

# Free virtual activity programme for 0 to 5s in Norfolk



The Early Childhood & Family Service (ECFS) is still running, offering extra help to families who need it. Right now, due to Covid-19, we're providing a programme of virtual activities and groups that are available to families with children aged 0 to 5 years.



**Early Childhood and Family Service**

# Activity Programme

October to December 2020



New videos every week at [facebook.com/EarlyChildhoodFamilyService](https://www.facebook.com/EarlyChildhoodFamilyService) and on our [YouTube channel](#). First view on the day/time shown or watch anytime later



<p><b>Baby Days Bitesize</b></p> <p>Information and ideas for activities, suitable from birth, which will help encourage your baby's brain development and strengthen your bond</p>	<b>Monday</b>	<b>1.30pm</b>
<p><b>Toddler Days</b></p> <p>Inspiration for fun, learning activities, plus tips to get your toddler talking</p>	<b>Tuesday</b>	<b>11.00am</b>
<p><b>Talk &amp; Play All Through The Day</b></p> <p>Easy to use ideas for you to talk and play with your child, as you go about your every day lives, helping them build good language.</p>	<b>Wednesday</b>	<b>1.30pm</b>
<p><b>Outdoor Explorers</b></p> <p>Videos and simple activities to help you encourage your child's enjoyment and understanding of their natural world</p>	<b>Thursday</b>	<b>11.00am</b>
<p><b>Cookalong</b></p> <p>Step-by-step videos for easy family recipes which are fun to make together and will save you money compared to ready prepared food. No experience necessary!</p>	<b>Friday</b>	<b>1.30pm</b>



## Live Online Groups



### Baby Days Live Online

Six weeks of free online sessions for babies with their parents/carers. Each session will have a new learning activity to try out with your baby, plus an opportunity to meet other parents and talk to knowledgeable staff.

Sessions take place online via Microsoft Teams. You only need an internet connection and a smartphone, tablet or computer to join.

**Courses running regularly**

Check dates and book at [tinyurl.com/ECFSevents](https://www.tinyurl.com/ECFSevents)



## Norfolk Libraries for Families



Story Week	<b>Monday to Friday</b> <b>12.00pm</b>	New storytime video every Monday, with activity ideas to bring the story to life Tuesday to Friday. Available on <a href="#">Facebook</a> .
Bounce & Rhyme	<b>Tuesday</b> <b>10.00am</b>	Available on <a href="#">Facebook</a> and <a href="#">You Tube</a> .
Just a Cuppa: Babies and Toddlers	<b>Tuesday</b> <b>11.00am</b>	Social session over Zoom Video Call. Email <a href="mailto:libraries.icconnect@norfolk.gov.uk">libraries.icconnect@norfolk.gov.uk</a> for info.

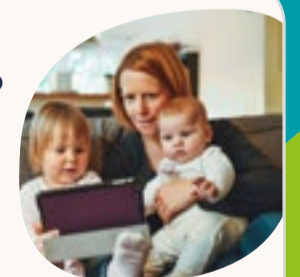


## Family Learning Online



Family Learning Online Cafe	<b>Tuesday</b> <b>7.00pm</b>	Take part in an activity and find out about Family Learning courses. Visit <a href="https://www.facebook.com/norfolkadultlearning">www.facebook.com/norfolkadultlearning</a> for dates and Zoom access codes.
	<b>Friday</b> <b>11.00am</b>	
Family Learning Online Courses	<b>Various Days and times</b>	For details and to book visit <a href="https://www.norfolk.gov.uk/familylearning">norfolk.gov.uk/familylearning</a>

## Need extra help or someone to talk to?



We are here to help with things like:

- Bonding with your child
- Speech and language development
- Parenting challenges
- Mental wellbeing
- Healthy relationships



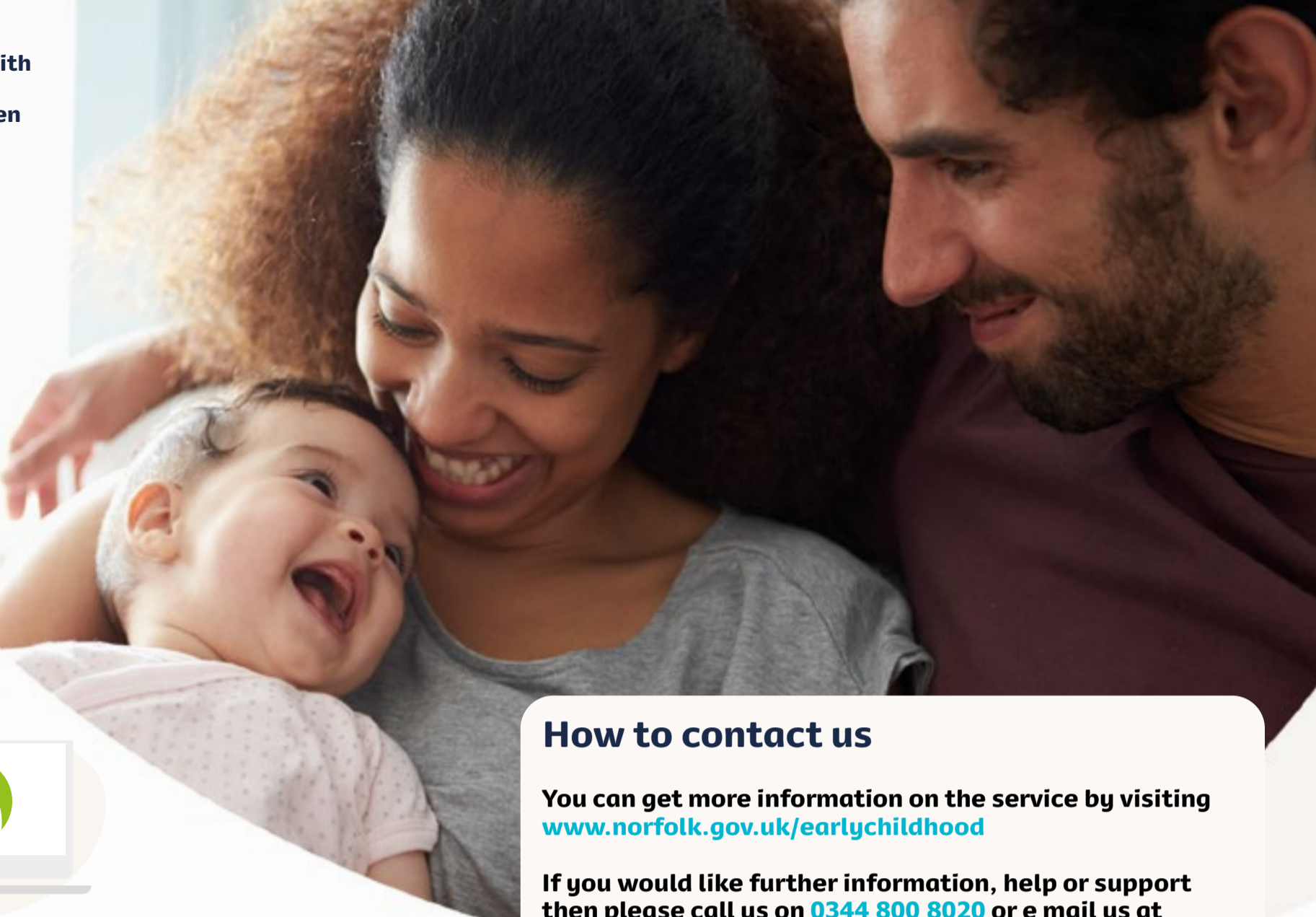
Please contact us and one of our team will be in touch.

**Online form:** [www.tinyurl.com/ECFSHelp](https://www.tinyurl.com/ECFSHelp)

**Email:** [ecfs-families@actionforchildren.org.uk](mailto:ecfs-families@actionforchildren.org.uk)

0344 800 8020 | [www.norfolk.gov.uk/earlychildhood](https://www.norfolk.gov.uk/earlychildhood) | [ecfs-families@actionforchildren.org.uk](mailto:ecfs-families@actionforchildren.org.uk)

Keep up to date with the free Action for Children Services App



## Courses offered by the Early Childhood and Family Service

Our courses are running online via Microsoft Teams, or in small face-to-face groups at our risk assessed bases. Extra hygiene measures are in place and we will ask you to wear a face covering, unless you are exempt.

### Solihull Parenting Course

A 10 week course to help you learn more about your child's development and behaviour. What is their behaviour telling you?

### Baby Massage

A 5 week course for introducing massage strokes. This can help with colic and support you and your baby to feel more relaxed, whilst strengthening your bond.

### Freedom Course

A 10 week course for women who would like to look at healthy relationships and to have a safe environment to be able to discuss and understand previous and current relationships.

### Triple P

An 8 week course that offers support, information and practical answers to everyday parenting concerns.

### Circle of Security

An 8 week course based on supporting and strengthening the attachment between you and your child.

## Our partners



[Home-Start Norfolk](#) and the [community offer in your local area](#) are also part of the Early Childhood and Family Service, and are available to support you and your family.

## How to contact us

You can get more information on the service by visiting [www.norfolk.gov.uk/earlychildhood](http://www.norfolk.gov.uk/earlychildhood)

If you would like further information, help or support then please call us on **0344 800 8020** or e mail us at [ECFS-Families@actionforchildren.org.uk](mailto:ECFS-Families@actionforchildren.org.uk)



Any updates on services or groups can be found by visiting our Facebook pages. Search for **Early Childhood and Family Service**



[See our video on You Tube to find out more](#)

## Useful contacts

<b>Coronavirus Information</b>	<a href="http://norfolk.gov.uk/coronavirus">norfolk.gov.uk/coronavirus</a>
<b>Just One Norfolk</b> (Health Visiting Team)	0300 300 0123
<b>Leeway</b> (Domestic Abuse Support)	0300 561 0077
<b>Norfolk &amp; Waveney Wellbeing Service</b> (Mental health support)	0300 123 1503
<b>Home Start Norfolk</b>	01603 977040
<b>Speech &amp; Language Advice Line (ECCH)</b>	01502 719830
<b>Norfolk SEND Partnership</b>	01603 704070
<b>National Breastfeeding Helpline</b>	0300 100 0212
<b>Norfolk Police</b> (non-emergency)	111
<b>CGL</b> (Alcohol & drug behaviour change service)	01603 514096
<b>Citizens Advice Bureau</b>	03444 111 444
<b>Shelter</b> (Help with housing & homelessness)	0808 800 4444
<b>Job Centre</b>	<a href="http://gov.uk/contact-jobcentre-plus">gov.uk/contact-jobcentre-plus</a>
<b>Mens Advice Line</b> (for men in abusive relationships)	0808 801 0327

If you are worried a child is at risk please call **Norfolk County Council Children's Services** on **0344 800 8020** or 999 in an emergency