



# Mummy & Me: Come & Play the Torah Way

## Weekly Drop-in Sessions - No Booking Necessary

### MONDAY

#### Arts & Crafts אומנות ויצירה

10:00am – 11:15am Colour, Stick & Cut. 6 months – 3 years

#### Soft Play with Story Time משחקים רכים

1:30pm - 3:30pm Physical development and lots of fun! 0 - 18 months  
IN LUBAVITCH HOUSE HALL - Entrance through underpass

EXPANDED PREMISES!

### TUESDAY

#### Baby Club מועדון תינוקות

10:00am – 11:15am. 0-9 months. See inside for program details

#### Sensory Experience חוויה רב חושית

1:30pm – 3:30pm Develop your senses in a fun, stimulating environment.  
6 months-3 years

### WEDNESDAY

#### Parsha Craft פעילויות לפרשת השבוע

10:00am – 11:15am Bring the Parsha to life! 6 months – 3 years

#### Messy Play משחק מבלגן

1:30pm - 3:30pm Explore & Experiment 6 months - 3 years

### THURSDAY

#### Each Week Another Exciting Activity

#### פעולות חדשות כל יום חמישי

look inside for details

### TOY LIBRARY ספריית צעצועים

Huge variety of toys to choose from including toys for children with SEN.  
The library will be open throughout our drop-in sessions



#### Children's Health & Activities

We're here to support you to care for your child's health until the age of 5.  
Please give us a call to book your appointment **020 8809 9050**

#### Physiotherapy Advice Clinic פיזיותרפיה

Thursday 9:30am – 11:15am  
18th January, 15th March  
Are you concerned about your child's physical development? Does your child experience difficulties or delays with gross motor tasks e.g. sitting, crawling and walking? An experienced physiotherapist will be able to assess your child and give advice.

#### Tummy Time זמן על הבטן

Wednesday 2:00pm – 3:00pm  
17th January, 21st February  
14th March  
Experience of being on their tummy helps babies to push up, roll over, sit up, crawl and pull to stand.

#### Speech & Language Assessment Clinic קלינאית תקשורת

Thursday: 1:45pm - 3:15pm  
25th January, 22nd February  
22nd March  
Does your child experience difficulties with speech, language and communication? Please come along and our therapists will assess your child's language skills and provide advice or referrals for further therapy if needed.

#### Bake Challos for Shabbos חלות לשבת

Thursday 9:30am – 11:15am  
25th January & 8th March  
Prepare the dough, kneed and shape and take them home to bake! Bring a container.

#### Health Visiting clinic יעוץ וביקורת בהתפתחות ילדים

Thursdays 9:30am - 12:30pm  
4th & 18th January, 1st & 15th February, 15th March  
**Please bring your red book.**  
You can speak to a health visitor about any concerns that you might have or ask questions regarding the development of your child. You can also book the 8 months & 27 months health reviews. The clinic is run by a dedicated team of Health Visitors with specialist training, to help families and young children. You can now weigh your baby on our new scales!

#### Safe dog-handling להתגבר על פחד מכלבים

Thursday 1st February  
9:30am – 10:30am  
Be safe around dogs! A workshop focusing on ways to combat fear of dogs and learn the correct reactions upon encountering a dog in the street.

#### Oral Health Workshop בריאות הפה

Wednesday 7th March  
12:00pm – 2:00pm  
Advice and information on looking after your children's teeth. Prevention is better than cure!  
With Holly Owen, Oral health practitioner.

#### Activities for Parents & Carers

Please give us a call to book your place **020 8809 9050**  
A £20 administration charge applies to each of the following classes

#### Exercise Classes שיעורי התעמלות

Exercise is an important activity to maintain your health and reduce your weight. (funded by NHS)

#### Fitness Class

**For Fathers**  
Mondays 7:30pm - 8:30pm  
Starting 15th January  
Lubavitch House main Hall

#### For Mothers Ante-natal Pilates with Brooke

Thursdays 1:30pm – 2:30pm  
Starting 11th January  
In Lubavitch Children's Centre

#### For Mothers Post-natal Pilates with Brooke

Mondays 10:00am - 11:00am  
Starting 15th January  
Lubavitch House main Hall

#### Expressive Art Class אמנות אקספרסיבית

**For Mothers**  
No experience needed!  
Tuesdays 7:30pm - 9:00pm  
Starting 9th January  
A 10 week course to learn the basics of painting and drawing.

#### ESOL classes שיעורי אנגלית

**For Mothers**  
Mondays 7:30pm – 9:00pm  
Starting 8th January

#### For Fathers

Wednesdays 7:30pm – 9:00pm  
Starting 10th January  
A weekly course which will help you progress in reading, writing and speaking English

#### Parenting Group קורס הורות

**Spot the Schema**  
Thursdays 9:45am - 10:45am  
15th & 22nd February  
Schemas are patterns of behaviour that are present in all of us from birth. Most of us have one dominant schema by the time we reach adulthood. This course is a fun way to find out why children behave in certain ways and what you can do to support their learning and development.  
With Devora Leah Sudak and Esther Raskin

#### Activities for Babies מועדון תינוקות

Tuesdays 10:00am – 11:15am  
A variety of workshops designed for you & your baby. 0-9 months

#### Babies First Taste תורת התזונה

16th Jan, 20th February & 20th March  
Advice & Information on weaning with Sharon Potashnik, qualified dietician.

#### Early Communication Workshop תקשורת מוקדמת

6th February  
When and how to start talking to babies.  
With Laura Martin, Speech therapist

#### Dunstan Baby Language שפת תינוקות

23rd & 30th January  
Dunstan baby language trains you to listen to your baby and respond to his needs after recognising his cries. When babies cry they are communicating their basic needs; we need to learn their language. Your baby will be more content which will have an immediate, positive effect on yourself and your family. At the same time you will be setting the foundation of effective communication.  
With Mrs E Raskin

#### Oral health בריאות הפה

13th February  
Why and how to look after your baby's teeth. Use of bottles and dummies. With Holly Owen, Oral health practitioner.

#### The Benefits of Treasure Baskets התועלת של "סל אוצר"

6th March  
Natural materials enable babies to explore texture, taste, smell and sound of objects. Learn how to make your own basket.  
With Mrs D L Sudak, Head of Centre

#### Postnatal Advice יעוץ לאחר לידה

30th January  
Informal discussion with time for questions.  
With Gitit Rotenberg, JuMP

#### Baby Massage מסד' תנוקות

27th February & 13th March  
Massaging babies helps with crying, colic and more. With Ruth, Baby Therapist  
Please bring a towel & olive oil.

#### Ante / Postnatal Care

It is very important for your physical & emotional well being that you receive high quality care for yourself and your baby. Make sure to contact your GP or midwife as soon as you know you are expectant, preferably before 12 weeks.

#### Antenatal & Postnatal Clinic מעקב לפני ואחרי לידה

You can see your midwife at LCC. We have a friendly, soundproof and well-equipped consultation room available for your convenience. Translation service available, if needed, in various languages.  
**Homerton clinic with Ella**  
Mondays 8:15am - 4:15pm  
Fridays 8:15am - 11:30am  
To book phone 8510 5502  
**Whittington clinic with Maxine**  
Tuesdays 8:00am - 1:00pm  
Thursdays 1:00pm - 5:00pm  
To book phone 8809 9050

#### Childbirth classes קורסי הכנה ללידה

Practical tips to make your experience a positive one.  
**Mrs Toby Stroh (Jump)**  
Tuesdays 1:00pm - 2:30pm  
Starting 16th January  
For enquiries phone 8802 2196  
**Mrs Gitit Rotenberg (Jump)**  
For first time mothers.  
To book phone Mrs G Rotenberg 07967 967 127  
**Breastfeeding support תמיכה להנקה**  
Tuesdays 2:30pm – 3:30pm  
Please phone to book your appointment.  
With Mrs C Landa & Mrs E Peretz (JuMP)

