

# Parenting programme

## April 2025 – February 2026

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



**April  
2025**

**Young-mums-to-be (YMTB)**

(Sun Street CC)  
12-week course  
from Weds 23 April

**Mellow Babies**  
(Whitley CC)

14-week course  
from w/c 21 April  
Creche available

**Dads-to-be**  
(Sun Street CC)  
2-week evening  
course  
3 and 10 April

**May  
2025**

**Mellow Bumps**  
(Southcote CC)  
6-week course  
From Thursday 8 May

**July  
2025**

**Dads-to-be**  
(Sun Street CC)  
2-week evening course  
Dates TBC

**September  
2025**

**Young-mums-to-be (YMTB)**

(Sun Street CC)  
12-week course  
From 10 Sept

**Mellow Bumps**  
(Sun Street CC)  
6-week course  
From w/c 15 Sept

**Mellow Babies**  
(Ranikhet CC)  
From w/c  
15 September  
Creche available  
**Webster Stratton  
Toddler**  
(Southcote CC)  
12-week course  
From Thurs 11 Sept  
Creche available

**October  
2025**

**Dads-to-be**  
(Sun Street CC)  
2-week evening  
course  
Dates TBC

**November  
2025**

**Mellow Bumps**  
(Ranikhet CC)  
6-week course  
From w/c 10 November

**January  
2026**

**Young-mums-to-be YMTB**

(Sun Street CC)  
12 weeks  
From Weds 14 Jan  
**Webster Stratton  
Toddler**  
(Whitley CC)  
10 week course  
From w/c 12 Jan  
Creche available

**February  
2026**

**Dads-to-be**  
(Sun Street CC)  
2-week evening course  
Dates tbc

**Mellow Bumps**  
(Sun Street CC)  
6 week course  
From w/c 2 February

**Mellow Babies**  
(Southcote CC)  
14-week course  
From Thurs 26 February  
Creche available



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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