



# Summer Drop-ins



**Starting Well Redditch**  
EVERY CONTACT SHAPES A LIFE

## @ Holly Trees Family Hub

St Stephen's First School, Mabeey Ave, Riverside, Redditch, B98 8HW

### Healthy Lifestyles

**Thurs 3rd August, 1 - 3pm**  
Topics such as fussy eating, sleep & healthy alternatives.

### SEN

**Thurs 24th August, 1 - 3pm**  
Topics such as self-regulation tips, resources to support children at home & sensory play ideas.

### Teens

**Thurs 31st August, 1 - 3pm**  
Topics such as struggles with their sleep, brain development & youth groups in the community.

## @ Redditch Library

15 Market Place,  
Redditch, B98 8AR

### 0 - 3yr olds

**Thurs 10th August, 9.30 - 11.30am**  
Topics such as ideas for play, 2-year-old funding & introduction to solids.

### Behaviour

**Thurs 17th August, 9.30 - 11.30am**  
Topics such as tips for certain behaviours, reward ideas & ways to support your child's emotions.



**No need to book, just come along!**



Provided by:



In partnership with:



[www.startingwellworcs.nhs.uk](http://www.startingwellworcs.nhs.uk)

EVERY CONTACT SHAPES A LIFE