

Early Help Children's Centres

A 'one-stop shop' for children and families.



Little Stars Children's Centre Activity Guide

Monday		
Time	Session	Cost
10.00am 11.00am	Stories for Talking: Sessions supporting speech, language and physical development for toddlers age 18 months+ No Booking required Venue: Little Stars	£1 Donation
1.00pm 2.00pm	Splatter Chatter: A messy play session with sing and sign for children up to 18 months . No Booking required Venue: Little Stars	£1 Donation
1:30pm 2:30pm	Us Mums Meeting at the café in the park for a pushchair walk around East Park Venue: East Park	FREE
Tuesday		
Time	Session	Cost
10:00am 11:00am	Infant Massage (4 week course) Sessions to relax, sooth and connect with your baby, suitable for non-mobile babies. Towels and oils provided. Limited places, contact Becky to book 07872416031 Venue: Little Stars	£1 per session
11:00am 11:45am	1-1 Infant Massage: (3 week course) Sessions help baby feel securely attached, reduces crying and emotional distress increases relaxation. Towels and oils provided. Limited places, contact Becky to book 07872416031 Venue: Little Stars	£1 per session
1:00pm 3:00pm	Breastfeeding Support - Facilitated by Sophie (Bump to Baby & Beyond) No booking required. Practical and emotional support for pregnant and new mums. Last session every month will have House of Light specialists in perinatal mental health and wellbeing attending Venue: Little Stars	FREE
2:00pm 4:00pm	Sensory Session: A session for children aged 0 - 2 in the Sensory room. Limited places, contact Becky to book 07872416031 Venue: Little Stars	£1 per session



Like on Facebook
Little Stars Children's Centre
@LittleStarsCC

To find out more about Child Dynamix or Little Stars Children's Centre visit

WWW.CHILDDYNAMIX.CO.UK

Wednesday		
Time	Session	Cost
9:00am 4.00pm	Citizens Advice: Need help with housing issues or cost of living problems? Drop-in sessions every other Wednesday. Next Sessions 1st Feb, 15th Feb, 1st Mar - No booking required. Venue: Freedom Centre	FREE
1:30pm 2:30pm	Learn Through Play: Session for children up to 2 years old to support their learning and development through playful activities. Venue: Little Stars	£1 per session

Thursday		
Time	Session	Cost
N/A	HENRY: An 8 week group programme covering topics such as positive meals times, supporting children as they grow older and managing behaviour. Dates will be published on our website www.childdynamix.co.uk when they are available.	FREE
10:00am 12:00pm	Family Links Nurturing: A 10 week course (term time only) offering new ideas for parenting, managing behaviour and nurturing both your child/children and yourself. Contact us for more details 01482 790277 Courses dates 27th April and 14th September Venue: Little Stars	FREE
1.00pm 2.00pm	Ask Aimee: An opportunity for parents to drop in and speak to a Family Support Worker about support with parenting, housing, finances or any issue relating to your family. No booking required 1st Thursday each month. Venue: Little Stars	FREE

Friday		
Time	Session	Cost
9:30am 10:15am	Baby Bounce: Rhymes, singing and fun with your baby. For children aged between 6 and 18 months. For more details contact 01482 710100 Term Time Only Venue: Freedom Centre	FREE
10:30am 11:15am	Toddler Tunes: Singing, dancing and playing with instruments for children under 5's For more details contact 01482 710100 Term Time Only Venue: Freedom Centre	FREE

The midwife team are at Little Stars Children's Centre throughout the week, contact 01482 382658 with any enquiries

Where our venues are located

Venue:	Address
Little Stars Children's Centre	95 Preston Road, Hull, HU9 3QB 01482 790277
Freedom Centre	97 Preston Road, Hull, HU9 3QB 01482 710100
East Park	Holderness Road, Hull, HU8 8JU



Are you pregnant, do you feel excited but overwhelmed at the same time?
We can provide practical and emotional Support

Contact: **Sophie Garner**

Child Dynamix, 95 Preston Road, Hull, HU9 3QB

Tel: 01482 799277 Mobile: 07706 260001

Email: sophie.garner@childdynamix.co.uk



Communities where children & young people thrive!

Child Dynamix
Community Nursery
95 Preston Road
Hull, HU9 3QB
01482 790277

Child Dynamix
Community Nursery
50 Boulevard
Hull, HU3 2TA
01482 799070

Child Dynamix
Community Nursery
Savoy Road
Hull, HU8 0TY
01482 318516

OPEN 7.30am – 6.00pm

Monday to Friday (all year round)

Offering high quality, affordable childcare for children 3 months to 5 years

Holiday Club available for children age 5 to 11 years

Come, have a look around our settings, see our facilities, and speak with the nursery team, who will be happy to answer any questions you have about your childcare needs.

