

Spring Term 2012

Highgate Primary Family Centre



Mornings

Monday

Playing Together Course

Cooking, messy play and storytelling led by Highgate Primary teaching staff. For toddlers aged 2 years + with a parent or carer.

9.30 to 11.00 *book*

Call for dates

Tuesday

Baby Stay and Play

For babies under 1 year and their grown ups

9.30 to 11.30 *drop-in*

Baby Clinic

Weigh your baby + breastfeeding support

9.30 to 11.30 *drop-in*

Health Visitor

Book for a one-to-one with a health visitor
Call: 020 3074 2600

9.30 to 11.30 *book*

Wednesday

Dads' Club

Quality time for dads, grandpas and children

9.00 to 12.00 *drop-in*

Bumps & Babies NCT Coffee Morning

Every other week - all welcome

10.00 to 11.30 *drop-in*

Thursday

Movers and Shakers

Musical fun for parents and children

9.45 or 10.30 *book*

Stay and Play

For all ages, led by volunteers

9.30 - 11.30 *drop-in*

Antenatal Midwife

Antenatal appointments
Call: 0207 288 3482

9.30 to 12.30 *book*

Friday

Costs

Concessions available. There is a cost of £3 per child for Movers & Shakers and £3 for all playgroups (£2 for siblings). Please phone for details of costs for massage, yoga, workshops and courses.

Parties

Centre available to hire for children's parties at weekends. Please call for more details.

Finding us

Highgate Primary
Family Centre,
Gaskell Road,
London, N6 4ED

email

familycentre@highgate-pri.
haringey.sch.uk

website

www.highgateprimarieschool.
.co.uk

Afternoons

Courses

Baby weaning
Baby & toddler First Aid
Sleep training *book*

Please call for dates.
times and more details

Stay and Play

Come with your under 5s and enjoy stories, messy play and singing

Led by teachers from Highgate Primary
1.30 to 3.30 *drop-in*

Breastfeeding Support

12.30 to 2.30 *drop-in*

Postnatal Midwife

Postnatal appointments

1.00 to 3.00 *book*

Baby Massage

A great way to bond with your baby

1.30 to 2.30 *book*

Yoga for Mums

Gentle yoga for new mums

3.00 to 4.00 *book*

Please call to check dates and times, to book, or for more information.

0203 213 0004