All these activities helps children use their imagination, develop fine motor skills and have lots of fun.

APRIL MESSAGE OF THE MONTH

Crawlers to Walkers,
Babblers to Talkers.

Talking is as important as walking
Your baby is communicating with you from the moment he/she is born. Tune in to your baby's smiles, eye contact and sounds.

First words should appear around your baby's 1st birthday.


If you have any concerns call the office or speak to your Health Visitor.



LET'S PLAY is your opportunity to engage with your child and help them develop new skills through play. Sessions run each Thursday in Magherafelt and all our other settings on a Friday.



Programme Planner Creche provided - please inform the office to book your place.

DAY	DATE	PROGRAMME	LOCATION	TIME
Mon	25th April	Bumps to Babies (Antenatal Information evening)	Zoom	7.00pm - 9.00pm
Mon	9th May	Infant Feeding (Antenatal information evening)	Zoom	7.00pm - 9.00pm
Mon	16th May-6th June	Calm Beginnings (Learn simple techniques to relax & become a calm & mindful parent)	Zoom	7.00pm - 8.30pm
Mon	9th May - 30th May	Baby Massage (For babies over 6 weeks)	Magherafelt Baptist Church	1.30pm - 2.30pm
Mon	9th May - 6th June	Little Goldfish (water confidence class for babies over 12 weeks)	Cookstown Leisure Centre	6.30pm - 7:00pm
Mon	Weekly from 25th April	Breast Feeding Support Group 	Magherafelt Baptist Church	10.00am - 12.00
Tues	3rd May - 24th May	Baby Massage (For babies aged 6 weeks or over)	Loy Buildings, Cookstown	10:00am - 11:00am 11.15am - 12.15pm
Tues	5th April - 28th June	Let's Play Please phone every Friday from 10am to book your place	Gortalowry House, Cookstown	10:00am - 11.30am
Wed	4th May - 1st June	Let's Play the Baby Way (for parents and babies under 1 year old)	Loy Buildings, Cookstown	10:00am - 11:00am
Wed	1st June - 22nd June	Baby Massage (For babies over 6 weeks)	Rowan Tree Centre, Pomeroy	10.00am - 11.00am
Thurs	5th May-26th May	Smile Baby (for parents/carers of children born in the year before or during lockdown)	Magherafelt Baptist Church	10:00am - 11:30am
Thurs	5th May-30th June	Understanding Little Minds  (helping parents understand little minds better)	Lurach Centre, Maghera	10:00am-12.00
Thurs	Weekly	Breast Feeding Support group	Loy Buildings, Cookstown	10:00am - 12.00
Thurs	5th May - 16th June	Fresh Little Minds  (exploring emotions & building resilience)	Gortalowry House, Cookstown	10:00am - 12.00
Thurs	June	Let's Play Please phone every Wednesday from 10am to book your place	Magherafelt Baptist Church	10:00am - 11.30am
Fri	6th May - 27th May	Hypnobirthing (Preparation for childbirth from 25 weeks)	Zoom	10:00am- 12.30pm
Fri	10th June - 8th July	Antenatal Yoga (Gentle exercise from 20 weeks pregnant)	Zoom	10:00am - 11.30am
Fri	Weekly from 1st April	Let's Play Please phone every Tuesday from 10am to book your place	Cookstown Primary School	10:00am - 11:30am
Fri	Weekly from 1st April	Let's Play Please phone every Tuesday from 10am to book your place	St Joseph's Primary School, Killeenan	10:00am - 11.30am
Fri	Weekly from 1st April	Let's Play Please phone every Tuesday from 10am to book your place	Lurach Centre, Maghera	10:00am - 11:30am
Fri	Weekly from 1st April	Let's Play Please phone every Tuesday from 10am to book your place	St Mary's, Dunamore	10:00am - 11:30am
Fri	Weekly from 1st April	Let's Play Please phone every Tuesday from 10am to book your place	Rowan Tree Centre, Pomeroy	10:00am - 11:30am
Fri	17th June	BIG TODDLE (a fun walk for parents, babies & toddlers)	Meadowbank, Magherafelt	10:00am-11.30am
Fri	24th June	BIG TODDLE (a fun walk for parents, babies & toddlers)	Drum Manor Forrest Park, Cookstown	10:00am - 11.30am
Sat	16th April, 28th May & 25th June	Daddy & Me Fun & Games for Dads & Kids	Cookstown Primary School	10:00am - 12.00
*** Dates may be subject to change*				



G-old Community Partnership Newsletter April - June 2022

Dear Parents,

The past few months have been great as we have been able to meet you face to face at programmes across our sites and the feedback from parents has highlighted how much this has been appreciated. Over the coming weeks this will continue as you will see the return of familiar programmes such as Little Goldfish along with other familiar programmes and events. There are also new programmes, i.e., Calm Beginnings, Understanding Little Minds (details below) to get you out and about. Just ring in to book your place As Easter approaches, we have included some suggestions for Easter activities that are low cost/ no cost and can provide fun for children during the holiday period.

We wish you all a Happy Easter and look forward to meeting you in the coming weeks and months.

Mary & The Golden Girls

NEW PROGRAMMES FOR SPRING

LITTLE GOLDFISH

One of our most popular programmes is back!

Starting Monday 9th May from 6.30pm-7:00pm at Cookstown Leisure Centre.
Children must be over 12 weeks at starting date.



UNDERSTANDING LITTLE MINDS

This parenting programme helps us as parents understand our young children better. We will be looking at how to communicate with young children, think about the emotional pressures they can experience and try to better understand parent/child relationships.

Starting Thursday 5th May - 30th June in The Lurach Centre Maghera from 10.00am-12.00

THE BIG TODDLE

We are looking forward to our annual Big Toddle again this year on Friday 17th June 10.00am - 11.30am at Meadowbank in Magherafelt and Friday 24th June, 10.00am - 11.30am at Drum Manor Forest Park, Cookstown.

Always a fun day out with activities, games and snacks.

CALM BEGINNINGS

This programme will help you nourish your emotional well-being during pregnancy and learn simple techniques to relax and become a calm and mindful parent.

Online via Zoom

Monday 16th May - 13th June

7:00pm- 8:30pm

