

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

f New videos at facebook.com/EarlyChildhoodFamilyService
First view on the day/time shown or watch anytime later



<p>Baby Days Bitesize</p> <p>Information and ideas for activities, suitable from birth, which will help encourage your baby's brain development and strengthen your bond</p>	Monday	1.30
<p>Toddler Days</p> <p>Inspiration for fun, learning activities, plus tips to get your toddler talking</p>	Tuesday	11.00
<p>Wiggle Wednesday</p> <p>Activities, songs and stories based around the much-loved children's book, The Very Hungry Caterpillar, to celebrate Action for Children's Giant Wiggle 2020</p>	Wednesday	1.30
<p>Outdoor Explorers</p> <p>Videos and simple activities to help you encourage your child's enjoyment and understanding of their natural world</p>	Thursday	11.00

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

f New videos at facebook.com/NorfolkLibrariesForFamilies
First view on the day/time shown or watch anytime later



Live Stream Storytime <small>(only available for a short time after premiere)</small>	Monday 12.00	Wednesday 12.00	Friday 12.00
Bounce & Rhyme	Tuesday 10.00	Also available on You Tube	
School Readiness	Friday 9.30	Also available on You Tube	

Family Learning Online



Free, interactive 'Come and Try' sessions and online courses for families with 0-4 year olds.

Book at norfolk.gov.uk/education-and-learning/adult-learning/courses/family-learning-courses

Sessions/courses available online include:

- Bring a Story Alive (0-7 yr olds)
- Food Explorers (Happy Tums)
- Let's Explore Together (0-2 yr olds)
- Nature Explorers (0-7 yr olds)
- Ready for School (for those starting school Sept 2020)

Need extra help or someone to talk to?

We are here to help with things like:

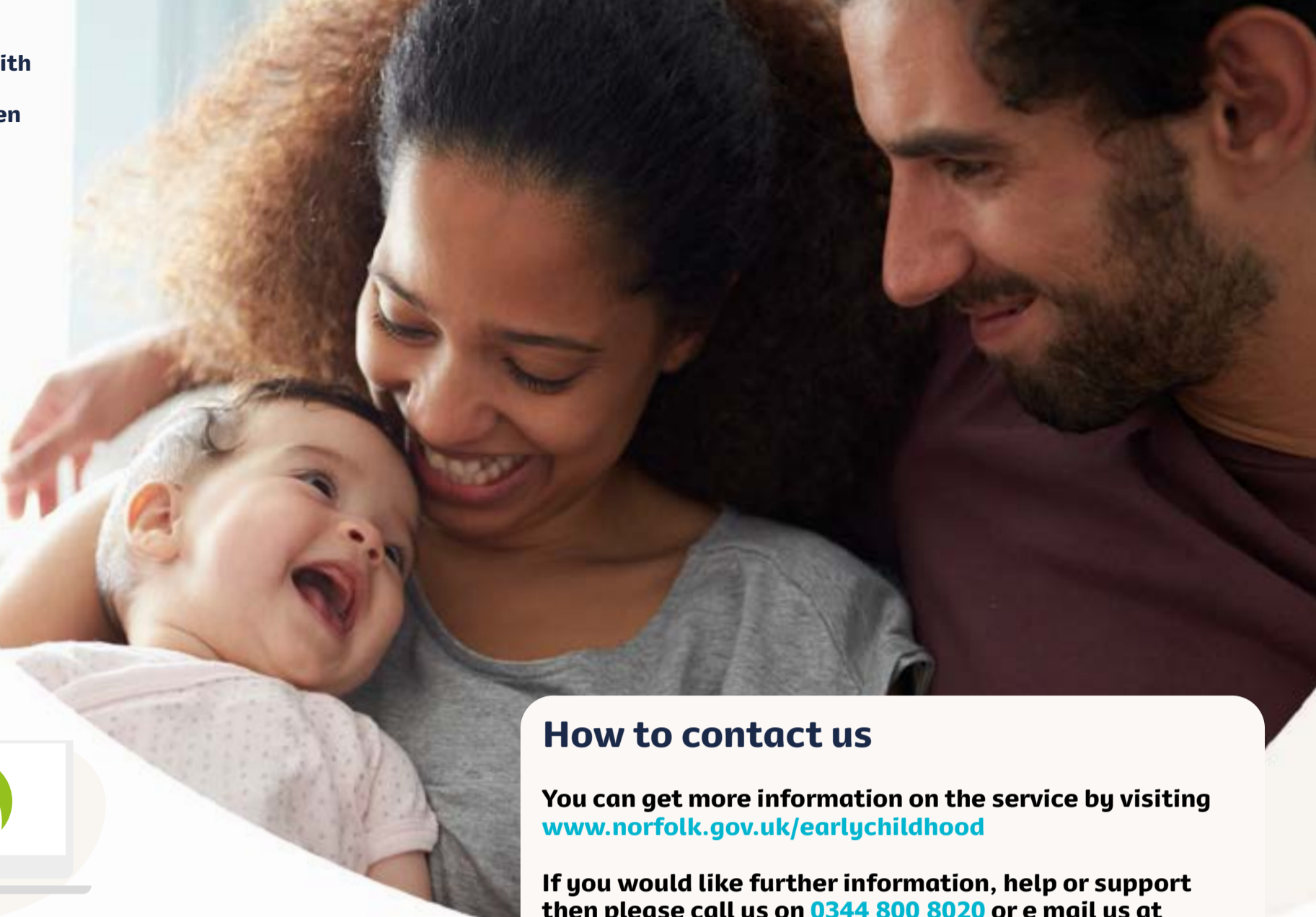
- Bonding with your child
- Speech and language development
- Parenting challenges
- Mental wellbeing
- Healthy relationships



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

Online form: www.tinyurl.com/ECFSHelp
Email: ecfs-families@actionforchildren.org.uk

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



How to contact us

You can get more information on the service by visiting 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



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

Courses offered by the Early Childhood and Family Service



Our courses are being run via video call on Microsoft Teams, or one-to-one by telephone, wherever possible. Where this is not possible we can add you to our waiting list and support you while you wait for face-to-face courses to start again.

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.

Useful contacts

Just One Norfolk (Health Visiting Team)	0300 300 0123
Leeway (Domestic Abuse Support)	0300 561 0077
Norfolk & Waveney Wellbeing Service (Mental health support)	0300 123 1503
Home Start Norfolk	01603 977040
Speech & Language Advice Line (ECCH)	01502 719830
Norfolk SEND Partnership	01603 704070
National Breastfeeding Helpline	0300 100 0212
Norfolk Police (non-emergency)	111
CGL (Alcohol & drug behaviour change service)	01603 514096
Citizens Advice Bureau	03444 111 444
Shelter (Help with housing & homelessness)	0808 800 4444
Job Centre	gov.uk/contact-jobcentre-plus
Mens Advice Line (for men in abusive relationships)	0808 8010327

If you are worried a child is at risk please call **Norfolk County Council Children's Services** on

0344 800 8020

Our partners



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