
PLAY AND STIMULATION



AIM

To inform parents of the importance of play and stimulation to the development of babies aged 10-18 months

CONTENT

- * Identify the links between play and development in babies 10-18 months
- * Examine and discuss age appropriate toys
- * Explore age appropriate games and activities

NUTRITION AND TEETH



AIM

To provide information to parents on nutrition for babies aged 10-18 months and how to care for teeth

CONTENT

- * Benefits of extended breastfeeding
- * Weaning from breast/bottle to cup
- * Introducing new foods
- * Establishing a balanced diet
- * Special dietary needs e.g. allergies, iron
- * Normal tooth/teeth development and eruption
- * Caring for new teeth
- * Minimising tooth decay

Tinies to Tots

An informative course for parents of babies aged 10—18 months

This course consists of two sessions (nutrition and teeth, and play and stimulation) each led by a specialist in the field.

We aim for the course to be relaxed and informal with time for questions. A great opportunity for you to meet other parents experiencing the same joys and challenges.

Only to be offered four times during the year

Venue St Nicholas Church

Corner Barrington & Frankleigh Streets
Barrington, Christchurch

Time 7.30 pm—9.30 pm

Course cost Free to Parents Centre members
\$20.00 for non-members

Light supper included

Course prices are subject to funding being available

Enrolment Form



Tinies to Tots

I wish to enrol in the Tinies to Tots course

(please tick)

- TT1** 1 March & 8 March
- TT2** 14 June & 21 June
- TT3** 13 September & 20 September
- TT4** 22 November & 29 November

My membership no. is _____ or I have enclosed a cheque made out to *Christchurch South*

Parents Centre for

- \$20.00 (Tinies to Tots non-Parents Centre member)
- \$60.00 (Parents Centre Membership)

Payment also accepted via Internet banking direct to Acct No **03 1355 0533388 00** (SBS). Please include your name and course ref so we can identify payment.

Name(s): _____

Address: _____

Tel: (03) _____

Email: _____

Toddler's Name
& Birth Date: _____

Please enclose payment (if any) and send to:
Christchurch South Parents Centre
PO Box 33 033, Barrington, Christchurch



2010 Dates

Monday nights

- TT1** 1 March & 8 March
- TT2** 14 June & 21 June
- TT3** 13 September & 20 September
- TT4** 22 November & 29 November

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Corner Barrington & Frankleigh Streets
Barrington, Christchurch

Time 7.30 pm—9.30 pm

This course is free to Parents Centre members (\$20.00 for non-members) with supper being provided.

Course prices are subject to funding being available.

Numbers are limited!!!

Bookings are essential!!!

Enquiries and bookings can also be made by contacting:

Tinies to Tots Course Convenor
Ph (03) 332 5651 anytime or email
chch.south@parentscentre.org.nz

Christchurch South
PARENTS CENTRE



INVITES YOU TO

TINIES to TOTS

A COURSE FOR
PARENTS OF BABIES
AGED 10—18 MONTHS

**Thanks to COGS
for their generous
contribution towards this
course**