

# Parenting programme

## April 2024 – February 2025



An annual planner for **FREE** parenting sessions held in our various children's centres across Reading.

### April 2024

**Young-mums-to-be (YMTB)**  
(Sun Street CC)  
17 April

**Mellow Babies**  
(Ranikhet CC)  
From w/c 4 March  
Creche available

**Webster Stratton Toddler**  
(Whitley CC)  
From w/c 22 April  
12 weeks  
Creche available

### May 2024

**Mellow Bumps**  
(Whitley CC)  
From w/c 6 May

### June 2024

**Dads-to-be**  
(Sun Street CC)  
Evening course  
Day/time tbc  
2 weeks

### September 2024

**Mellow Babies**  
(Southcote CC)  
From w/c  
16 September  
Creche available

**YMTB**  
(Sun Street CC)  
18 September

### October 2024

**Dads-to-be**  
(Sun Street CC)  
Evening course  
Day/time tbc  
2 weeks

**Mellow Bumps**  
(Sun Street CC)  
From w/c 7 October  
6 weeks

### January 2025

**YMTB**  
(Sun Street CC)  
12 weeks  
From 15 Jan

**Webster Stratton Toddler**  
(Ranikhet CC)  
From w/c 13 Jan  
Creche available

### February 2025

**Dads-to-be**  
(Sun Street CC)  
Evening course  
Day/time tbc  
2 weeks

**Mellow Bumps**  
(Ranikhet CC)  
From w/c 24 February  
6 weeks

**Mellow Babies**  
(Whitley CC)  
From w/c 24 February  
6 weeks



Register with our children's centres

more info overleaf

For all sessions, please book your place.

Email: [reading.childrencentres@brighterfuturesforchildren.org](mailto:reading.childrencentres@brighterfuturesforchildren.org)

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# More information on our FREE parenting sessions



**YMTB Young Mums-To-Be:** A 12-week antenatal course taught with a Poppy Team midwife to help pregnant young first time mums prepare for a new life as a parent. You will learn about having your baby and preparing for labour and birth. We explore the changes to you and your baby to understand antenatal development. We discuss the knowledge and understanding you need to care for your baby in the first 6 months and the support available. The course aims to help you develop skills around social interactions, managing emotional well-being and self-confidence.

**Dads-To-Be:** A 2-week evening session where expectant fathers can get practical advice from a midwife from the RBH and explore the emotional implications of having a new baby on both parents, as well as ways to support emotional well-being. It is a relaxed, friendly session and a great way to meet other expectant fathers.

**Mellow Bumps:** A 6-week antenatal group, especially relevant for families needing extra support eg. those working with a family worker, social worker, specialist midwifery team, perinatal mental health team or requiring extra support from health-visiting team. It is intended to decrease the stress levels of mums-to-be in pregnancy, to understand the importance of early interaction with babies for their brain development. The mums-to-be are also helped to identify their own needs and how to access support both in pregnancy and after the birth of their baby.

**Mellow Babies:** A 14-week, one day a week group for mums with babies aged 12 weeks to 1.5 years. Free creche on site where the babies will be cared for 2 hours in the morning and 2 hours in the afternoon. Between sessions there is a shared lunch and joint activity to help parents to enjoy interacting with their babies. Mums explore their own experiences to help them understand their care giving style. The programme is designed to improve attachment and develop strong parent-child relationships. Mellow Mums & Babies is a group based approach designed to support families who have additional health and social care needs.

**Webster Stratton Toddler:** A 12-week course, focusing on children aged 1-3yrs. Exploring simple but effective ways to enhance your child's emotional and social competence. You'll learn how to use play, language, positive discipline strategies and more to build a good relationship with your toddler. Free creche for under 5s to attend while their parent/carer attends the course.

## Find us at:

### Ranikhet Children's Centre

Thurso Close  
Reading  
RG30 4YH

### Southcote Children's Centre

85 Coronation Square  
Reading  
RG30 3QP

### Whitley Children's Centre

330 Northumberland Ave  
Reading  
RG2 8DH

### Sun Street Children's Centre

Sun Street  
Reading  
RG1 3JX

If you are working with a family that you think would benefit from one of the courses, email: [sue.blackwood@brighterfuturesforchildren.org](mailto:sue.blackwood@brighterfuturesforchildren.org) or [sarah.ashton@brighterfuturesforchildren.org](mailto:sarah.ashton@brighterfuturesforchildren.org)  
A parenting referral will need to be completed through mosaic.

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