



COURSE TIMETABLE

January – March 2010

Each course has a limited number of places, so to allow an equal opportunity for all those wishing to secure a place to do so, booking will open on **Monday 30th November** for the following courses:

THE PARENTING PUZZLE REVISITED

Tuesday 12th January 2010 from 9.15 to 10.30am for one week only. A chance for those who have already attended the Parent Puzzle course to meet and revisit some topics.

THE PARENTING PUZZLE

Starting Thursday 14th January from 9.30 to 11.30am for 10 weeks (there will be no session during half term). Encouraging parents to get the best out of family life, some of the topics covered include the power of praise, personal power and self esteem, and problem solving and negotiating. Parents benefit from taking time out to reflect and move forward in a relaxed and non judgemental environment.

PLAY & BAKE

Starting Thursday 14th January from 12.45 to 2.30pm for 3 weeks. This course will enable you to develop your confidence and skills in the kitchen as you create delicious sweet and savoury dishes to take home with you, while your children play in the crèche. This course will include dishes with mince, hot puddings, and batters.

SAVE A BABY'S LIFE

On Friday 22nd January from 9.30 to 11.30am. Suitable for anyone who looks after a child under one year old, this free of charge two hour course will teach you how to rescue an unconscious or choking baby.

LITTLE STARS

Starting Tuesday 19th January from 9.15 to 10.30am for 4 weeks. This course is for parents to work closely with their children on focused areas of the curriculum. The theme for these sessions will be 'knowledge and understanding of the world'. For children aged 18mths to 2 ½ years.

EMERGENCY FIRST AID

Starting Friday 22nd January for 3 weeks from 12.45 to 2.45pm. The 6 hour course split over 3 weeks will consist of 1 week of Introduction (incidents/casualties, recovery position, choking) 1 week on CPR (resuscitation for babies, children and adults) and 1 week on serious conditions. The course will be run by the St Johns Ambulance organisation and a certificate will be presented to you following completion of the course.

Each course has a limited number of places, so to allow an equal opportunity for all those wishing to secure a place to do so, booking will open on **Monday 11th January** for the following courses:

EASTER CHILL OUT

Starting Thursday 25th February from 12.45-2.45pm for 4 weeks. The course takes the principles of nurturing from the Parenting Puzzle and combines them with a variety of activities based on an Easter theme.

LITTLE STARS

Starting Tuesday 9th March from 9.15 to 10.30am for 4 weeks. This course is for parents to work closely with their children on focused areas of the curriculum. The theme for these sessions will be 'creative development'. For children aged 18mths to 2 ½ years.

A crèche facility will be available for most of our courses; a voluntary contribution is requested of £2.00 per child per week for the up-keep of our environment.

For further details or to book your place on any of the above courses please contact Lin Perkins, Nicky Day, or Kirsty Longford at Kenilworth Children's Centre and Nursery School, Bertie Road, Kenilworth on 01926 853394.