

# Hillingdon Family Hubs and Children's Centres

## Online Sessions September-December 2024

These are available through Microsoft Teams contact your local Children's Centre for more information and to book sessions

**Be Inspired** a 6-week programme for parents/carers to develop their self-confidence and communication

- **Wednesday November 6, 13, 20 27 and December 4, 11**  
**1.30pm to 3pm**

**Behaviour Strategy** a one-hour workshop to support parents/carers to manage family life and challenging behaviours

- **Wednesday 9 October 10am to 11am**
- **Monday 11 November 6pm to 7pm**

**Brush For Life and Bottle to Cup** a one-hour workshop to support children from the age of 1 year to use open cups

- **Tuesday 12 November 10am to 11am**

**Ducklings** a 4-week course to support parents who have a child who is newly diagnosed with autism spectrum condition or is awaiting an assessment with the Child Development Centre

- **Tuesdays 3, 10, 17, 24 September 7pm to 8.30pm**
- **Wednesday 9 October, Thursday 10 October, Wednesday 16 October and Thursday 17 October**  
**1.30pm to 3pm**

**Fussy Eating** a workshop to encourage positive mealtimes

- **Tuesday 22 October 10am to 11am**
- **Thursday 7 November 1.30pm to 2.30pm**
- **Wednesday 27 November 2pm to 3pm**

## Transition

for children **under** 2 years old

- **Thursday 17 October 10.30am to 11.30am**

for children **over** 2 years old

- **Monday 4 November 1.30pm to 2.30pm**

**Sleep Matters** a workshop to promote positive bedtimes

- **Friday 27 September 10am to 11 am**

**Toilet Training** a workshop to support your child to use the toilet independently

- **Wednesday 4 September 10am to 11 am**
- **Wednesday 11 September 6.30pm to 7.30pm**
- **Wednesday 23 October 10am to 11am**
- **Friday 1 November 11.15am to 12.15pm**
- **Friday 13 December 10.30am to 11.30am**



Five to thrive  
champions

