

## Locality Health Visitor Team

Would you like your baby weighed?

# Well Baby Clinic Tuesdays

At The Stourvale Centre

108 Stourvale Road, Southbourne BH6 5JB

**9.30am-11am**



If you have an issue you wish to discuss with your own health visitor you are advised to contact the admin hub on 01305 363043

Run by the Southbourne Community Nursery Nurse team and in partnership with the Pokesdown and Southbourne Children's Centre.

The Health Visiting team cannot endorse any products from any commercial representatives.



## Under One's Group

Tuesdays, *term time only*

**9.30am - 11am**

and

## Well Baby Clinic

Tuesdays

**9.30am - 11am**

at Pokesdown and Southbourne Children's Centre  
The Stourvale Centre 108 Stourvale Road, BH6 5JB



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**For safety reasons, we are unable to accept children over the age of one.**

(We operate a no hot drinks policy when children are on site.)

### **January**

7th - Welcome back, free time

14th - Dental hygiene talk (Community Nursery Nurse)

21st - Sensory/treasure basket (Community Nursery Nurse)

28th - NO SESSION, weaning talk only

### **February**

4th - Paediatric Life Support 'Save a Babies Life Scheme  
(minimum donation of **£2 per person** for the literacy handouts)

11th - Speech and child development (Community Nursery Nurse)

18th - NO SESSION - Half term

25th - NO SESSION, weaning talk only

We would encourage you to join in with our goodbye song at the end of the session and ask you to leave the session promptly for the next group/session

### **March**

3rd - Child safety talk (Community Nursery Nurse)

10th - Messy play, (*dress appropriately could get Messy!*)

17th - Skincare (*Paediatric Dermatology Specialist Nurse*)

24th - Sleep advice (Community Nursery Nurse)

31st - NO SESSION, weaning talk only

### **April**

7th - NO SESSION - Easter holidays

14th - NO SESSION - Easter holidays

21st - Free time

28th - NO SESSION, weaning talk only

**The last Tuesday of the month there will be no under ones session  
there will be a weaning talk at 9.30am**



**Have a lovely Easter  
from all of the team**

