



## Monday 29<sup>th</sup> January – Are you ready for nursery 1.15-2.30pm

Are you ready for your child to start Nursery?

Is your baby or toddler starting nursery soon? If so you may want to join Karen & Gavin on Monday 29<sup>th</sup> January at 1.30 pm for our online workshop. We will share information on how to make the transition go as smoothly as possible. We understand this is a big step for parents and children. So don't sit and worry about it, let us help. Here's the Zoom link to join.

This session covers how parents and children can prepare for the transition to nursery.

Aims of the session include:

- Knowing what to expect
- Returning to work

- Sharing information
- Getting ready, first day & next steps

Join us by clicking the link

<https://zoom.us/j/99564197103?pwd=akt3WWY4alpmTzd0dU0zckFkbU5DUT09>

Meeting ID: 995 6419 7103 Passcode: RUready

## Tuesday 30<sup>th</sup> January Curious communicators 9.30-10.45am

Our little ones start to communicate with us as soon as they are born. Mirroring our facial expressions, babbling, using gestures and then starting to use some single words. Join our online workshop for tips on how to support your child's communication and language development. Come and see just how important you are in this development.

Karen and Lynsey will be online on Tuesday 30<sup>th</sup> January at 9.30am with some useful tips and information on how you can do this.

Here's the Zoom link to join.

<https://zoom.us/j/91994799802?pwd=ZU52bHNoTVJLTDBjVTJCTldmYm9TUT09>

Meeting ID: 919 9479 9802 Passcode: Talking

## Tuesday 6<sup>th</sup> February Successful Sleepers 1.15-2.30pm

Sleep is essential for our emotional and mental wellbeing and overall physical health. It helps to boost our immune system and allows the body and mind to recharge, leaving us refreshed and alert for the next day. Yet, for some of us sleep can be a challenging part of everyday life.

Would you like more information about:

- Why sleep is important
- How much sleep is recommended for each age group
- How diet can impact our sleep
- How to create an ideal sleep environment
- Developing an effective bedtime routine

Join us by following the link

<https://zoom.us/j/93830733536?pwd=QWd5UlpDbWtmSVM0VStqb25NOENMQT09>

Meeting ID: 938 3073 3536 Passcode: Sleep



Scan the code to go directly to our Facebook page: Start Well Sheffield

