

## Parenting Courses-additional locations

To book below courses please contact Parent Support co-ordinator Kim Hegarty on 07912 186301, email KHegarty@childrenfirstnorthamptonshire.co.uk

COURSE	VENUE	START DATE
123 Magic 4 weeks	Alfred Street Primary, East Northants	02/06/2020 PM
Solihull 10 weeks	Croyland Nursey, Wellingborough	10/03/2020 AM
123 Magic 4 weeks	Greenfields Primary, Kettering	20/04/2020 PM
123 Magic 4 weeks	Henry Chichele Primary, East Northants	24/02/2020 PM
Teen Triple P 8 weeks	KBA, Kettering	23/04/2020 PM
123 Magic 4 weeks	Little Stanion Primary, Corby	02/07/2020 AM
Solihull 10 weeks	Loatlands Primary, Kettering	28/04/2020 AM
Teen Triple P 8 weeks	Lodge Park Academy, Corby	11/05/2020 PM
Solihull 10 weeks	Newton Road Primary, E/Northants	11/02/2020 PM
123 Magic 4 weeks	Olympic Primary, Wellingborough	17/06/2020 PM
123 Magic 4 weeks	Rothwell Primary, Kettering	13/05/2020 AM
123 Magic 4 weeks	St Mary's Primary , Kettering	08/06/2020 AM
123 Magic 4 weeks	St Thomas More Primary, Kettering	27/04/2020 AM

# Children's Centres programme

## Wellingborough · Kettering · Rushden

January-April 2020

Children First  
Northamptonshire

Northamptonshire  
County Council



**Wellingborough, Penrith Drive, NN8 3XL, 01604 361 373**

**Kettering, Montagu Street, NN16 8RX, 01536 311 030**

**Rushden, Hayway, NN10 6AG, 01933 410112**

**MONDAY**

Sensory room  
09.00- 12.00  
Penrith Drive  
Children's Centre  
**Bookable ½ hrs slots**

Health Visitor  
Well baby Clinic  
1.30 - 3.00  
**4th Monday only**  
Penrith Drive  
Children's Centre

Sleep Solutions  
9.30- 4.30  
Penrith Drive  
Children's Centre  
**Bookable**

Leaving Care  
**16- 25 yrs.**  
1.00-3.00  
Penrith Drive  
Children Centre  
**Drop in**

**TUESDAY**

Sensory room  
0930- 14.30  
Penrith Drive  
Children's Centre  
**Bookable ½ hrs slots**

Health Visitors  
9.00- 14.00  
Montagu Street  
Children's Centre  
**Appointments only**

Antenatal  
19.00- 21.00  
Penrith Drive  
Children's Centre  
**Bookable**

Employment Services Support  
2.00-4.00  
Montagu Street  
Children's Centre  
**Appointments only**

Incredible years  
1.00pm – 3.00  
Penrith Drive  
Children's Centre  
**Bookable**

**WEDNESDAY**

Health Visitor  
Well Baby Clinic  
9.30 - 11.00  
1st and 3rd of month  
Oundle Children's Centre  
**Drop in**

Sensory room  
12.30- 14.30  
Penrith Drive  
Children's Centre  
**Bookable ½ hrs slots**

Weaning Support  
12.00- 13.00 &  
1.30- 2.30  
Montagu Street  
Children's Centre  
**Drop in**

Breastfeeding Support  
13.00- 14.30  
Montagu Street  
Children's Centre  
**Drop in**

**THURSDAY**

Sensory room  
09.30- 14.30  
Penrith Drive  
Children's Centre  
**Bookable ½ hrs slots**

Sleep Solutions  
12.00- 13.00  
Montagu Street  
Children's Centre  
**Appointments only**

Employment Services Support  
2.00-5.00  
Montagu Street  
Children's Centre  
**Appointments only**

Counselling  
Adoption, foster care, Special guardians and birth families  
Penrith Drive  
Children Centre  
**Appointments Only**

**FRIDAY**

Sensory room  
09.00- 15.00  
Penrith Drive  
Children's Centre  
**Bookable ½ hrs slots**

Sleep Solutions  
12.00- 13.00  
Penrith Drive  
Children's Centre  
**Every other Friday only**  
**Bookable**

Counselling  
Adoption, foster care, Special guardians and birth families  
Montagu Street  
Children's Centre  
**Appointments only**

**SATURDAY**

Antenatal  
10.00- 16.00  
Penrith Drive  
Children's Centre  
**Bookable**

*We offer the following Parenting Programmes in our centres Please call 01604 401230 for further details.*

The Incredible Years - the goals of this programme are to support young children's behaviour problems and promote their social and emotional development. Aimed for parents of children aged 3-6 years and 6-12 years.

Solihull, Understanding Your Child's Behaviour - The programme is about understanding how your child is feeling, tuning into your child's needs, responding to your child's feelings, different styles of parenting, having fun together, communication, the importance of sleep, self regulation and anger. Aimed for parents of children from birth to 18 years.

Triple P - This programme offers support for behavioural and emotional problems in teenagers. The aims are to prevent problems in the family, school and community; to encourage teenagers to reach their full potential in life. Aimed for parents of children from 12-19 years.

*We also offer: Freedom, Stay Free and Fresh Start in our centres. Please call 01604 401230 for further details*



**Sensory Room Available Mon- Fri, \*Montagu Street Children Centre\***  
Please call 01536 311030 to book.