

Family Hubs Online Workshops for Parents/Carers

Jan - March 2025

**Fortnightly Mondays 1 - 2.15pm
and a sneaky Wednesday!**



Grab yourself a cuppa and enjoy some helpful tips and support on a range of topics aimed at the **under 5s** from Wandsworth colleagues and partners, **all online**

Date	Topic	Delivered by:
13 th Jan	Toilet Training	Madeleine Menezes School Nurse Team Lead
27 th Jan	Mealtime Routines and Fussy Eating	May Robertson Nutritionist Lead
Wednesday 29 th Jan	How to keep your child's teeth healthy	Sheryll John Oral health Promoter
10 th Feb	Schemas: Understanding your child's play patterns	Hannah Skaife Locality Teacher
24 th Feb	Sleep hygiene Supporting your child with their sleep Focus is on SEND Children and those with additional needs	Denny Hotene Family Services Lead Send in Mind
10 th March	Positive Parenting in the Early Years	Shravani Purandare CAMHS under 5
24 th March	Toilet training For parents with autistic children or children on the emerging needs pathway	Emma Dreyer Highly Specialist Occupational Therapist

Please book a place by either scanning this QR code or the link below

<https://forms.office.com/e/0BY4gqebB3>

For more information
Hannah Skaife: 07974 586467



For Wandsworth families with a focus on children under 5 years old