

Children's Centre Programme Guide

**THIS IS
SOUTH
TYNESIDE**
Spread the word!



Learning with Play (0-4 years)

A group for families with children under 5 years which promotes quality time and learning through play as well as information, advice and guidance.



Henry (antenatal, 0-5 years, 4-12 years)

Provides tips and support for parents and carers. Explore how to provide a happy, healthy, supportive environment for the whole family.



Learning with Play SEND (0-4 years)

A group for families with a child under 5 with an additional need or waiting for assessment promoting learning through play as well as information, advice and guidance.



Solihull (First 5 years, school years 5-18)

A programme based on the Solihull approach supports parents and carers to understand their child's behaviour in the context of their development and child-parent relationship.



Baby Explorers (conception-mobile)

A programme focusing on bonding and attachment, communication, health and wellbeing, safety, development milestones and learning through play.



Reducing Parental Conflict

We offer a range of programmes to support parents and carers who may be experiencing conflict such as 'You, me and Baby Too', 'Getting it Right for Children', 'Arguing Better' and 'Parenting when Separated'.



Little Explorers (mobile-walkers)

A programme focusing on communication, health and wellbeing, safety, development milestones and learning through play.



Incredible Years (conception-6 years)

A programme focusing on children's learning, development and behaviour. A chance for parents and carers to meet other parents and discuss positive parenting.



Language Explorers (0-2 years)

A programme to support children's communication and language through play.



Triple P (6-19 years)

A programme giving parents and carers simple and practical strategies to help them build strong healthy relationships and confidently manage their children's behaviour.



South Tyneside Council

Children's Centre Contact Details

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Bede, Biddick & Boldon

Bede Children's Centre

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Biddick Hall and Whiteleas Children's Centre

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Horsley Hill Children's Centre

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All Saints, Riverside & Marine Park

All Saints Children's Centre

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Riverside Children's Centre

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